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EDITOR
JITENDRA B. SHAH



L. D. INSTITUTE OF INDOLOGY
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I, Jitendra B. Shah, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Jitendra B. Shah

PERFORMANCE OF YOGA ON ECONOMIC BEHAVIOUR OF PEOPLE DURING COVID-19 PERIOD

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Abstract

During the pandemic phase nearly 30% of adults in India have reported that they faced financial crisis and suffered from stress and anxiety. This work mostly from the middle and lower income group category who had very less amount of saving to manage the present crisis. Along with stress and other significant impact were observed in individual, where they were facing sleep related disorders, eating disorders, alcohol consumption, lack of concentration, family conflicts and many more. In short there is a section of population, who fear the situation and stay at home to avoid getting infected. These people even after the unlock phase, did not move out for work and continued staying at home. All these have put them into financial crisis.

Keywords: Covid-19, Yoga, Economic Behaviour, Financial Crisis, Stress

1. INTRODUCTION

The recent pandemic of covid-19 has created a major impact on life of individuals across the world. The main problem is persisting related to the economic impact that pandemic had which not only affected the national economy but even individual are suffering from financial crisis. There as a two-way linkage between the covid situation and mental balance of an individual. Those individuals who are experiencing mental illness could not achieve the goal of establishing financial stability and others are the people who fail to manage their financial resources, which further let them to move towards mental illness such as depression, anxiety and stress. This effect was observed among large group of population in all the income earning age groups. Not only the people who are presently earning have shown such effect, but those retired senior citizen who rely on the pension/saving for their old age needs have also witnessed greater problem processing towards financial management. The pandemic situation has incorporated new barriers for people suffering from mental illness and substance use disorders. When these individuals were asked about their perception on the entire scenario, they reported that their immunity is low, they have more number of family member at home and thus they fear to go out. This was mostly the people who do not practice any type of physical activities and yoga in their routine course.

On the other hand, several research studies have proven the fact, that there is direct positive relationship between physical health and productivity of an individual. The better physical health status of an individual, better is his productivity and higher is his income earning tendency. The same thing was noted even during the pandemic situation. Those individual who practice yoga and meditation were more immune to the virus and being more confident, they stepped out for work. They could earn in a better way. However it was seen that when people started losing their jobs, they had to switch their earning source and gain alternative activity of income earning. In this process people where on stress, doing random retailing activities. Many could not sustain the pandemic situation and they were even getting infected of the virus. However those who had good immune system and participated in yoga and other physical activity where able to continue their economic activities only with mere precautions. This has proven the fact that physical and mental health of individual is associated with the productivity.

Studies of health condition suggest that the average cost of illness from absenteeism can equal or exceed average cost for medical care. Performance on the job is higher when employees are

physically and emotionally able to work. This leads to reduce absenteeism and increase presenteeism, which improves performance. Higher level of performance lead to higher level of productivity, which in can turn increase the profit.

2. LITERATURE REVIEW

Health risk and productivity has a direct relationship between them. Studies have found that relationship between the number and type of health issues and risk and situation of absenteeism from work have found. Stress, depression and other mental health measures to be of significance. [Reidel JE,]. At the same time physical health can also be associated with obesity. People who are not engage in daily yoga and meditation activities are found to be obese, carrying number of associated disease/disorders. Their body Mass Index BMI is high. This has been playing a significant role in employee absenteeism [Jacobson BH,]. Not many studies have directly studied the presenteeism and work productivity associated with health status, but there are several studies those reveals the fact that higher number of health risks corresponded to lower performance [Burton WN,].

The primary reason Indian employees provide Health promotion and disease prevention programme are to improve employee health, increase employee morale and attenuate. The rising risk of medical care [William M. Mercer]There are several research studies those have shown relationship between health risk and medical care [Anderson DR,] and a number of studies have provided evidence for a positive return on investment in Health promotion programmes [Aldana SG]. More recently employee have begun to recognise and measure additional business value from healthy workers in terms of better productivity. This broader approach expands the value of employees' health and value of programs to improve health and qualifying their combine effect on medical cost, absences, work performance and turnover [Goetzel RZ,].

There are other studies which show that there is positive relationship between yoga and self-confidence which in turn boost the morale of individual to improve their productivity. For poor people, survival is an issue. For survival from their poverty, they often point fingers at other who seem better off with yoga and meditation. What happened is that it in builds self confidence in them. What they were not able to do before, they are able to start doing as they gain self-confidence and courage. It brings up the dynamism in them [O'Donnell MP.].

3. OBJECTIVES OF THE STUDY

- 3.1. To determine the effect of yoga on the health status of an individual.
- 3.2. To find out the impact of health status on the productivity of an individual.
- 3.3. To establish a relationship between yoga and economic productivity during the covid-19
- 3.4. To assess the economic behaviour of people during the covid period with reference to performance of yoga.

4. HYPOTHESIS OF THE STUDY

4.1 Hypothesis 1

Ho- There is no association between yoga and health status of an individual.

H1- There is an association between yoga and health status of an individual.

4.2 Hypothesis 2

Ho- There is no association between health status and economic productivity of an individual.

H1- There is an association between health status and economic productivity of an individual.

4.3 Hypothesis 3

Ho - There is no association between yoga and economic productivity of an individual.

H1 - There is an association between yoga and economic productivity of an individual.

5. YOGA ECONOMICS

5.1 Flexibility

Yoga practice helps to practice flexibility. This normally is done on day to day basis which goes with control over breathing. The flexibility here is not only associated with physical body but also mind. Those who are flexible likewise possess ability to adjust to the surrounding condition, they are not rigid. With the changing scenario of the world economy, they rather become more flexible on their financial situation and are unlikely to be better off as compared to their counterpart you are more rigid.

5.2 Breathe in, breathe out

Metamorphically, it is said here is that when a person control his breathe he often has control over his problem. He retain while breathing in all the positive perception by breathing out the negative ones.

5.3 Pauses

It means to stop and more on later. As with economics, this means that there are natural cycle in the life of a person or organisation. Pause need to be considered negative growth, but as chances to evaluate what part of the business or organisation are worth maintaining, what path need to be jettisoned and transformed.

5.4 Concentration and meditation

Concentration is both associated with exercise and inner uses. Meditation can help to increase the thickness of the membrane of the brain, light control attention and process sensory signals from the outside world. Concentration helps to enlarge mental ability and attention. This is achieved by altering the brain structure and function so that the brain process are more effective. This is associated with thinking and reasoning process, which has a direct effect on the productivity of an individual. Meditation and concentration can make person and nation healthier. Reducing National Health Care cost, debt can be reduced and capital reinvested in prevention. By increasing the well-being and the purpose, meditation can enhance productivity, increasing the quality of life.

In short it can be said that yoga leads to prama or dynamic equilibrium, appreciating what is a creating more wealth and equity for all local and global, self and planet, inner and outer.

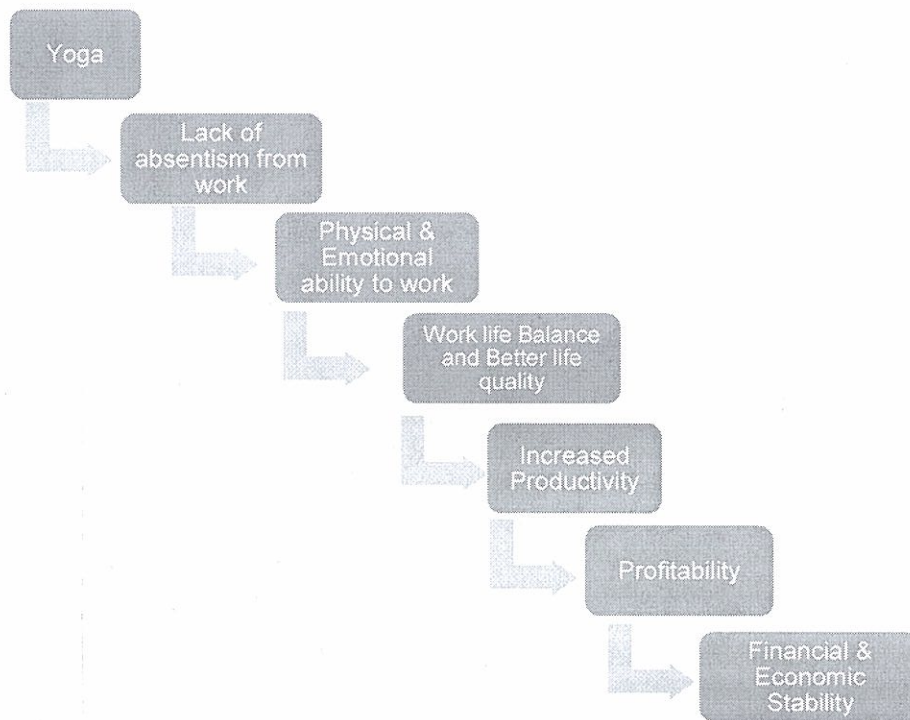
6. METHODOLOGY

The present research work is an empirical study base on comparative analysis between two group of respondents- experimental and control. A sample of 71 respondents have been us chosen for others study to fulfil the objective. For the present study both primary and secondary data have been used. Primary data has been obtained from structured questionnaire, compromising of 19 questions. At the same time to validate the data obtained, cross questioning was also done and response were gathered through telephonic interview. Secondary data was particularly obtained from the published data sources such as journal articles, research papers, news articles, etc. the data was compiled into table as per requirement to test the hypothesis of the study. Graphical and tabular representation where carried out to interpret and analyse the result. The statistical testing of hypothesis was carried out by applying the multiple regression and correlation method. The result was later summarise to draw the conclusion.

7. SCOPE OF THE STUDY

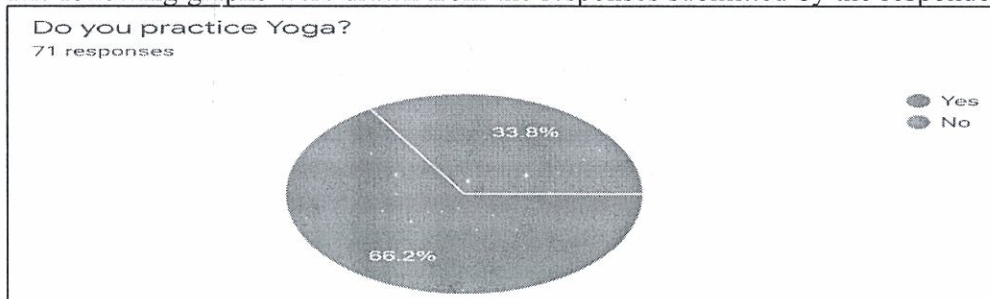
The study is based on the population of Mumbai city. Random sampling method was used to distribute the questionnaire through digital method. Both men and women above 18 years from the part of the study. Even the senior citizen where alarm to participate in the study. However non-earning students community were not included as the respondent. The data was collected from February 22, 2021 to February 28, 2021.

8. CONCEPTUAL MODEL OF YOGA ECONOMICS



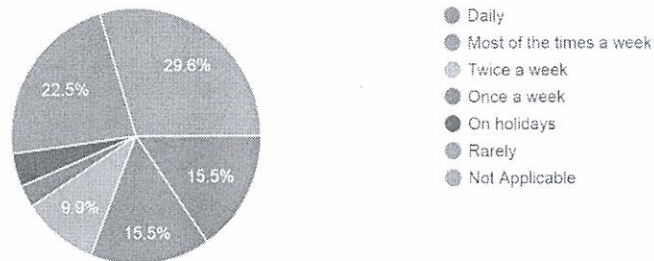
9. RESEARCH FINDING

The following graphs were drawn from the responses submitted by the respondents for the study



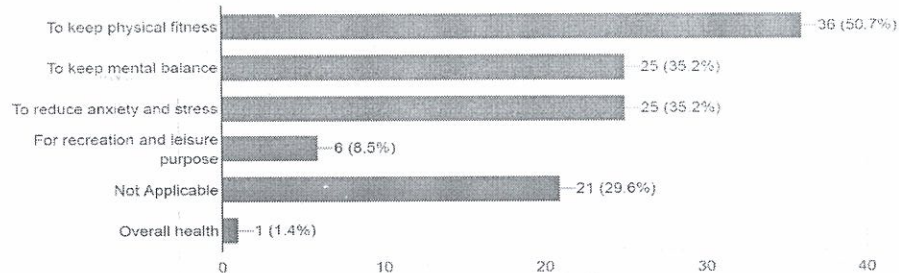
If yes. How frequently you do?

71 responses



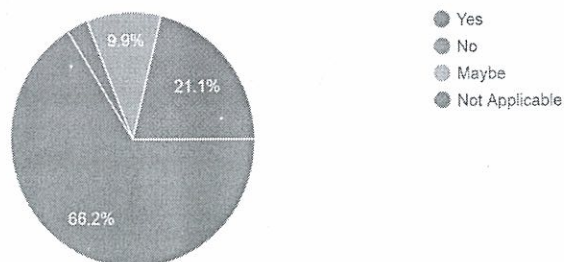
Why do you practice Yoga?

71 responses



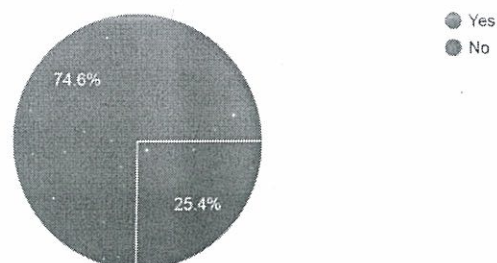
Have you ever seen any positive impact of Yoga?

71 responses



Have you or your immediate family members tested positive on COVID-19?

71 responses



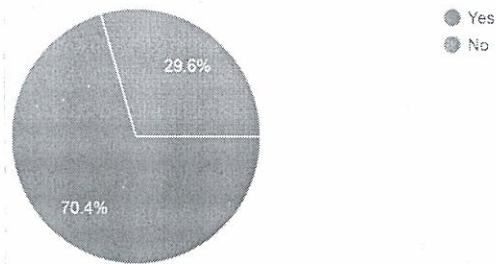
If yes, was the patient hospitalized for the same?

71 responses



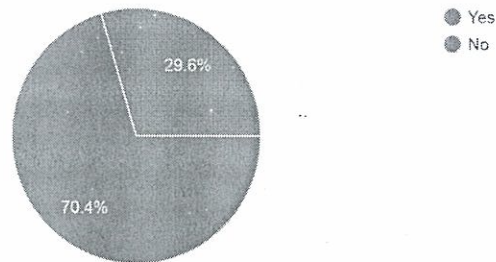
Have you seen any impact of COVID-19 on your household budget?

71 responses



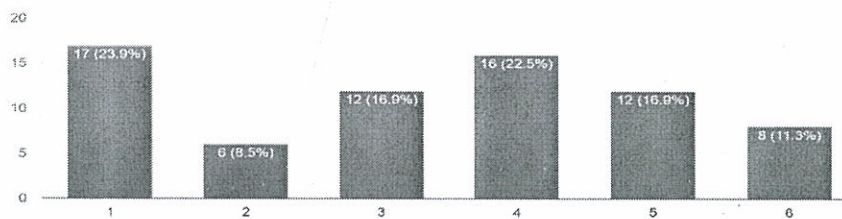
Have you seen any impact of COVID-19 on your household budget?

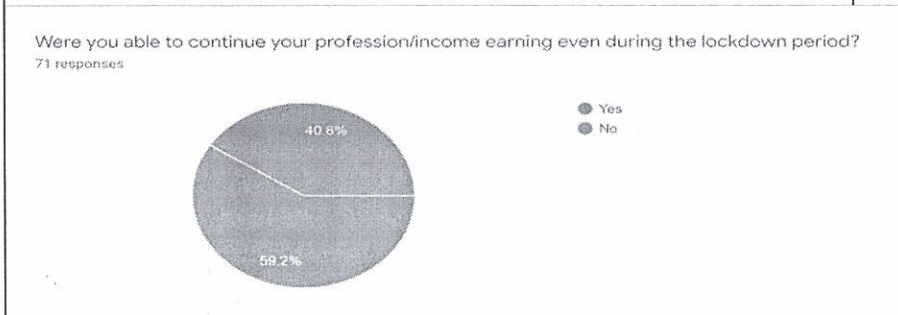
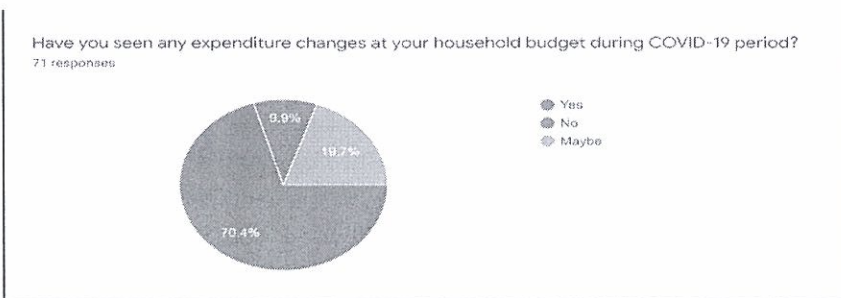
71 responses



Rate the level of impact

71 responses





From the above graphs, it is also seen that only 25% of the respondents have positively tested on covid-19 or other their close family members. 50% of them got hospitalized and the remaining 50% have taken the treatment at home itself. Majority of the respondents (70.4%) mentions that they have seen use impact of covid-19 on their household budget. Nearly 28% of the respondents have rated a high level of impact on the household financial aspects. Nearly 47% replied that they have seen to medium effect of the corvette situation on the household budget where is only 24% of the respondent felt that covid have not important there household budget. Nearly 70% of the respondents have scene changes in the expenditure at the household budget during covid-19 period. Nearly 59% respondents that they were able to continue with their profession or income earning activities even during the lockdown period and unlock period.

50 7.5% respondents face difficulty in managing their daily expenses due to covid-19 situation. Most of them tried to manage these difficulties by going in for cost cutting, utilising the savings, borrowing money from friends and family members, taking the loans to manage the expenses, selling out or mortgaging the gold jewellery. etc.

The entire observation that has been reported by the respondents that and productivity of human beings are closely related with each other (60.6%). Nearly 22.5% people even feel that maybe they are related.

10. HYPOTHESIS TESTING

The following table mentions between different variables.

Variable 1	Variable 2	Correlation	Results
1) Performance of Yoga by people	Positive health impact	Value 0.7403	Very high positive correlation
2) Positive health status	Difficulty in managing household expenses	-0.3366	Low negative correlation
3) Performance of Yoga by people	Difficulty in managing household expenses	0.0082	No relation

10.1 Hypothesis 1

The two variables tested here are performance of yoga by people and positive health impacts. The correlation value between them is point 0.7403. This value is showing very high positive correlation. It means that the first hypothesis that there is no Association between yoga and health status of an individual has to be rejected, confirming the alternate hypothesis that there is a close relationship between yoga and health status of an individual.

10.2 Hypothesis 2

The two variables tested here are positive health status and difficulty in managing household expenses. The relationship between them is -0.3366 that indicates negative relationship. The relationship here will come as negative itself, because one of the two is a positive variable and the second one is the negative variable. The reason for weak relationship is the capability of people to manage their household expenditure with the help of other financial sources. Does the hypothesis that there is no Association between health status and economic productivity of an individual can be rejected confirming the alternate hypothesis that there is a relationship, though weak, between the variables.

a. Hypothesis 3

The variable is tested here are performance of yoga by people and difficulty in managing the household expenses. The correlation value is 0.0082, which indicates no relation or very weak relation. This is due to the fact that romance of yoga is not completely helping the people in managing their household expenses, directly or indirectly. Do you have a good effect on the health status of an individual, but there are other aspects such as cost cutting, loans and borrowing of money which serves as an alternative in managing the household expenditure. Even the people who are at home during the covid-19 period, practicing yoga, and have maintained their Physical health, for from the financial crunches. Most of them have a relied on alternative means to make their daily survival. Thus, the association ship between yoga and economic productivity of an individual is not clearly seen and hence the third hypothesis can be accepted.

11. CONCLUSION

Overall from the paper it can be concluded that good effect on health. Those people who are practicing yoga have refrained themselves from getting infected of the coronavirus. There is a positive effect seen on the health of human beings who practice yoga on a large extent. Most of these people were able to even go out and earn their livelihood, however, it was seen that yoga and economic productivity was not much related. People have managed to meet their expenses with other alternatives. This was a situation because after lockdown phase, where people were not allowed to go outside. Most of the economic activities were closed down for months together. People have to stay back at their homes. Does the intervening variable of lockdown, is creating its influence on effect of yoga on the productivity of the people. If this lockdown would not be there, probably people could have stepped out and because of their high immunity, they could have sustained the pandemic situation persisting their occupation for a longer period of time.

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