

Comparative Study of Awareness Impact of Yoga on Overall Health and Wellbeing of Male and Female Population of Meerut District

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Abstract

This study was administered to compare the effectiveness of yogic awareness between the urban and rural male populations of the Meerut district. Sample men from rural and urban areas were randomly selected for the response, where 371 men responded due to the various limitations of the study. A self-made questionnaire on the Effectiveness of Yogic awareness on Overall Health and well-being was prepared and administered in rural and urban areas of Meerut. Welch's t-test was applied to analyze the data and the results indicate that there is a significant between the means of male and female. Hence null hypothesis was rejected and the alternative hypothesis was accepted. Conclusion: There is a difference between the awareness impact of yoga on the overall health and wellness of males and females during the COVID-19 pandemic.

Keywords

Male, Female, Yogic Practices, Awareness, Overall Health and Wellness, Covid-19.

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Introduction

The new coronavirus, known as COVID-19, has been a global health problem since December 2019 and has a significant fatality rate (Guan W, Ni Z et al., 2020). After being discovered for the first time in Wuhan, China, in December 2019, COVID-19 quickly spread throughout the world, causing respiratory illnesses in some cases (Huang C, Wang Y, Li X, and others, 2020) and high rates of morbidity and mortality (Graham Carlos et al., 2020). The severe respiratory disease coronavirus 2, or SARS-CoV2, is the virus that causes this extremely contagious illness. According to a genomic study, it is linked to other severe respiratory disorders (Lu R, Zhao X, Li J et al., 2020). On March 11, 2020 (Virtual Press Conference, 2020), three months later, the World Health Organization proclaimed the COVID-19 pandemic. As of March 2020, the World Health Organization had classified COVID-19 as a “worldwide pandemic” (Kanties et al., 2020), with over a million cases documented in 90 different nations. With over 160 million infections and 3.3 million deaths globally since the outbreak started on May 13, 2021.

Hypothesis

H₀: There will be no significant difference between the awareness impact of yoga on the overall health and wellness of males and females during the COVID-19 pandemic.

H₁: There will be a significant difference between the awareness impact of yoga on the overall health and wellness of males and females during the COVID-19 pandemic.

Methodology: A self-made questionnaire was used to collect data from the sample, which was selected randomly. Where a limited number of females participated. A total of 500 participants filled out the questionnaire physically after the necessary instructions. Data were collected through a scoring table of the questionnaire and tabulated in an Excel sheet.

Data Analysis

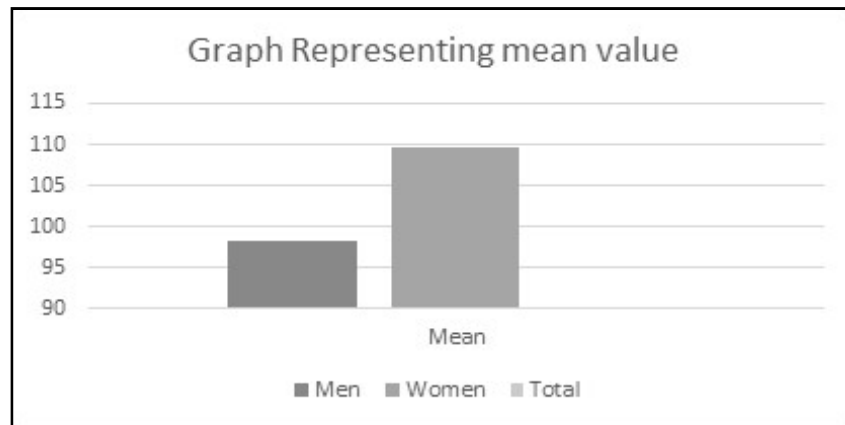
Welch’s t-test was applied to analyze the data. Welch’s t-test also known as the unequal variances t-test is used when you want to test whether the means of two populations are equal. This test is generally applied when there is a difference between the variations of two populations and also when their sample sizes are unequal.

Table No. – 1.1 Showing Descriptive Statistics of all the Four Groups under the Study.

Groups	Count	Total Score	Mean	Std. Deviation
Men	371	36462.21	98.280	13.01
Women	129	14140.35	109.61	16.10
Total	500			

Data Interpretation

1. **H₀ hypothesis:** Since $p\text{-value} < \alpha$, H_0 is rejected. The average of **Group-1's** population is considered to be **not equal to** the average of **Group-2's** population. In other words, the difference between the sample average of **Group 1** and **Group 2** is big enough to be statistically significant.
2. **P-value:** The p-value equals **1.259e-11**, ($p(xd''T) = 6.296e-12$). It means that the chance of a type I error (rejecting a correct H_0) is small: 1.259e-11 (1.3e-9%). The smaller the p-value the more it supports H_1 .
3. **The statistics:** The test statistic T equals **-7.2155**, which is not in the 95% region of acceptance: [-1.9726; 1.9726]. $x_1 - x_2 = -11.33$ is not in the 95% region of acceptance: [-3.0974; 3.0974]. The standard deviation of the difference, S' equals 1.57, is used to calculate the statistic.



1.1 Graphical Representation of the Data

Conclusion

Under the limitation of the study. There is a significant difference found between the awareness impact of yoga on the overall health and well-being of the male and female population of Meerut district in Uttar Pradesh.

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