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Impact of Yogic breathing exercises on elderly population

Kiran Singh

Haryana Agricultural University, India

Subjective well beingness was assessed on the experimental group with low well being scores after the one month intervention yoga program including four types of breathing exercises (Pranayam). Results revealed that majority of the elderly were living in the joint family system in rural area in comparison to urban area. Subjective well beingness was assessed by using subjective well-being inventory by Nagpal and Sell. The results elucidated that 'expectation-achievement congruence' is the factor which showed maximum gain in well-beingness in rural subjects whereas urban respondents in 'family group support'. The results found that factors like 'general well-being positive affect', 'confidence in coping', 'social support' and 'inadequate mental mastery' showed high positive significant association with age, education and family occupation. Increase in the education status of senior citizens results in increase in the level of subjective well-beingness and life satisfaction among elderly. The study further unveils that aspects like 'vocational situation', 'family life', 'partnership relationship' and 'psychological health' also showed high significant association with education of the senior citizens. Living arrangement depicted high positive significant association with age and education of the senior citizens.

kiransingh.in@gmail.com