



Research Article

Role of Yoga on Level of Anxiety of Employees of Hotel: Growth of Tourism and Revenue

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Received: 25 May 2016, Accepted: 19 June 2016, Available online : 09 July 2016, Vol.1, No.7 (June 2016)

Abstract

Understanding the virtual importance of Yoga in day to day life and fitness of employees of hospitality industry as they are the face of the industry which in-directly relates the growth of tourism and revenue. The purpose of this study is to explore the role of yoga and pranayama that can keep the fitness level of the employees for longer term as the working hours in the industry is quiet high. Different practices of yoga like yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and samadh purify the body through movements that enhance and improve the flow of blood, oxygen and life force energy in the tissues, muscles and organs. The present paper focuses on how pranayama and Yoga plays vital role in hospitality and tourism. Many research papers have been presented on role of yoga and tourism but this is one of its own kinds which will relate yoga and tourism not directly but through the employees. Keeping in mind the long working hours, heavy physical duty, yoga is very important for their fitness that will directly put impact of their long service in these sectors.

Keywords: Physical Purification, Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadh

1. Introduction

Mental and physical health is a positive state of well being and not just a lack of disease. It influence not only daily activity but also the personality of an individual. It is used to stretch and strengthen the entire person with moving meditations to improve the body. According to Maharishi Mahesh Yogi (1966), "Mental and Physical health depends upon the state of mind, which is an abstract factor, and upon the state of nervous system which is concrete. Fitness is an essential aim of all the yogic practices, and is the first principle of self-discipline (niyama) in Patanjali's eight-limbed approach (Yama, niyama, asan, pranayama, pratyahara, dharana, dhyana, samadhi). The yogis have revealed that impurities in our internal body adversely affect our state of mind. Through the yogic practices of asana, pranayama, tapas and shatkarma, the body and the mind have become cleansed. The yoga poses compress and massage the muscles and organs to move out old stagnant blood and bring in fresh blood full of nutrients and oxygen. The breathing practices of pranayama purify the body through the balance and cultivation of energy throughout the entire body. Different pranayamas have different actions on the body and thus different purifying effects. Kapalabhati (breath of fire) is warming and energizing, purifying the body through the creation of heat and the

movement of energy. Nadi Sodhana (alternate nostril breath) is calming and cleansing, purifying the body through reducing stress and removing blockages in the nadis (energy channels). While tapas creates a conflict between our will and the desire of our mind producing an internal "fire" which enlighten and burns up our mental and physical impurities. The six cleansing practices of shatkarma purify the body by physically removing excesses of mucus or phlegm. These are primarily unexplored practices that must be learned and performed under the supervision of a qualified teacher. The shatkarmas are described as six groups of yogic cleansing techniques: Neti: nasal cleaning and irrigation, Dhauti: cleansing of the digestive tract, Nauli: abdominal massage, Basti: colon cleaning, Kapalabhati: purification and vitalization of the brain, and Trataka: blinkless gazing. The goal of these practices is to purge out excesses in order to bring the physical elements into balance. When the body has been purified through the various practices of yoga, the overall result is an increase in the flow of prana through the entire body, improving our capacity to work, think, digest, taste, feel, and experience life. In simple words, we can say that when the body is physically healthy, focused and stress is under control. There is growing evidence that yoga can have a significant effect on Physical purification. Yoga is an

ancient art which helps to purify the physical health of a human being. In yoga, Pranayama helps to purify the impurities from the human body by following practices such as Kapalabhatti, bhastrika, nauli, jala neti and sutar neti (Ross and Thomas, 2010; Malhotra et al., 2004). In addition to suryanamaskar (sun salutation) is a very good aerobic exercise for kapha. It is also helpful in the treatment of obesity and depression. The suryanamaskar is an ideal asana for kapha, sun salutation is very active, creates heat, and opens the chest. Individuals can benefit from sun salutations during the time of day (Mark, 2010; Malhotra et al., 2004). Thus the aim of this study is to examine the role of yoga in purifying body.

2. Literature Review

According to **Swami Vivekananda** - All the orthodox systems of Indian Philosophy have one goal in view, the liberation of the soul through perfection. The method is by Yoga. **Prem Sahajpal and Rinpari Ralte, (2000)** have shown very beneficial effects on quality of sleep, reduction in stress level & 97 improvement in self concept by IYRT (Induced Yogic Relaxation Training). Similar beneficial effects of yogic interventions for stressed persons have been found by some other studies also (**Udupa, 1985; Nagendra & Nagarathana, 1988; Subrahmanyam, 1988; Sahajpal & Verma, 1993; Sahajpal & Khanna, 1994**).

Joshi, Joshi & Gokhala (1992), who reported that Pranayama leads to increase in breathe holding time and decrease respiration rate. It is also believed that practice of Kumbhaka [Breath retention] in the most of Pranayama enhance concentration & reduce anxiety **Lehto (2006)** defines the five highest motivations statements for going to yoga vacation in her research and they are: "to renew myself", "to relax", "to be more flexible in body and mind", "to let go of stress from busy life" and to "help me gain a sense of balance". She also examined yoga tourists' motivation by using 18 motivation statements. Base on those they ended up with four motivation factors 1) spirituality seeking, 2) enhancing mental well-being, 3) enhancing physical condition and 4) controlling negative emotions. Stress was found to be negatively correlated with the mental health of supervisors (**Mishra, & Sonani 1993**) and teachers (**Anand 1996-97**). Both male and female yoga practitioners were less stressed and anxious as compared to non-yoga practitioners (**Venkatesh et al. 1994**). Yoga meditation was found to be useful in reducing the frequency of tension headaches by **Vasudevan et al. 1994 Kumar and Murthy 1998** observed that the most frequently experienced stressors among women managers were office politics, followed by conflict between work and home, commuting to the work place, lack of opportunity and challenge at the workplace and problems relating to child care. The major strains experienced by the women managers were anxiety, tension and fatigue, lack of concentration, irritation and physical health problems. Further the most frequently used coping strategies were talking with spouse/ friends/ parents/

supervisors/ colleagues about the problem, followed by efforts to increase knowledge/information, physical withdrawal from the situation for a while, pursuing socio-cultural religious activities and doing physical exercise/yoga/meditation. **Sultana Nazia & 2Bushra Begum 2013** found that most of the employees opted either yoga or other recreational activity to manage stress. Hence it is suggested that companies provide recreational activities and yoga/meditation to employees. **Tooley et al.** found significantly higher plasma melatonin levels in experienced mediators in the period immediately following meditation compared with the same period at the same time on a control night. It was concluded that meditation can affect plasma melatonin levels. It remains to be determined whether this is achieved through decreased hepatic metabolism of the hormone or via a direct effect on pineal physiology. Either way, facilitation of higher physiological melatonin levels at appropriate times of day might be one avenue through which the claimed health promoting effects of meditation occur. **Harinath et al.** evaluated the effects of 3 month hatha yoga practice and Omkar meditation on melatonin secretion in healthy subjects. Yoga group subjects practiced selected yogic asanas for 45 min and pranayama for 15 min during the morning, whereas during the evening hours these subjects performed preparatory yogic postures for 15 min, pranayama for 15 min, and meditation for 30 min daily for 3 months. Results showed that yoga practice for 3 months resulted in an improvement in cardiorespiratory performance and psychological profile. The plasma melatonin also showed an increase after 3 months of yogic practice. Also, the maximum night time melatonin levels in the yoga group showed a significant correlation with well-being score. These observations suggest that yogic practices can be used as psychophysiological stimuli to increase endogenous secretion of melatonin, which, in turn, might be responsible for improved sense of well-being.

3. Objective

- The objective of the present study is to access the effect of yogasana and pranayama on the level of anxiety of employees of Hospitality and Tourism.
- To explore and to do the result analysis of life style pattern of employees of hospitality
- To analyze the role of yoga as a lifestyle practice
- To analyze the improvement of non yoga practitioners in the field of hospitality.

4. Research Methodology

To achieve the purpose of this study, 40 employees and faculties of various hotels and colleges who have registered in a Yoga camp at Cambridge international School, Phagwara have been selected. The pre and post tests were conducted before and after the training of 02 weeks. The session was organized daily for an hour in two sessions (Morning and Evening) as per the best suitable timing of all the registered candidates. The

biggest limitation of this study was to get the employees of Hotel as they have a very busy schedule.

4.1 Tools

Sinha’s Comprehensive Anxiety test was applied on the sample before and after the yoga program.

4.2 Statistical Technique

To see the effect of Yogasana and Pranayama on long working hour’s adjustment and level of anxiety of girls with high anxiety, t-test was used to test the hypotheses.

5. Results

The pre test scores and post test scores shown in Table 1:

Table-1

	N	Mean	S.D	S.EM	Df	R	T
Pre test	40	30.65	9.68	1.93	39	0.88	5.18
Post test	40	27.85	8.69	1.55			

Tab T. 01(39) = 2.71

Tb T. 01(39) = 2.02

In the table 1, the mean and S.D of the pre test score was 30.65 and 9.68 respectively. The mean and S.D of the post test score was 27.85 and 8.68 respectively. S.ED was found 0.54. The correlation between Pre Test Score and Post Test Score was 0.88. After applying T-test value observed was 5.18 at degree of freedom was 39. The table value for t-test for df 39 at the level of significance 0.01 is 2.71 and at 0.05 level of significance is 2.02. This shows that there is significant effect of yoga and pranayam on the level of anxiety of employees of Hospitality and Tourism.

Qualitative analysis

1. Physical problem felt by the employees

- a) Headache - 70% reported frequent headache, 24% suffer from headache occasionally, and only 6% have reported that they have a headache rarely.
- b) Backache – 22% reported frequent backache, 12% suffer from backache occasionally and 66% reported that they have a backache rarely.
- c) Pain in eyes – 15% reported that they sometimes have pain in their eyes.
- d) Tension – 64% reported that they often got tense even on small issues.
- e) Pain in legs – 25% reported that they sometimes have pain in their legs.

2. Psychological problems

- a) 47% felt that they often got angry even on small issues. They often got sentimental on small things
- b) 53% got tension on any confrontation with their seniors or colleagues. They also got disturbed if there is any confrontation among the team members.

3. Uncomfortable in doing yoga

- a) Many have reported that it was very difficult to close the eyes for that period. In the beginning they frequently open their eyes but in nearly 10-15 days they practiced to close their eyes during yoga practice.
- b) Some found it difficult to sit as they are habitual of standing and walking a lot in the hotels/ at their work place
- c) In the beginning it was very difficult for them to do asans as their body is very less flexible.
- d) It was a surprise that more than 37% are habitual to smoking which was noticed at the end of sessions when it was asked to them that why you won’t able to do breathing properly.
- e) Most of them loose their attention very frequently which was a major challenge.

- 4. After few days many of them reported a positive change in themselves, after a week almost 85% felt very energetic and a session of change in their professional and personal life.
- 5. Most of them felt happier as compared to before the session.
- 6. Calm and clean atmosphere and no hastens in mind helps to do yoga with full concentration and enjoyment.
- 7. After 10 days they began to concentrate and enjoy Om enchantation which was favourite aasans of almost all.
- 8. Many of them felt that now onwards their day will go good and fruit full after doing yoga and they continue to do this as a part of regular practice
- 9. Many of them developed control over their anger to some extent.
- 10. Many of them felt that Yoga has improved their sound sleep due to which now they feel very energetic throughout the day.

Also some have developed a little control over their hunger

Conceptual framework

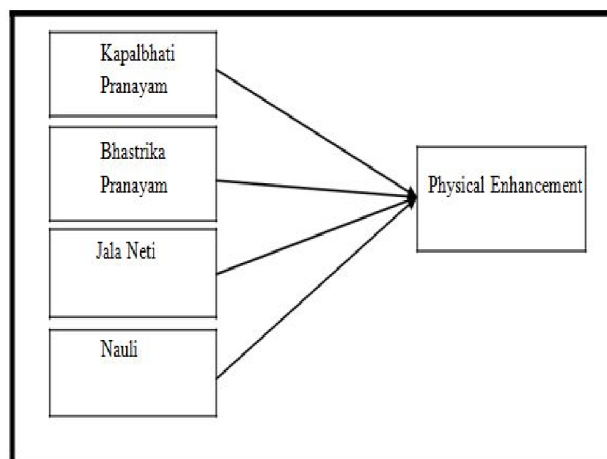


Table 2: Categories of yoga

Category of Yoga	Description
Yama	It is basic principles for the benefit of society such as honesty, truthful, non-violence, non-steal and absence of lust (Giri, 2006)
Niyam	It is the basic principles for self like a healthy body, hygienic habits, proper diet, sleep, rest, work routine, etc. (Babu, 2012)
Pratyahara	It develops the inner mental strength by controlling sense organs (Mallison, 2004)
Asanas	It is slow stretching activities performed to improve the whole body fitness (Giri, 2006)
Pranayam	It is a systematic control of breathing performed to improve the internal functioning of the whole body. (Malhotra et al., 2004)
Dharana	It helps to fixing the concentration on single object i.e., concentration (Giri, 2012)
Dhyana	It help to make a high level of concentration (James and Raub, 2002)
Smadhi	It is state of union with god (Giri, 2012)

Table 3: Definitions of yoga

Authors	Define
Swami Digambar ji	"Yoga is a union of atma and parmatma"
Satyapal	"Yoga is derived from sanskrit word 'yuj' which means the union of soul with god"
Shankracharya	"Yoga is withdrawal of senses organs from the worldly objects and their control".

Pranayam

Pranayam can be considered as a breathing air as power of life. Pranayams are systematic rhythmic manage of breathing to provide deep effects over individual. Pranayams are also systematic activities in which inhale, exhale and holding of breath are controlled. There are numerous ways of Pranayams based on this technique of inhale, exhale, and holding of breathing include kapalbhati, bhastrika, nauli, jalaneti and sutar neti (Malhotra et al. , 2009).

A) Kapalbhati pranayama

Kapalbhati pranayama is an important kind of breathing exercise that helps to relieve of various ailments over a period of time. The word kapalbhati is composed of two words kapal and bhati. "Kapal" means skull (skull includes all organs under the skull too) and "bhati" means shining. Due to course of action, the organs under the skull mainly the brain and the small brain are inclined in a good manner. Kapalbhati is done in a sitting posture (Panwar et al., 2012). In the words of Gherand samhita, Kapalbhati is deliberated mainly to the cleaning of other effects. The process of kapalbhati include short and strong forceful exhalations and inhalation happen automatically.

Kapalbhati include vatakrama, vyutkrama, and sheetkrama kapalbhati.

Vatakrama kapalbhati:- It is similar to bhastrika, a mechanism of pranayama, expect that exhalation is active while inhalation is passive, the opposite of normal breathing.

1) Vyutkrama kapalbhati:- It is similar to jala neti, it includes sniffing water through the nostrils and letting it flow down into the mouth and then spitting it out.

2) Sheetkrama kapalbhati:- It is reversed of vyutkrama kapalbhati, in which water is taken through the mouth and then expelled through the nose.

In addition to patient's suffering from heart trouble, lung trouble should practice this under an expert guidance. Each individual who are suffering from diseases of blood circulation should also perform the process under guidance and care of experts.

B) Bhastrika pranayam

The term bhastrika pranayam can be considered as increases the flow of air into the body to produce inner heat at the physical and subtle level. It is also known as bellows breathe. It is helpful to release toxins present in the body that are produced from excess of air, bile, and phlegm, relief in various throat inflammations, remove diseases of the nose and chest and eradicates ashtma etc., expand and fortifies our nervous system, burn fat and promote naturally weight loss. In addition to this pranayam is strictly prohibited for those who are suffering from heart problems and high blood pressure (Bhavanani et al., 2012).

C) Jala neti

The term jala neti literally means "water cleansing". Jala neti is performed as routinely as using a toothbrush. Jala neti is performed daily usually the first thing in the morning with other cleansing practices. Sometimes it is done more often such as the end of the day if you work or live in a dusty or polluted environment. When dealing with problem of congestion it can be performed up to four times a day and has been shown up to speed the healing process for common colds (Shankarappa, 2012). In jala neti, the warm salty water flow through one side of the nasal cavity and out the other nostril. It is helpful to remove all dirt and bacteria filled mucus from within the nose. Jala neti is also helpful for headaches, epilepsy, depression and general mental tension. Neti is of great importance for problems related with the eyes. Neti is admirable for those who are trying to quit smoking (Bhavanani et al., 2012).

D) Nauli

Nauli can be considered as a yogic cleansing exercise or kriya. Nauli cleanses the internal organs and abdominal region such as side-to-side rolling motion of the abdominal muscles (Panwar et al., 2012). In other words we can say that this massage is great for your kidneys and liver, your bladder and your pancreas, gall bladder and reproductive organs. Nauli is also

beneficial for those people who are suffering from diabetes. In the views of Brian Dana Akers "lower the shoulders. Revolve the stomach left and right with the speed of a strong whirlpool. This is called nauli by the masters. this nauli is the crown of hatha practices. Nauli encourages a weak gastric fire, restore the digestion, always bring happiness, and dries up all defects and diseases" (Malthotra et al., 2009). Nauli is also considered as an difficult exercise, which can be learned only perseverance and patience. Nauli is helpful for the recovery of constipation. The exercise may clean the small intestine and eliminate digesting problems. In addition to nauli should not be performed by pregnant women or people with hypertension, heart diseases, or various gastrointestinal ailments.

6. Conclusion

The present investigation has been carried out to study the effect of yogasana and pranayama in reducing their anxiety level and increasing mental health.

Suggestion for further research

The research work in the field of yoga and hospitality has a large scope in context of the ever changing scenario.

- The effect could also be studied on other parameters like overall mental health, behavior, modification, biological effects on body and similar related physiological and psychological states and also achievements of the employees in terms of career growth.
- The yogic practice included in the present study was a selected set of asans and pranayam. Other and wider form of practices can give better result.
- This can also be as per the hierarchy level in the hospitality industry as the mental pressure and physical pressure varies as per the hierarchy.

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