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## POSITIVE YOGA OUTCOMES FROM PESSIMISTIC PANDEMIC SITUATION: A QUALITATIVE SURVEY

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### ABSTRACT

The present investigation was undertaken on the Covid-19 patients afflicted with this Viral Pneumonia. The sample consisted of 150 patients. These patients were asked five questions (i) Do you perceive that this virus has resulted in anything positive? (ii) What are the causes and symptoms, which are responsible for your virus infection? (iii) List your goals and aspirations, which you would like to pursue, (iv) list your fears. (v) How did Yoga help to recover you from this Coronavirus disease? The free responses of the patients were analyzed. The patients had mentioned fifteen positive outcomes from this pessimistic situation. Maximum benefits reported were in the area of interpersonal relations like family support, emotional support etc. The findings were discussed in the light of coping with pandemic situations and well being. The future implications of these qualitative analyses to help develop a counseling module have been discussed.

**KEYWORDS:** Yoga, Covid19

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## **INTRODUCTION**

The precipitous paced modern life exerts several kinds of pressures on the individuals. Living a healthy life has become a challenge for people because modernity, sedentary lifestyle, changed food habits, work stress, competition etc. throw the person in a state of constant stress and pressure. Many people deal with such kinds of stresses due to this Covid-19 pandemic. The concern of this study is to understand the perspectives of those individuals who had overcome Covid-19 viral infections.

Circumstances like chronic diseases compel the individual to reprioritize or sometimes even curtail his/her goals and aspirations. Many researchers agree that while facing chronic illness or disability, people commonly search the cause of their suffering (Taylor, 1983).

Yoga is art of calming down the mind when the stress is increased and mind is uncontrolled which usually happens in Covid-19 patients. So, yoga can be the best way to counter that stress which arise in this pandemic situation.

The purpose of this study is to know the pessimistic situation imposed by this Coronavirus disease. The data regarding causal thinking of patients, their goals, aspirations, fears and positive Yoga outcome was gathered.

## **METHODOLOGY**

### **SAMPLE**

The sample for the study comprised of 150 Covid-19 patients (75 Male and 75 Female) aged between 25-55 years (mean age = 38.44 years).

### **TOOL USED**

A Google form was prepared by the investor. The information sought out in this Online Google form included:

- 1 Do you perceive that this virus has resulted in anything positive?
- 2 What are the causes and symptoms which are responsible for your virus infection?
- 3 List your goals and aspirations, which you would like to pursue.
- 4 List your fears.
- 5 How did Yoga help to recover you from this Coronavirus disease?

## **PROCEDURE**

All the Covid-19 patients were contacted through personal calling and online mode. The purpose of the study was disclosed to them and they are requested to

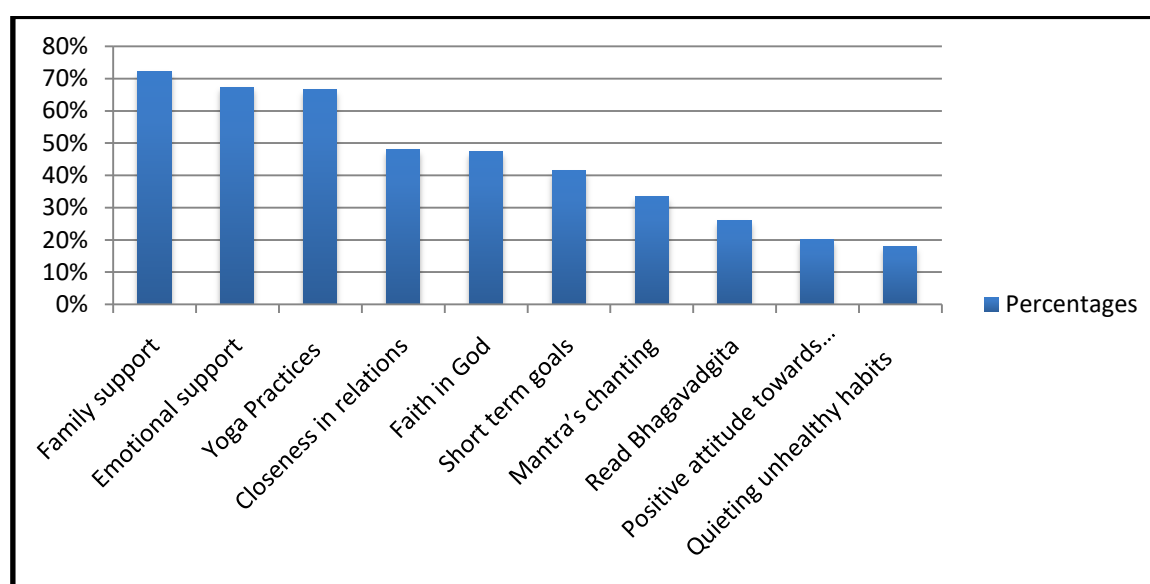
participate in the study. After the exhaustive Google form, the protocols were thoroughly read and analyzed.

## RESULTS AND DISCUSSION

The following were the responses of COVID19 patients

**TABLE 1: PERCEIVED POSITIVE OUTCOMES FROM PESSIMISTIC PANDEMIC SITUATIONS**

Positive Outcomes (N=150)	Frequency (People responses in Number)	Percentages
Family support	108	72
Emotional support	101	67.3
Yoga Practices	100	66.6
Closeness in relations	72	48
Faith in God	71	47.3
Short term goals	62	41.3
Mantra's chanting	50	33.3
Read Bhagavadgita	39	26
Positive attitude towards people	30	20
Quieting unhealthy habits	27	18



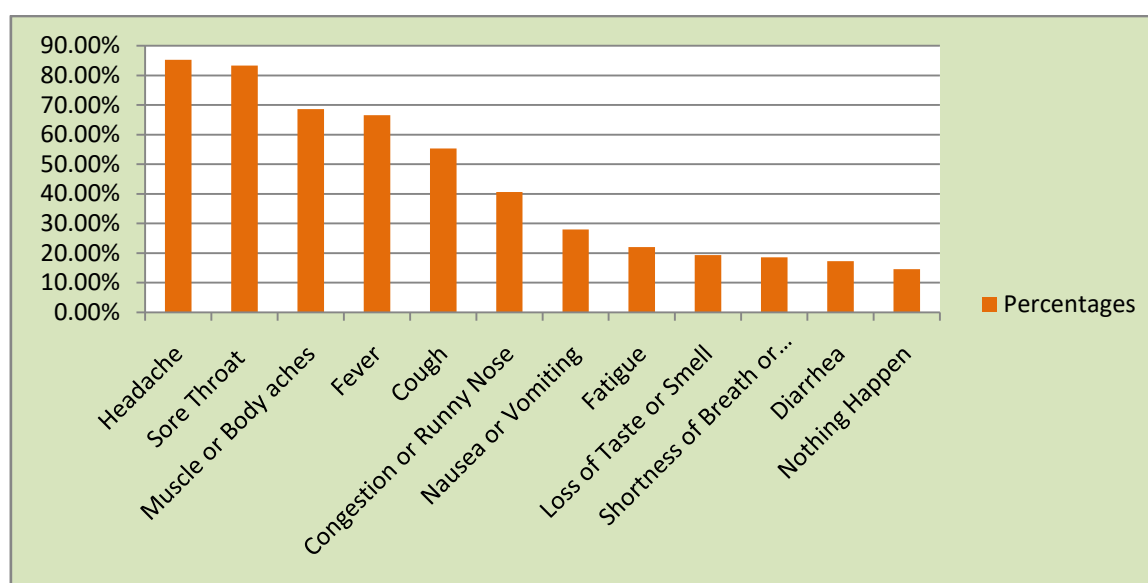
**FIGURE1: PERCEIVED POSITIVE OUTCOMES FROM PESSIMISTIC PANDEMIC SITUATIONS**

Table 1 and Figure 1 presents the data on perceived positive outcome gains from this life threatening pessimistic experiences of patients afflicted with Coronavirus (Covid-19) problems. Among the positive outcomes, which were named by patients, Family support (72%), Emotional support (67.3%) and Closeness in relations (48%) were concerned with social resources. This qualitative analysis clarifies that good relationship within the family in a critical period strengthens the patients, if patients perceives it as resource. The other positive outcomes as stated by the patients generally pertain to Yogic practices (66.6%), Faith in god (47.3%),

Mantra Chanting (33.3%) and Read Bhagavad Gita (26%) patients perceived that their infection benefited them in doing Yogic practices like Yoga asana, Pranayama, Dhyana etc. Furthermore, Faith in God and Mantra Chanting give them a feeling of completeness and this in turn, motivated them to read Bhagavad Gita.

**TABLE 2: SYMPTOMS SHOWNIN VIRUS INFECTION**

<b>Symptoms (N=150)</b>	<b>Frequency (People responses in Number)</b>	<b>Percentages</b>
Headache	128	85.3
Sore throat	125	83.3
Muscle or body aches	103	68.6
Fever	100	66.6
Cough	83	55.3
Congestion or runny nose	61	40.6
Nausea or vomiting	42	28
Fatigue	33	22
Loss of taste or smell	29	19.3
Shortness of Breath or difficulty breathing	28	18.6
Diarrhea	26	17.3
Nothing happen	22	14.6



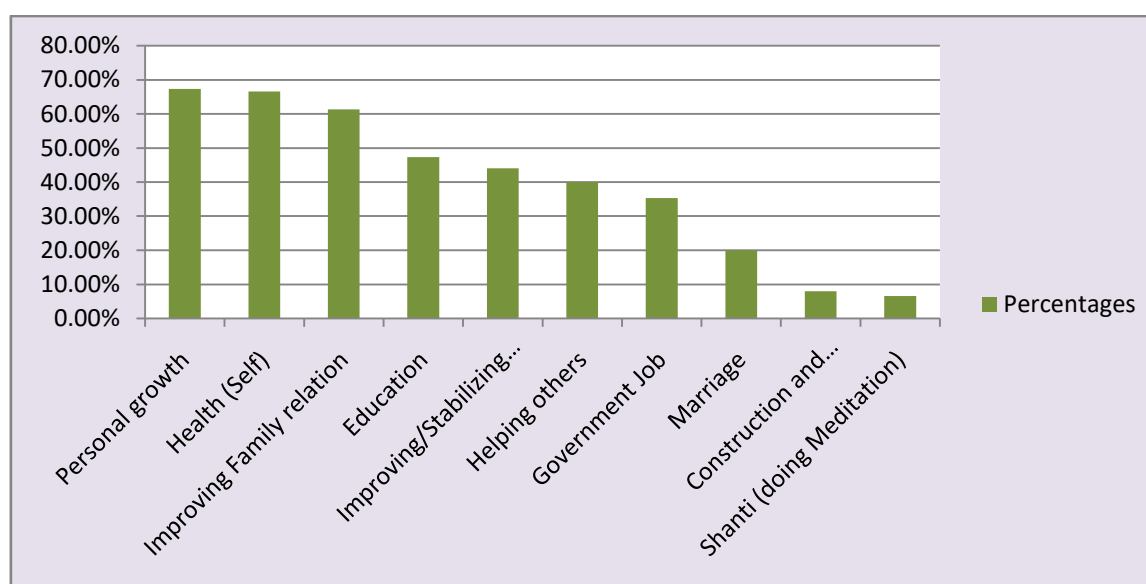
**FIGURE 2: SYMPTOMS SHOWN IN VIRUS INFECTION**

Table 2 and Figure 2 present the symptoms of the patients during their covid-19 infection. Basically the causal attributions are the explanations the victims provide for his behavior and symptoms implies that the changes happening in the body. The most frequent symptoms attributed by the patients included headache (85.3%), sore throat (83.3%), Muscles or body aches (68.6%), fever (66.6%), Cough (55.3%) and Congestion or Runny nose (40.6%). It shows that number of patients having most common symptoms were Headache followed by

Congestion in chest region. Sufficient number of them had vomiting (28%), Fatigue (22%), Loss of Taste and smell (19.3%) and shortness of breath (18.6). Moreover, over 14.6% patients reported that they do not had any such symptoms. Many researchers agree that while facing these covid-19 infections, people are facing multiple types of symptoms.

**TABLE 3: GOALS & ASPIRATIONS AS STATED BY PATIENTS DURING COVID-19**

<b>Goals &amp; Aspirations (N=150)</b>	<b>Frequency (People responses in Number)</b>	<b>Percentages</b>
Personal growth	101	67.3
Health (Self)	100	66.6
Improving Family relation	92	61.3
Education	71	47.3
Improving/Stabilizing economic conditions	66	44
Helping others	60	40
Government Job	53	35.3
Marriage	30	20
Construction and Consolidation of Property	12	8
Shanti (doing Meditation)	10	6.6



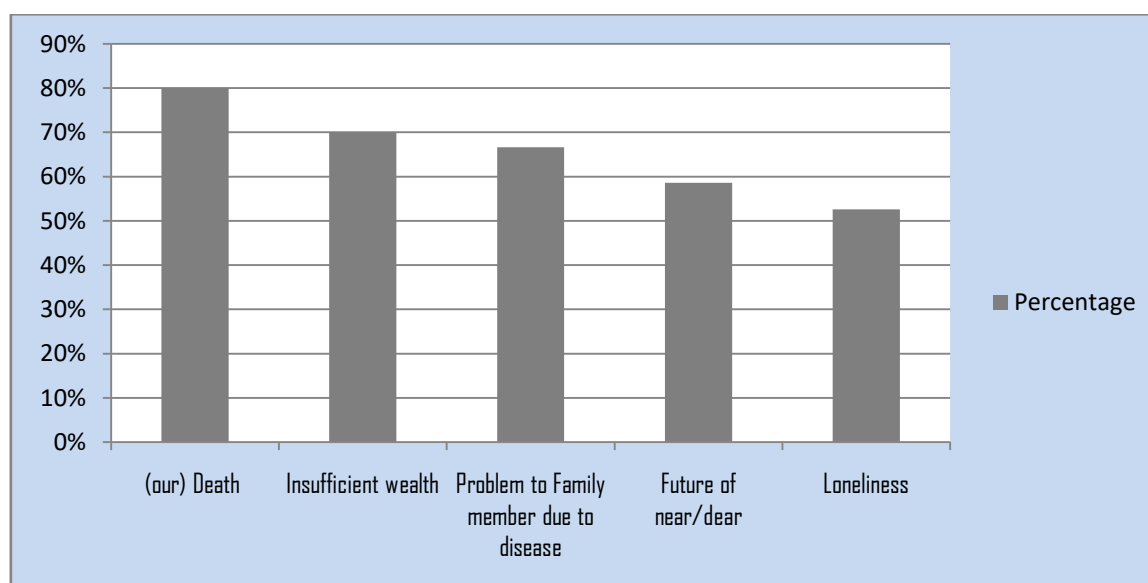
**FIGURE 3: GOALS & ASPIRATIONS AS STATED BY PATIENTS DURING COVID-19**

Table 3 and Figure 3 show that the goals and aspirations of the covid-19 patients which help them to outcome this infection. These also helped them in diverting the mind as well they want to achieve in future. People pursue multiple goals in life, but sometimes, the situation like this, a person is compelled to reprioritize or sometimes even curtail his goals and aspirations. In the present study, more than 60% patients stated that they were working towards their

personal growth. It is understandable that the patients are suffering from life threatening infection (Covid-19). They easily think about the personal health growth which helps him to fight this kind of virus infections. Another goal mentioned by the patients was achieved better health (66.6%), Improving family relations (61.3%), Education (47.3%), Economic Conditions (44%), Helping others (40%), Government job (35.3%), Marriage (20%), and towards Shanti (6.6%). The results also revealed that the outlook of patients towards the goals of life started changing during pandemic.

**TABLE 4: FEAR AS PERCEIVED BY COVID-19 PATIENT**

<b>Fears (N=150)</b>	<b>Frequency (People responses in Number)</b>	<b>Percentages</b>
(our) Death	120	80
Insufficient wealth	105	70
Problem to Family member due to disease	100	66.6
Future of near/dear	88	58.6
Loneliness	79	52.



**FIGURE 4: FEAR AS PERCEIVED BY COVID-19 PATIENT**

Table 4 and Figure 4 depict the unpredictable fears in the Covid -19 suffering patients that their thought of death may trouble them more (80%). Besides the fear of painful and unwanted death, patients also had the fear that their insufficient wealth (70%) as well as their disease is creating problems for the family member (66.6%) and also the fear of spreading this virus in family members. The patients had a fear about the future of near/dear ones (58.6%) because this virus infections death ratio is rising day by day. At last, the feeling of loneliness (52.6%) also disturbed the covid-19 patients.

**TABLE 5: COMPONENTS OF YOGA USEFUL TO RECOVER FROM INFECTION**

Components of Yoga (N=150)	Frequency (People responses in Number)	Percentages
Meditation	138	92
Pranayama:- Nadishodhan, Bhastrika, Bharamari	130	86.6
Yogaasana	124	82.6
Shatkriyas:- Dhauti Neti	100	66.6
Sukshma Vyayama	96	64
Satvic Ahara	95	63.3
Vinayasa Yoga	50	33.3
Proper Shaucha, Relaxation	48	32

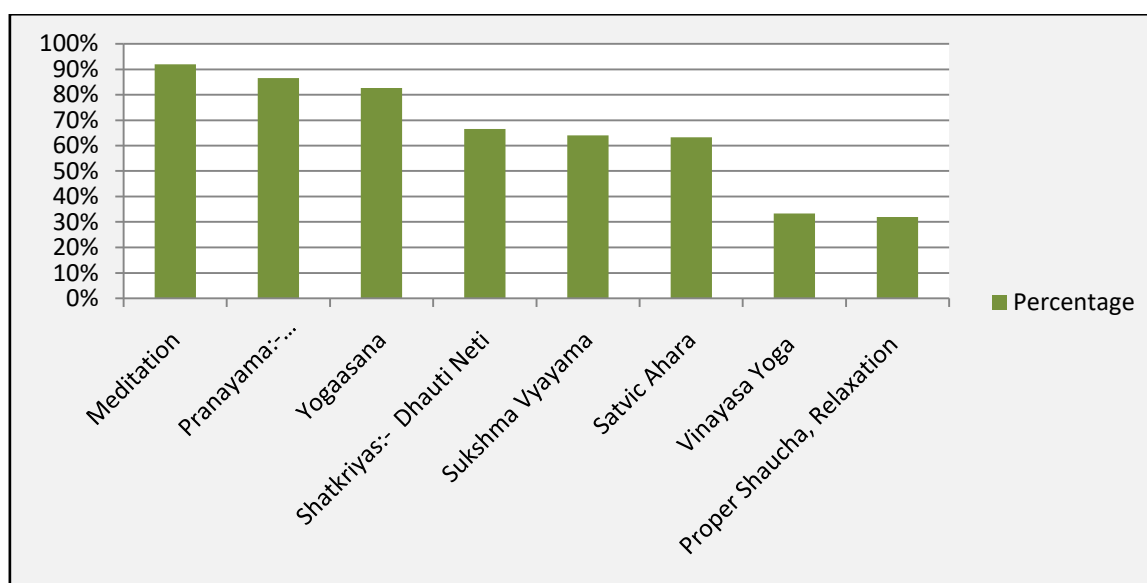
**FIGURE 5: COMPONENTS OF YOGA USEFUL TO RECOVER FROM INFECTION**

Table 5 and Figure 5 depict that the components of Yogic practices that help the patients to recover fast. Most of patients take help of these practices to improve the health conditions in miraculous way. Among the Yogic practices, Covid-19 patients mostly preferred meditation (92%) during this virus infection. Then, Patients preferred breathing exercise i.e. Pranayama (86.6%) especially Nadi-shodhan, Bhastrika, Bharamari etc., Yogaasana (82.6%), Shatkriyas (66.6%), Sukshma Vyayama (64%), Satvic Ahara (63.3%). The patients, on the other hand, perceived that different style of Yoga i.e. Vinayasa Yoga (33.3%) also help to recover from this virus infection. At last, sufficient numbers of patients also preferred proper shaucha and relaxation technique (32%) that helps to recover the health.

## CONCLUSION

The purpose of this study is to know the pessimistic situation imposed by this Coronavirus disease. The data regarding causal thinking of patients, their goals, aspirations, fears and positive Yoga outcome was gathered. The research was

conducted on Covid-19 Patients and their response showed their resilience and the value towards a better or positive life. Yoga practice regularly in its true sense brings about definitive positive pattern of changes in the neuro structure and connectivity associated with emotion and its response. This effect brings about corresponding changes in the attitude and behavioral changes which bring about positive emotional response that helps an individual to fight any kind of viral infection or symptoms arising out of Covid-19 infections. This type of survey study with some Yogic interventions, in turn may help them to cope with the adverse situations in a more positive manner.

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