

Perceived Control as Predictor of Yogic Practices and Effects of Yoga on Health and Well-Being

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KEYWORDS Primary Control. Symptoms Reporting. Quality of Life. Life Satisfaction. Yoga

ABSTRACT Yoga contains valuable and indispensable knowledge and practices for integrative human development. The present investigation was carried out to examine the role of perceived control in continuing the yogic practices by people attending a yoga camp. The participants were divided into regular yoga group, irregular yoga group, non-yoga group based on their attendance in a yoga camp for a week and continuation of the practice of yoga for following six months. Perceived control and primary control scale, PGI health questionnaire, WHO QOL, and life satisfaction (SWL) measures were administered before the commencement of the camp and six months after it. The repeated measure ANOVA was computed with group (that is, regular yoga, irregular and only camp groups) and condition (that is, pre camp assessment and six months follow-up) as two factors. Results showed that the effect of group, as well as, condition was found significant. The stepwise multiple regression analysis revealed that perceived and primary control had emerged as best predictors of SWL and Health in regular yoga group. Regular practice of yoga depends on the control on things perceived by the doer and then it enhances the vital capacity and has benefits in well-being of person.