

Influence of Yoga and Zumba on Memory among South Indian Populations - A Survey

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ABSTRACT

This study aims at comparing the effect of Yoga and Zumba on memory among the south Indian population and to create awareness and to determine the understanding of the effect of Yoga and zumba on memory

Material and methods: This is a cross sectional study conducted among the South Indian population. It was spread among them through a questionnaire. The questionnaire of the study consisted of 10 questions and was circulated among the individuals who belonged to South India. The sample size of the study was 100 and the results were tabulated accordingly.

Results: The data were statistically analyzed. The survey consists of 100 participants. 75% of the respondents prefer Yoga over Zumba on a daily basis. 65% of the respondents are aware of the fact that Yoga can help in control of our minds and improve concentration than Zumba.

Conclusion: This survey was done to assess the knowledge and awareness on the effect of Yoga and Zumba on memory in various aspects.

Keywords: Yoga; Zumba; memory; mind; concentration

INTRODUCTION

The practice of yoga dates back over 2000 years to ancient India, with a focus on the unification of the mind, body, and spirit through the practice of physical movements, meditation and breathing exercises. Over the course of its lengthy existence, many different schools of yoga have emerged, each placing a different emphasis on the practice. However, despite their different philosophies and combinations of exercises, they all are integrated in the common theme of uniting the mind and body. Yoga's prominence in western civilization emerged in the late 20th century. While its origins root from religious principles, modern day culture is primarily drawn to it for its relaxation benefits and stretching and strengthening movements. According to the National Center for Complementary and Integrative Health (NCCIH), yoga is the most popular form of complementary therapy practiced by more than 13 million adults, with 58% of adults citing maintenance of health and well-being as their reason for practice (1) Yoga is a science practiced in India over thousands of years. It produces consistent physiological changes and has sound scientific basis.(2)

All over the world scientists have extensively studied Yoga and claimed that it increases longevity, it has therapeutic and rehabilitative effects One of the reasons for yoga's increase in popularity is it can be taught at a range of different intensities. Compared to traditional forms of aerobic and anaerobic exercise, the relatively low-impact, modifiable nature of yoga can offer a middle ground for individuals with movement limitations, clinical diagnoses, and is particularly suitable for aging populations. Yoga's focus on improving the self through both physical and mental practices incorporates more mindful elements absent in traditional forms of exercise.(3) Yoga facilitates communication between the brain and body, and the integration of both top-down and bottom-up cognitive processing. All these practices are intended to develop a certain

type of awareness within oneself. Yoga is a powerful stream of knowledge, which enables the practitioners to achieve radiant physical health, serene mind, and continues spiritual uplift.(4)

Zumba is a popular fitness program inspired by Latin dance. Zumba is a registered trademark for the dance classes developed by Alberto Beto Perez, a Colombian dancer and choreographer, as a way to turn a fitness class into a dance party. Zumba dancers move fast and have fun while getting exercise and burning calories. Using upbeat Latin music together with cardiovascular exercise, Zumba is aerobic dancing that is lots of fun and easy to learn. The goals of Zumba are to improve strength, balance, coordination and mental strength(5) This is very important from the aspect of maintaining interest for continuous exercise, since the main reason for leaving the group fitness program is monotony of each training session in long term of practicing. Zumba is the most effective group fitness program that includes healthcare, aesthetic, social and entertainment character of exercising and plays a major role in moving away from mental problems(6) The aim of the study is to determine the understanding regarding the effects of yoga and zumba on memory.

MATERIAL AND METHODS

A convenient sample size of 100 respondents from various parts of South India participated in this study. A cross sectional observational online based study was conducted. Questionnaires were constructed on a survey monkey website with dichotomous responses and multiple choice questions. The questionnaire consists of 10 questions. At the end of the survey, all data were collected and analysed for statistical references.

RESULTS AND DISCUSSION

This research was carried out among various individuals from South India.(Figure 1) 75% of the respondents were Male and 25% were Female. 45% of the respondents belonged to the age group 26-35, 40% belonged to the age group 36 and above, 15% belonged to age group 15-25. 75% of the respondents prefer Yoga on a daily basis while 25% prefer Zumba. (Figure 2) 65% of the respondents choose Yoga over zumba and 25% prefer Zumba over Yoga. (Figure 3) 65% of the respondents prefer the fact that Yoga can control your minds and help in concentration while 35% of the respondents prefer Zumba. (Figure 4) 55% of the respondents are aware that the practice of Yoga and Zumba can improve memory while 45% are not aware. (Figure 5) 64% of the respondents are aware Yoga and Zumba plays a role in physical and mental development of an individual while 36% of the respondents are not aware. (Figure 6) 70% of the respondents are aware Yoga and Zumba play a major role in reducing stress. (Figure 7) 56% of the respondents are aware that the practice of Yoga and Zumba bring good thoughts to the mind while 44% are not aware.

In a study it was found evaluating the effects of yoga on fatigue in a variety of medical conditions. The review included 19 RCTs and included healthy persons as well as patients with cancer, multiple sclerosis, dialysis, chronic pancreatitis, fibromyalgia, and patients lacking memory and severe mental health problems(7) Most studies described beneficial effects in favour of the yoga interventions, particularly when compared with anxiety , but also compared with active controls such as relaxation response or compared to standard drugs. However, there are currently no meta-analyses available which would clearly differentiate this important issue. The AHRQ report stated that yoga was no better than mindfulness-based stress reduction at reducing anxiety in patients with cardiovascular diseases.(8) In a study conducted in Himachal Pradesh individuals it shows that Yoga and with its emphasis on purposeful movements and the use of breath to guide us through asanas, can help with depression and anxiety. Yoga increases awareness of present-moment experience and attentional focus, and as a result, can help individuals become aware of negative moods and the dwelling in negativity that is characteristic of depression.(9) In a study it shows that yoga functions like a self-soothing technique in that it alters the stress response system, helping to tame and quiet down the nervous system. In this way, the mental benefits of yoga are witnessed with the reduction of stress by way of decreased cortisol (stress hormone) levels in our body.(10) In a study it shows that Zumba can turn an individual's attention to dance, and away from the daily grind, is a great way to relieve stress. Studies show that exercise is very effective at reducing fatigue, improving alertness and concentration, and enhancing overall cognitive function.(11)

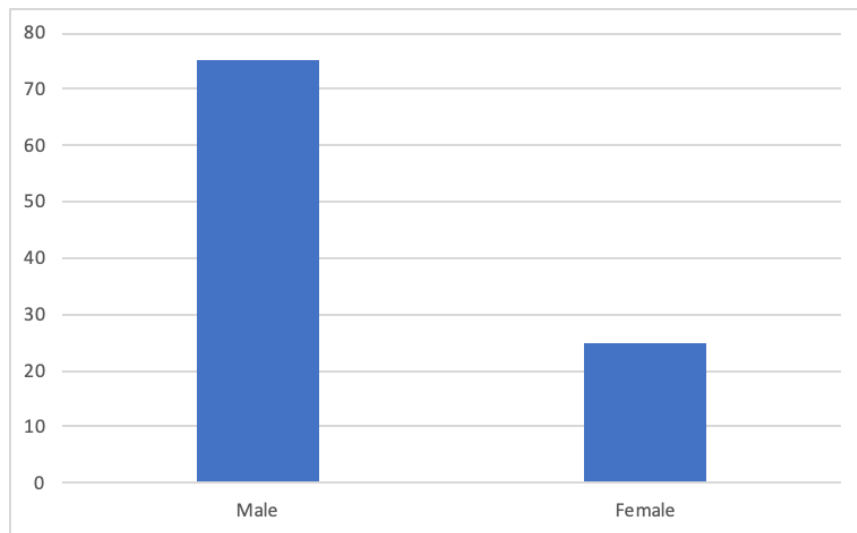


Figure 1: Bar graph showing distribution of gender . Majority of the respondents were Male(75%), remaining were Female (25%)

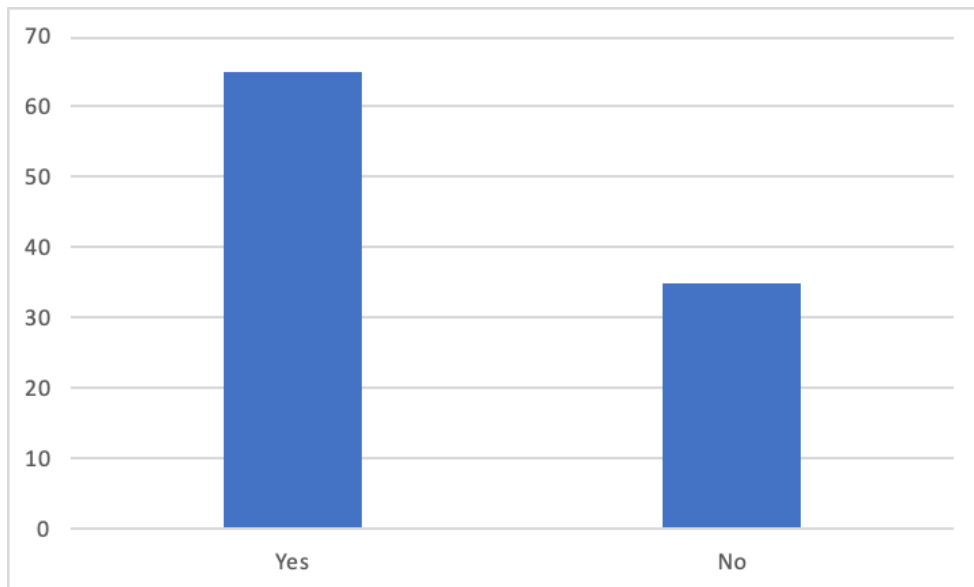


Figure 2: Bar graph showing distribution of respondents who prefer yoga over zumba
Yes (65%) No (35%)

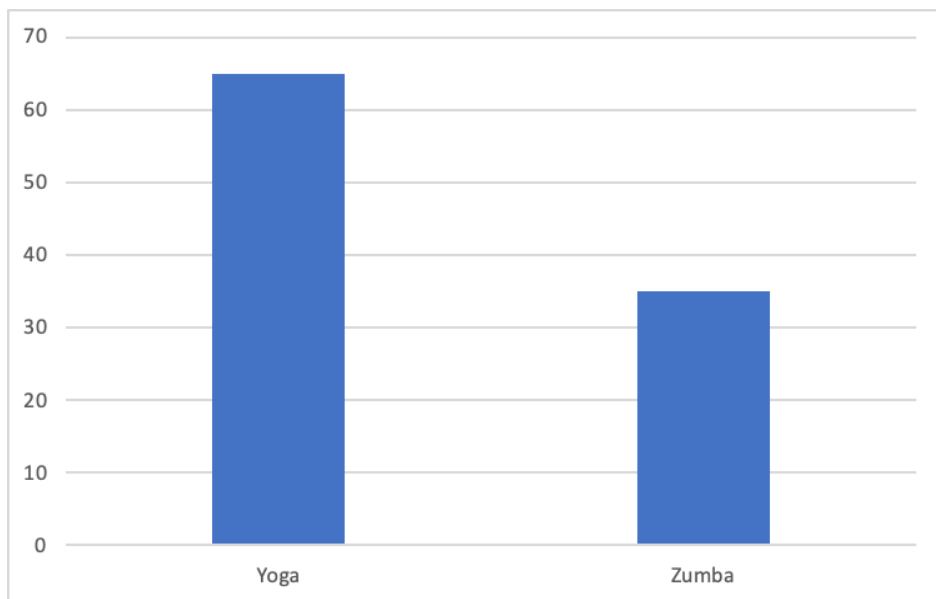


Figure 3: Bar graph showing distribution of respondents who prefer yoga or zumba to help in control the mind and help in concentration
Yoga (65%) Zumba(35%)

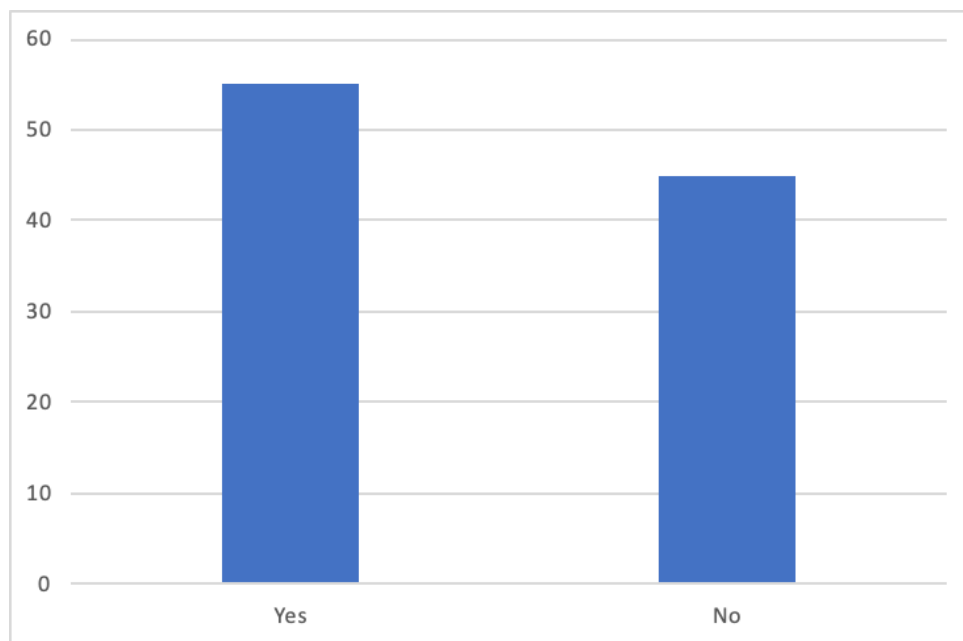


Figure 4: Bar graph showing distribution of the respondents aware yoga and zumba can improve memory (Yes - 55%) (No- 45%)

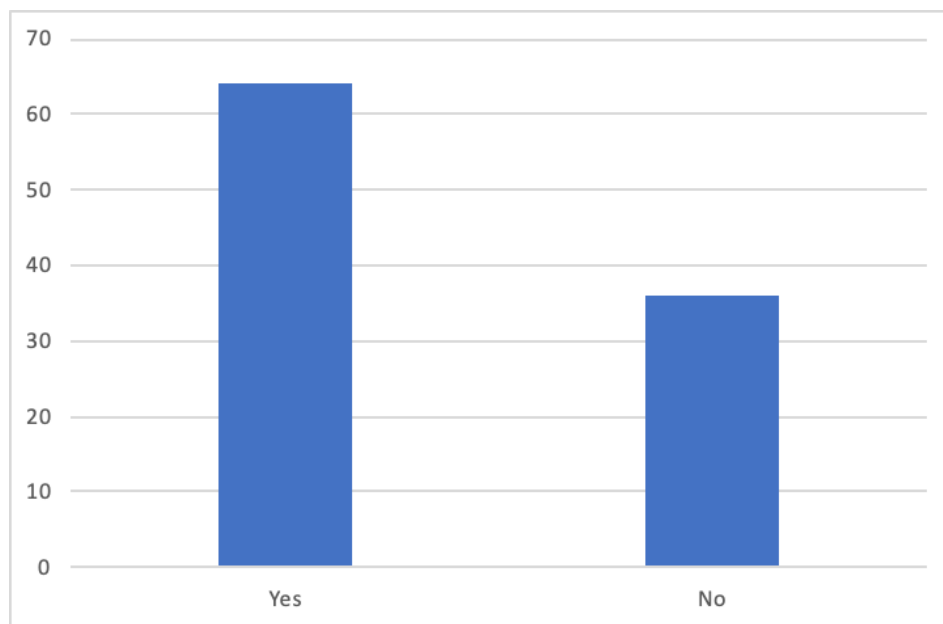


Figure 5: Bar graph showing distribution of the respondents aware yoga and zumba is helpful in physical and mental development. (Yes- 65%) (No- 35%)

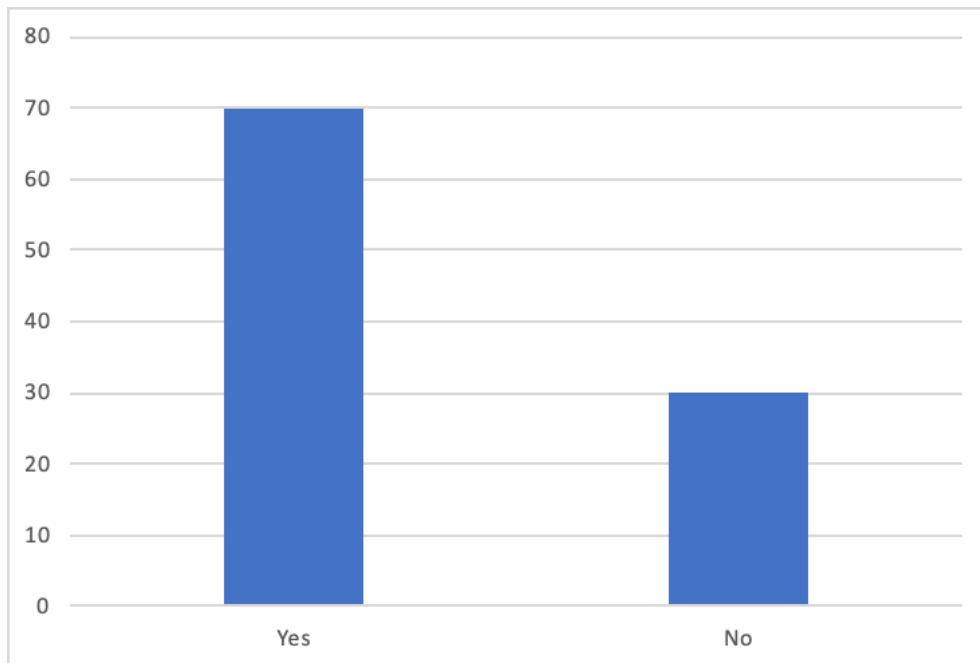


Figure 6: Bar graph showing distribution of respondents aware that yoga and zumba can reduce stress (Yes - 70%) (No -30%)

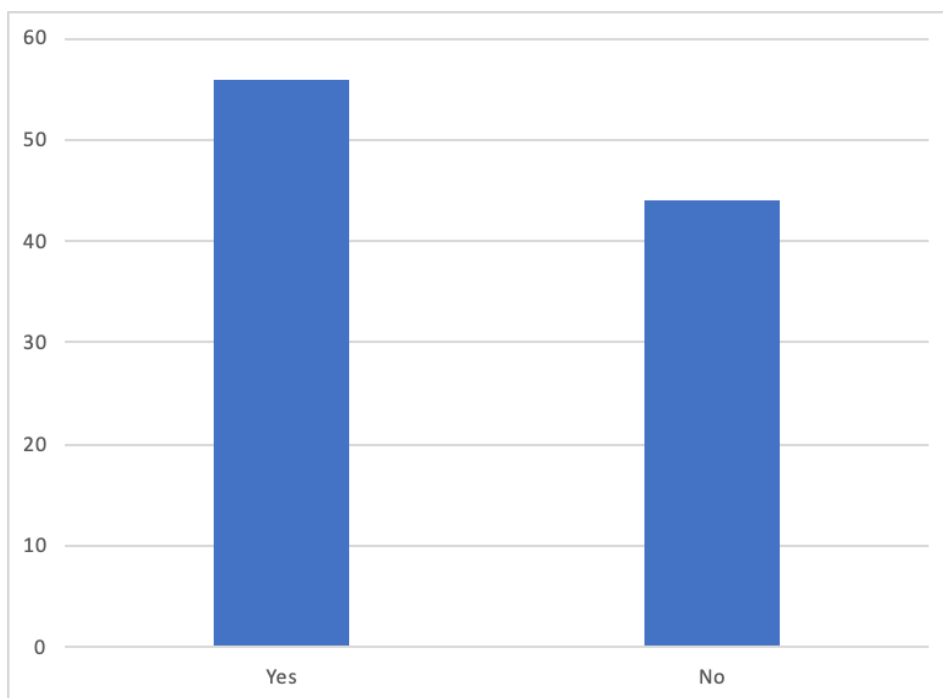


Figure 7: Bar graph showing distribution of respondents aware that practice if yoga and zumba can bring good thoughts to the mind (Yes -55%) (No-45%)

CONCLUSION

Yoga and Zumba involves physical movement with breath awareness and powerful body movement helps in achieving focus. Thus, from this survey, we come to know that Yoga and Zumba play an important role in improving memory.

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