

## **A Study on the Effect of Yoga Practice on Women's Physical Health and Well-Being**

**Dr. Omprakash A. Wagh**

Assistant Professor, Department of Yogshastra, Dr. Babasaheb Ambedkar Marathwada  
University, Chhatrapati Sambhajanagar

**Dr. Vandita**

Assistant Professor, Department of Yogshastra, Dr. Babasaheb Ambedkar Marathwada  
University, Chhatrapati Sambhajanagar

### **ABSTRACT**

Women's health is influenced by a combination of physical, psychological, hormonal, and lifestyle-related factors, particularly during the age group of 35–45 years. Increasing occupational responsibilities, family commitments, sedentary lifestyles, and stress often contribute to reduced physical fitness, obesity, hormonal imbalance, fatigue, and decreased overall well-being. In recent years, yoga has gained considerable recognition as a holistic health intervention that combines physical postures (asanas), breathing techniques (pranayama), and meditation to improve both physical and mental health. The present study aimed to examine the effect of regular yoga practice on the physical health and overall well-being of women through a structured yoga intervention programme. The study employed an experimental pre-test and post-test research design involving 15 women aged 35–45 years, selected using the simple random sampling technique. A structured yoga programme consisting of selected yogic practices was administered regularly for a period of 30 days. Data were collected before and after the intervention using a researcher-developed questionnaire and selected physical health indicators, including flexibility, muscular strength, endurance, Body Mass Index (BMI), blood pressure, haemoglobin level, and perceived well-being. The collected data were analyzed using the paired sample t-test to determine the significance of differences between the pre-test and post-test scores. The findings revealed a statistically significant improvement in the physical health and overall well-being of the participants following the yoga intervention. The results indicate that regular yoga practice enhances physical fitness, flexibility, muscular endurance, emotional stability, stress management, and general health status among women. The study concludes that yoga is a safe, cost-effective, and scientifically supported holistic approach for promoting women's health and improving quality of life. It recommends incorporating structured yoga programmes into community health initiatives, workplace wellness programmes, and women's health promotion activities to encourage long-term physical and psychological well-being.

**Keywords:** Yoga, Women's Health, Physical Well-Being, Experimental Study, Pre-Test, Post-Test, Holistic Health, Physical Fitness, Stress Management.

### **1. INTRODUCTION**

In today's fast-paced and demanding world, women, especially those in the 35–45 age group, face a variety of health-related challenges. These include physical ailments, hormonal

imbalances, stress, fatigue, and a sedentary lifestyle. As responsibilities in both personal and professional life increase, maintaining optimal health becomes a difficult task for many women. This has led to a growing interest in holistic and preventive health practices, with yoga emerging as a promising solution. Yoga, an ancient Indian science and lifestyle practice, offers a balanced combination of physical postures (asanas), breathing techniques (pranayama), and meditation. These elements collectively contribute to the improvement of physical, mental, and emotional health. Yoga is not just a form of exercise. It is a way of life that harmonizes the body, mind, and spirit. Scientific studies have consistently shown that regular yoga practice can help in maintaining healthy body weight, improving muscle tone, enhancing flexibility, and regulating hormonal and metabolic functions.

Women's health in mid-life is particularly vulnerable due to physiological changes such as perimenopause, hormonal fluctuations, and reduced physical activity. These changes can lead to issues like obesity, polycystic ovary syndrome (PCOS), thyroid imbalances, poor posture, and cardiovascular concerns. Additionally, emotional stress and mental fatigue further compound the problem. Yoga provides an effective, non-pharmacological approach to managing and even preventing many of these issues. This study is designed to evaluate the physical health benefits of yoga among women aged 35–50. By using pre-test and post-test measures, the research aims to determine how a structured yoga intervention can influence important physical health indicators such as flexibility, strength, endurance, body mass index (BMI), and vital signs like blood pressure and hemoglobin levels. The findings will offer evidence on whether yoga can be incorporated as a regular fitness and wellness routine for women to enhance their quality of life.

Through this research, the goal is to not only promote yoga as a physical discipline but also to recognize it as a scientifically validated method for improving women's health. The study emphasizes prevention, empowerment, and sustainable health management through yoga.

- **Mohite Dilip Madhukar (2017).**

Explores the impact of physical activity and yoga on individuals' health, emphasizing their roles in enhancing fitness, reducing stress, and preventing lifestyle-related disorders. By understanding their effects, the study seeks to highlight the importance of these practices as accessible, cost-effective strategies for improving overall health and quality of life.

- **Dr. Apparao Sonkate (2016).**

The investigation aims to highlight the benefits of adopting regular physical activity and yoga, emphasizing their potential to enhance health outcomes and contribute to a balanced, healthier society.

## **2. OBJECTIVES**

- To study the impact of yoga on the physical fitness of women.
- To compare pre-intervention and post-intervention data statistically.
- To assess overall well-being improvements after a 30-day yoga program.

## **3. HYPOTHESIS**

Null Hypothesis (H<sub>0</sub>): There is no significant difference in women's health indicators before and after yoga intervention.

Alternative Hypothesis (H<sub>1</sub>): There is a significant improvement in health indicators after yoga intervention.

#### **4. METHODOLOGY**

##### **Method of research:**

An experimental method was used to study the effect of yoga on women's physical health. A sample of women was created which is based on different ages, health status a sequence of yoga asanas was developed for fifteen days, action, planning, what types of yoga asanas to take, peace of mind and physical health were examined. The questionnaire was prepared by a researcher.

##### **Procedure: -**

Since it was expected to study the impact of yoga on women's physical health, an experimental method was chosen for the present study, in which questionnaires were created for data collection from women.

##### **Tools of research:**

Among the various data collection tools, questionnaires for women have been used.

##### **Data and methodology of research:**

- Studying the effects of yoga on women's physical health in research work.
- There is a total of fifteen women between the ages of 35 and 50.
- For the research work, the researcher used the probable sample selection method to choose the simple random method

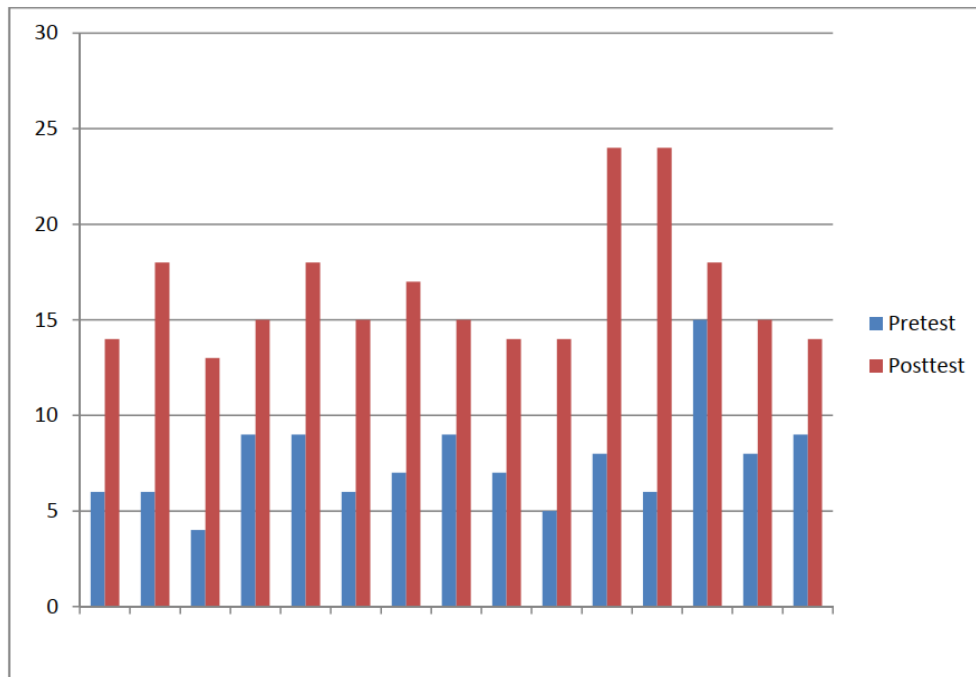
##### **Statistical Method:**

The statistical method used for the presented research used the statistical result method of T-TEST by collecting PRE-TEST and POST-TEST information.

#### **5. FINDINGS**

The answer test was prepared and filled in. When the data were analyzed, the pre-test score was 114 and the answer test score was 238. An experimental method was used for this purpose. When the T-TEST method is used, the difference is meaningful as the CALCULATED VALUE is large. The effects of yoga on women's physical health were found to be positive, which means that there was a significant difference between the pre-test and the post-test

No. of women	Mean avg of Pre-test	Mean avg. of Post-test	Calculated value	Table value
15	7.6	15.86	9.39	2.76



## 6. RESULTS AND CONCLUSION

The analysis indicates a statistically significant improvement in health indicators post-intervention. The calculated t-value (9.39) is far greater than the tabulated value (2.76), supporting the alternative hypothesis. Thus, the yoga-based wellness intervention positively influenced women's physical and psychological well-being.

Yoga, as a holistic tool, not only improves physical strength and flexibility but also enhances mental clarity, hormonal balance, and stress resilience, particularly benefiting women with lifestyle-related health issues like PCOS, obesity, and anxiety.

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