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## Develop and assess the impact of musical yoga carpet for better yoga practices

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### Abstract

Yoga is a group of physical, mental and spiritual practices or disciplines that focus on bringing harmony between mind and body. Soothing music is important in yoga practices to set an emotional tone. Whether practitioner is consciously aware of music or not, someone is affected physically, spiritually and mentally by the sounds or a slow mantra can ease the mind and body to relax, letting the mind's eye turn inward. Listening to music can have a tremendously relaxing effect on our brain. Yoga is a mind-body practice that combines physical poses, controlled breathing and meditation or relaxation. Yoga may help to reduce stress, lower blood pressure and lower heart rate. Yoga carpet helps practitioners to keep their hold strong on the surface due to its anti-slipping nature. A yoga carpet is provided in which upper surface of the carpet includes sound system, battery, digital timing, display, and mini compass. Sets of accessories can be used by yoga practitioners to facilitate proper and effective yoga practices. The effect of music on yoga practices was studied in 20 practitioners under the use of musical yoga carpet. The data were collected for treatment and questionnaire in order to examine the data statically, analyzed by using Pearson correlation test with 95% confidence level to test the significance. The result of present study showed that there was a significant negative correlation between music and level of stress of yoga practitioners. In general, it can be concluded that yoga exercises have a positive impact on stress level of yoga practitioners.

**Keywords:** music, stress, yoga practices

### Introduction

Yoga is an ancient Indian practice. This is one of the six Indian philosophy schools and is also part of Ayurveda, an Indian traditional medicine practice. Health encourages a balance of physical, cultural, psychological and social aspects. The term yoga was derived from the Sanskrit term yuj which means 'to join' or 'to merge.' This union is not just about your nose hitting your knees when you lean to touch your feet! The union you are referring to is that of your mind and your body. You're interacting with your surroundings and nature. Then ultimately, your human knowledge of the collective consciousness. The philosophical history of yoga is rooted in ancient Hindu tradition. There are several modern schools or forms of yoga (i.e., Iyengar, Viniyoga, Sivananda) each with a distinct focus on the relative content of physical postures and exercises (asanas), breathing techniques (pranayama), and deep relaxation. Meditation activities that promote perception and eventually deeper states of consciousness. The use of yoga as a therapeutic technique, which started at the beginning of the twentieth century, takes advantage of the multiple psychophysiological advantages of the component activities. Physical exercises (asanas) can improve the physical flexibility, coordination and strength of the patient. While breathing and meditation will calm down and concentrate the mind to increase consciousness and decrease anxiety, resulting in a higher quality of life. Certain beneficial effects may include a decrease in anxiety, blood pressure, and increased endurance, mood, and metabolic control. In the minds of many Westerners, the term; yoga conjures up visions of people performing workouts and adopting odd, often contrive, postures. These movements and postures have a place in the practice of yoga. Yet the practice of yoga is a lot more than that. In reality, early literature on yoga describes and defines yoga as a type of mental rather than physical discipline. Yoga is also popular with the subcontinent of India and the sects of Hinduism and of Buddhism. (Arambula *et al.*, 2001b) <sup>[2]</sup>

**Background of the study**

This study investigates the impact of musical yoga carpet in the proses of reducing mental stress among adults in age of above 30 years. Many research articles' have reviled the fact that lots of adults are facing various types of mental health problems. eg. Stress, anxiety, depression. Less attention is paid for implementing effective musical yoga programmer for adults, although yoga meditation is well recognized in the world. Limited number of research has been conducted to develop and assess the impact of musical yoga carpet for reducing level of stress.

The researcher's intention is to implement research highlighting the value of developing a musical yoga carpet for adults with the target of reducing their mental stress.

**Objectives of the study Major objective**

To develop and assess the impact of musical yoga carpet for better yoga practices

**Specific objectives**

- Reduce yoga practitioner's stress level
- Increase the effectiveness of yoga practices
- Encourage people to yoga practices

**Hypothesis**

The hypothesis of this study is,

Null Hypothesis (Ho) – The musical yoga treatment will not affect to the stress level of adults in age of above 30 years.

Alternative Hypothesis (H1) – The musical yoga treatment will affect to the stress level of adults in age of above 30 years.

**Research design & Methodology**

Data gathering techniques:

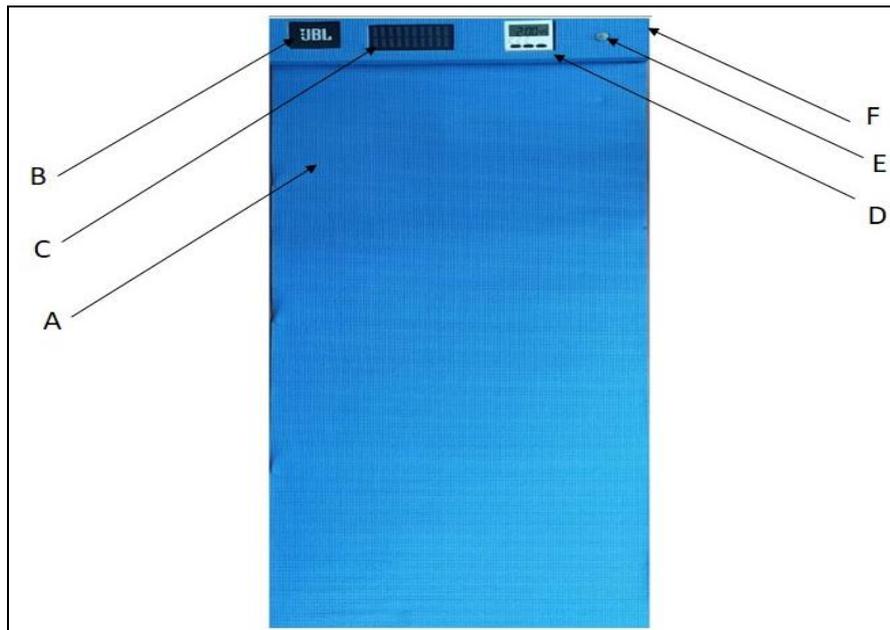
Data collection was done by using observational experimental method and using questioner.

**Annex 1**

		Yes	No
1	I frequently bring work home at night		
2	Not enough hours in the day to do all the things that I must do		
3	I deny or ignore problems in the hope that they will go away		
4	I do the jobs myself to ensure they are done properly		
5	I underestimate how long it takes to do things		
6	I feel that there are too many deadlines in my work / life that are difficult to meet		
7	My self confidence / self esteem is lower than I would like it to be		
8	I frequently have guilty feelings if I relax and do nothing		
9	I find myself thinking about problems even when I am supposed to be relaxing		
10	I feel fatigued or tired even when I wake after an adequate sleep		
11	I often nod or finish other peoples sentences for them when they speak slowly		
12	I have a tendency to eat, talk, walk and drive quickly		
13	My appetite has changed, have either a desire to binge or have a loss of appetite / may skip meals		
14	I feel irritated or angry if the car or traffic in front seems to be going too slowly/ I become very frustrated at having to wait in a queue		
15	If something or someone really annoys me I will bottle up my feelings		
16	When I play sport or games, I really try to win whoever I play		
17	I experience mood swings, difficulty making decisions, concentration and memory is impaired		
18	I find fault and criticize others rather than praising, even if it is deserved		
19	I seem to be listening even though I am preoccupied with my own thoughts		
20	My sex drive is lower, can experience changes to menstrual cycle		
21	I find myself grinding my teeth		
22	Increase in muscular aches and pains especially in the neck, head, lower back, shoulders		
23	I am unable to perform tasks as well as I used to, my judgment is clouded or not as good as it was		
24	I find I have a greater dependency on alcohol, caffeine, nicotine or drugs		
25	I find that I don't have time for many interests / hobbies outside of work		
A <b>yes</b> answer score = 1 (one), and a <b>no</b> answer score = 0 (zero).		<b>TOTALS</b>	

**Methodology**

Methodology of the musical yoga carpet



**Fig 1:** Musical Yoga Carpet

The musical yoga carpet contains mainly eight parts for facilitate better practice environment.

- A. Yoga carpet
- B. Sound speaker
- C. Solar power bank
- D. Digital timing display
- E. Compass
- F. USB reading circuit

The designed yoga carpet consists with dual rechargeable battery, solar power and USB charging. Sound speaker is connected to the battery. The sound input device can be connected to yoga carpet by Bluetooth and USB cable. The digital timing display indicates the time duration of exercises as well as the compass will determine the east for sun salutation. The whole sound unit is two inch height and it is located top of the carpet.

**Limitations**

- Foreign yoga practitioners busy their daily routine.
- It was difficult to import accessories.
- Difficult to collect data because of the current situation.

**Delimitations**

- Many adults volunteered for the research because I selected only foreign yoga practitioners.
- All research samples were selected only from Ella area.

**Results and Discussion**

**Results**

Sample according to Gender wise

Gender	Sample
Male	12
Female	08

Sample was consisted with male and female adults. 12 male foreigners and 8 female foreigners were participated in musical yoga treatment.

Sample according to the country wise

Country	Sample
USA	3
UK	5
Finland	2
Netherland	2
Japan	4
China	1
South Korea	2
India	1

Participants come from 8 different countries. 15% percentage of participants were come from USA and respectively 25%,10%,10%,20%, 5%,10%, 5% percentage of foreigners come from United Kingdom, Finland, Netherland, Japan, China, South Korea, and India.

Sample according to age categories

Age	Sample
30-35	4
36-40	6
41-45	4
46-50	5
Above 50	1

The age of participant is above 30 years. 6 participants were in age range of between “36-40”. Minimum number of participants under the age range of above 50.

Correlation analysis of music and level of stress

Person correlation	-0.878
P value	0.000

Level of stress

Levels of stress	
Stress Level	Sample
Most prone	4
More likely to suffer	5
Less likely to suffer	11

After applying a musical yoga treatment for 20 adults in age of above 30 years, the researcher got results from the questionnaire. 55% of people are least likely to suffer from stress related illness and 25% people are more likely to experience stress related ill health either mental, physical or both. 20% of people are the most prone to stress showing a great many traits or characteristics that are creating un-healthy behaviors.

Levels of stress among male

Stress Level	Sample
Most prone	2
More likely to suffer	5
Less likely to suffer	13

67% of male yoga practitioners are less likely to suffer from mental stress related illness and 25% of male participants are more likely to experience stress related ill health either mental, physical or both. 8% of people are the most prone to stress related illness. Showing a great many traits or characteristics that are creating unhealthy behaviors.

Levels of stress among women

Stress Level	Sample
Most prone	3
More likely to suffer	5
Less likely to suffer	12

63% of female yoga practitioners are less likely to suffer from mental stress related illness and 25% of female participants are more likely to experience stress related ill health either mental, physical or both. 12% of people are the most prone to stress related illness. Showing a great many traits or characteristics that are creating unhealthy behaviors. According to the results female adults have more risk to suffer from mental stress related illness than male adults.

### Discussion

The study investigates that musical yoga carpet impact on reduce stress among adults in age of above 30 years. The researcher studied how to reduce stress level of adults by applying a musical yoga program. A questionnaire can be used to look at the situation such as stress. A standard stress questioner was distributed among twenty (n=20) foreign adults who came from different countries. After yoga treatment, the questionnaire is returned. Data were gathered and analyzed statically using person correlation coefficient in Minitab 17 software. According to the results, researcher identified that there has been a positive effect on adults in age of above 30 years. According to the statically analysis, correlation coefficient is -0.878. According to the results, female adults have more risk to suffer from mental stress related illness than male adults. It means in study investigation found out the musical yoga treatment directly affected to reduce of stress level. Jon Kabat and Ann have done research study on the effectiveness of a group stress reduction program based on mindfulness meditation for patients with stress disorders. Researcher said that yoga treatment recommended to reduce their stress level during adulthood. (Jon Kabat and Ann, 1992)

### Conclusion

Yoga is a group of physical, mental and spiritual practice. Yoga uses breathing techniques, exercise and meditation to improve health and happiness. Yoga and music have a

profound effect on the mental health of adults. Many of adult's face lot of mental issues. Therefore, this research is concluded that to reduce adults' mental situations, yoga is the best cure. While doing the musical yoga training session by the researcher has identified and noticed that there was a lot of best results for adults by yoga. In this study the researcher designed a musical yoga carpet. The carpet consists with sound speaker, sola power bank, digital timing displays and mini compass. The musical yoga carpet facilitates yoga practitioners to perform yoga with music, particular timing and showing proper directions. The musical yoga carpet increases the effectiveness of yoga practices and motivate people to engage with yoga practices to reduce level of stress. According to the results of study, yoga practitioners were highly satisfied with the equipment and their stress level has been reduced. There is a strong negative correlation between the music and stress. Therefore, it is very important to maintain mental health.

### Recommendations

1. Practice yoga exercises with music for people in their daily lives.
2. Introducing yoga for youth who face new challenges to improve their mental health.
3. Improving mental health through musical yoga treatment among academic colleagues.
4. Taking steps to reduce stress through yoga for elder's homes.
5. Use this musical yoga treatment to cure the mental stress of all psychiatric patients in hospitals (cancer, special needs, and mental wards).
6. Introducing musical yoga treatment for mental health of employees in government and privet sector.
7. Use this musical yoga treatment for pregnant women of all trimester.
8. Height of the modified sound unit can be reduced.
9. This equipment facilitates the audio sounds further more video graphics can be shown.
10. Water proof technology can be used to provide better protection.

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