



A Cross-Sectional Study on Awareness About Siddhar Yogam and its Benefits Among Senior Secondary School Students in Tirunelveli District

R.Rajesh¹, M.Packia Lakshmi^{*2}, V.Mahalakshimi³

1. PG scholar, Department of Siddhar Yoga Maruthuvam, Government siddha medical college and hospital, palayamkottai, Tirunelveli, Tamilnadu, India.
2. PG scholar, Department of Siddhar Yoga Maruthuvam, Government siddha medical college and hospital, palayamkottai, Tirunelveli, Tamilnadu, India.
3. Associate Professor and HOD, Department of Siddhar Yoga Maruthuvam, Government siddha medical college and hospital, palayamkottai, Tirunelveli, Tamilnadu, India.

*Corresponding author's E-mail: dr Rajeshraj94@gmail.com

Received: 08-04-2025; Revised: 26-06-2025; Accepted: 04-07-2025; Published online: 15-07-2025.

ABSTRACT

Background: Siddhar yogam is one of the Kayakarpam (Rejuvenation science) methods. It includes not only meditation science but also comprises eight types of siddhis, including medical postures. It is known as ASTANGA YOGAM. Yogam helps to improve physical, mental and social well-being, supporting a healthy lifestyle, the benefits of yoga have not reached everyone, possibly due to a lack of awareness, interest and misconception about its practice.

Aim: This study aims to assess the extent of awareness of Siddhar Yogam among senior secondary school students and its benefits in ensuring physical, mental and physiological wellbeing.

Materials and methods: It will be a descriptive cross-sectional study conducted among 500 senior secondary school students in Tirunelveli district over a period of four months. Non-randomized (convenience) sampling will be used. A closed-ended questionnaire will collect data on awareness and perceived benefits of yoga. The data will be statistically analysed to determine relevant results

Results and conclusion: Considering that secondary school students are more prone to stress during their studies, awareness and knowledge about Yogam can play a significantly positive role. Based on the study findings, a sensitization program on Yogam may be planned for the benefit of students.

Keywords: Awareness of yoga, Senior secondary school students, Benefits of yoga, Stressed students.

INTRODUCTION

Siddhar Yogam is one of the Kayakarpam (Rejuvenation science) methods. It includes not only meditation science but also comprises eight types of siddhis including medical postures. It is also known as 'ASTANGA YOGAM'. Yogam helps to improve physical, mental and social well-being, supporting a healthy style. The people who practice yogam and meditation regularly experience stress free life. The benefits of yoga have not reached everyone, possibly due to a lack of awareness, interest and misconception about its practice.

Senior secondary students find difficulty in concentrating on a particular task attributed to the sheer level of stress experienced during the studies. Yoga has been found helpful in alleviating the stress level which it turn helps to improve concentration and understanding. The benefits of yogam have not reached each and every one of us. The concept of yoga long has been misinterpreted without acknowledging with numerous benefits associated with it. In this study, we aim to report the knowledge and awareness of senior secondary school students regarding yoga and it's benefits.

AIM:

This study aims to know the extent of awareness of siddhar yogam among senior secondary school students and it's

benefits towards ensuring physical, mental and physiological well being.

OBJECTIVES:

To elucidate the awareness of siddhar yogam and it's benefits among senior secondary school students through a questionnaire based survey.

STUDY METHODOLOGY:

A) Study Type: Descriptive study

B) Study Design: Cross sectional survey

C) Study Population: Students in senior secondary school Tirunelveli district

D) Sample Size: 500

E) Sampling Procedure: Convenience Sampling Technique

F) Study Period: 4 months

G) Inclusion Criteria: Higher secondary school students of Tirunelveli district were included

H) Exclusion Criteria: Students not willing to participate in the study were excluded.



METHODS OF DATA COLLECTION:

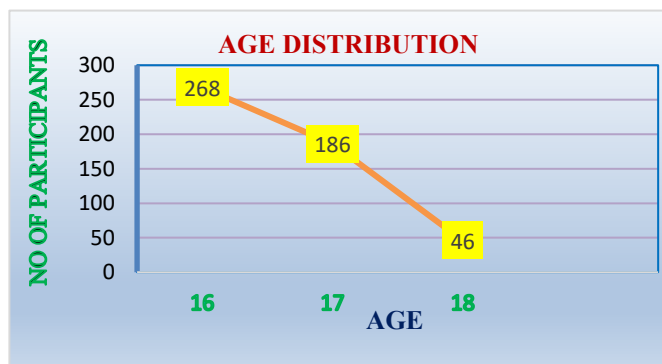
- Data was collected by face to face manner with higher secondary school students through a structural questionnaire in Tirunelveli district.
- The participants were well informed about the study and an informed consent was obtained from them
- Data collection will be carried out by guided quasi structured questionnaires.

DATA ANALYSIS PLAN:

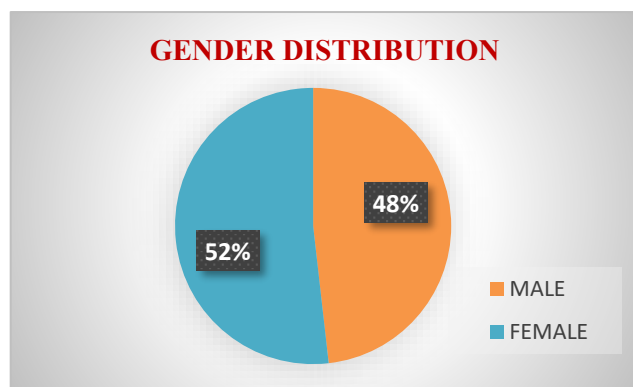
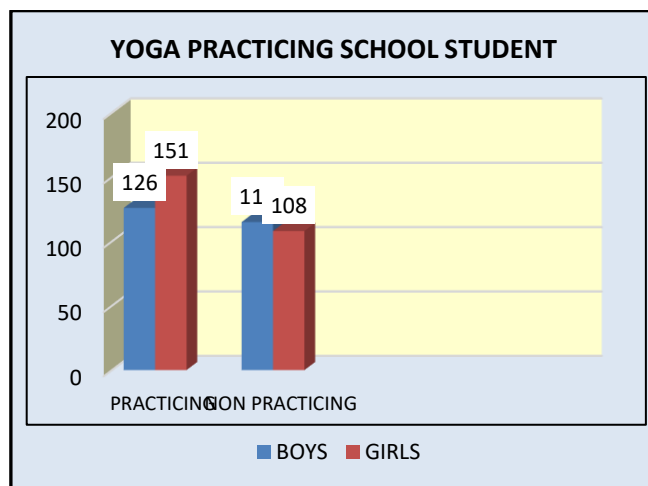
All datas collected through the study was statistically analysed and appropriate results well obtained. Data analysis was centrally performed by the investigator under the guidance of the guide.

RESULTS:**Table 1:** Age Distribution:

S.NO	Age range	Number of participants
1	16	268
2	17	186
3	18	46

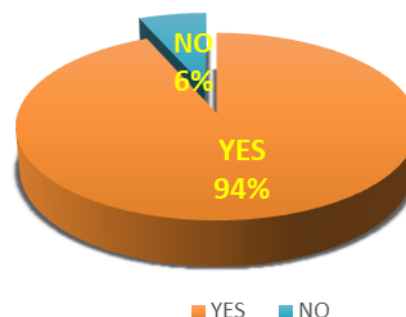
**Figure 1:** Age distribution**Table 2:** Gender Distribution

S.NO	Gender	Number of participant
1	Male	241
2	Female	259

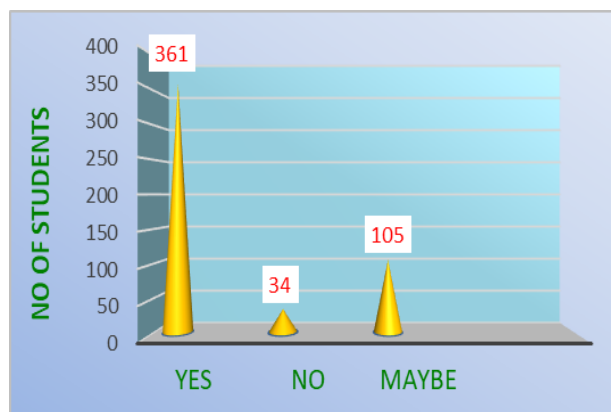
**Figure 2:** Gender distribution**Figure 3:** Yoga Practice Among School Students**Inference:**

Among 241 male students, 126 students were practicing yoga, 115 students were not practicing yoga.

Among 259 female students, 151 students were practicing yoga, 108 students were not practicing yoga.

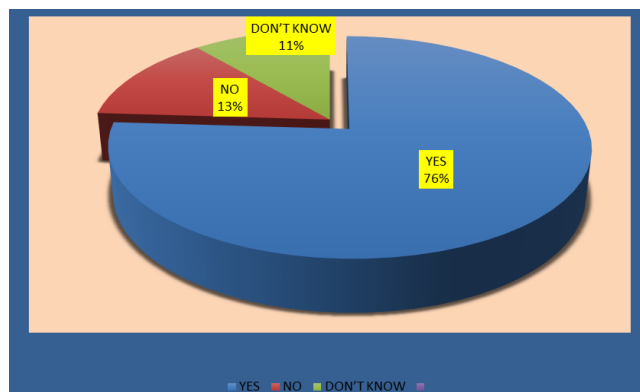
DISTRIBUTION OF PERCENTAGE OF STUDENTS FELT CHANGES THROUGH YOGA PRACTICE:**Figure 4****Inference:**

Among 500 Students 94% of students had felt changes through yoga practice, 6% of students didn't felt any changes.

YOGA PRACTICE HAS INCREASED CONCENTRATION:**Figure 5**

Inference:

Among 500 students, 361 students reported that yoga practice has increased their concentration in studies, 34 students reported yoga practice did not gave any changes in their concentration in studies.

A SOLUTION TO MODERN LIFESTYLE HEALTH PROBLEM:**Figure 6****Inference:**

Among 500 students, 76% of students told that yoga will be solution to modern life style health problems. 13% of students told that yoga will not be solution to modern life style health problems.

MOTIVATION FOR DOING YOGA:**Figure 7****REASON FOR DOING YOGA:****Figure 8****DISCUSSION**

The total number of students participated were 500. The results were recorded in a bar charts. Among 500 students 55.4% of male had the habits of doing yoga. 44.6% did not have the habit of doing yoga. 56.3% of the students had said yoga will provide fitness to their body.

9.3% of the students had said yoga will reduce stress level and 22.7% of the students had said yoga will provide good sleep and 11.7% of the students had said yoga will improve concentration was their prime option for doing yoga.

45.7% of students said lack of interest and 28.2% of students said lack of awareness and 19.7% of students said laziness and 6.4% of students said poor time management was the main reason for not doing yoga.

18.7% of the students felt that they were motivated for yoga by their self. 5.7% of the students responded that the motivation factor for doing yoga was tv/media. Family members were the motivating factor for the practice of yoga for 31.3% of the students.

For 34.6% of the students, friends were the motivating factor for doing yoga. For 9.7% of the students, either doctor/professional were the motivating factor for doing yoga. 91.6% of students has awareness about practicing yoga for good health.

23.6% of students were practicing yoga daily, 20.4% of students were practicing yoga weekly, 44.6% of students never practiced yoga and 11.4% of students choose others. 93.5% of students found noticeable changes after practicing yoga.

35.7% of students were practicing yoga for more than 7 years, 44.4% of students were practicing yoga between 3 to 7 years, 13.4% of students were practicing yoga between 1 to 3 years, 6.5% of students were practicing for 11 months.

72.2% of students had awareness that practicing yoga can improve their concentration in studies. 18.8% of students had attended yoga camps and 81.2% of students did not attend any yoga camps.

9.4% of students said that yoga books are the ways to learn yoga, 33.8% of students said you tube, 32.2% of students said yoga classes are the mode to learn yoga and 24.6% of students didn't respond. 73.3% of students felt that yoga should be included in their school syllabus.

87% of students had a positive attitude toward yoga. 76% of students had awareness of yoga will be a good solution to modern lifestyle problems. 48.8% of students felt that walking or any other physical activities were better than yoga. 61.6% of students had knows that yogam is the part of siddha system of medicine.

CONCLUSION

Considering that secondary school are more prone to stress during their studies, knowledge and awareness about yogam can play a significantly positive role. By practicing yoga it is capable to achieve personal abilities such as stress

management, attention in their studies, maintenance of physical and mental health. The overall findings of this study revealed that more than half of the students had awareness about doing yoga. Based on the study findings, a sensitization program on yogam should be planned for the benefits of students and teachers. Further study with wider sample will increase the awareness among public about yogam.

Source of Support: The author(s) received no financial support for the research, authorship, and/or publication of this article

Conflict of Interest: The author(s) declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

REFERENCES

1. Chawla KP. Yoga, meditation and stress in student life. *Int J Med Res Rev.* 2017;6:687-91.
2. Kathapillai M. Awareness about yoga asana and its benefits among undergraduate medical students: a descriptive study. *Int J Yoga, Physiotherapy and Physical Education.* 2019;4(2):20-23.
3. Sefiya KM. Attitude of yoga among students - A study with special reference to college students in Thrissur district. *Indian Journal of Research.* 2015;4(9):66-69.
4. Mishra AS, Rajesh SK, Vadiraja HS, Nagarathna R, Anand A, Bhutani H, Sivapuram MS, Singh A, Nagendra HR. Knowledge, attitude, and practice of yoga in rural and urban india, kapy 2017: a nationwide cluster sample survey. *Molecular Diversity Preservation International.* 2020;7(2): 1-12.
5. Hedge SV, Rao SK, Menezes RG, Kotian SM, Shetty S. Knowledge, Attitude, And Practice Of Yoga In Medical Students: Assessment Of Anthropometry And Lifestyle Factors. *Int J Yoga Therap.* 2018;28(1):9-14.
6. Kafle KK, Gartulla RP. Self-medication and its impact on essential drugs schemes in Nepal.
7. Anand T, Tanwar S, Kumar R, Meena GR, Ingle GK. Knowledge, attitude, and level of physical activity among medical undergraduate students in Delhi. *Indian Journal of Medical Science.* 2011; 65:133-142.
8. Quilty MT, Saper RB, Goldstein R, Khalsa SB. Yoga in the real world: Perceptions, motivators, barriers, and patterns of use. *Global Advances in Health and Medicine.* 2013; 2(1):44-49.
9. Gaskins RB, Jennings E, Thind H, Becker BM, Bock BC. Acute and cumulative effects of vinyasa yoga on affect and stress among college students participating in an eight-week yoga program: A pilot study. *International Journal of Yoga Therapy.* 2014; 24:63-70.
10. Heela Nagendra H R., & Ganpat, T. S. Efficacy of yoga for sustained attention in university students. *Ayu.* 2013; 34(3):270-272.
11. Roth B, Stanley TW. Mindfulness-based stress reduction and healthcare utilization in the inner city: preliminary findings. *Alter Therapies Health Med.* 2002; 8:60-66.
12. Shreelaxmi Hegde V, et al. Knowledge, Attitude, and Practice of Yoga in Medical Students: Assessment of Anthropometry and Lifestyle Factors. 2018; 28(1):9-14.

For any questions related to this article, please reach us at: globalresearchonline@rediffmail.com

New manuscripts for publication can be submitted at: submit@globalresearchonline.net and submit_ijpsrr@rediffmail.com

