

# Knowledge, Attitude, and Practice of Siddhar Yogam Among Young Adults: A Cross Sectional Survey

J. S. Jerfin<sup>1\*</sup>, A. Safeeq Ahamed<sup>2</sup>, C. Sowndarya<sup>3</sup>, V. Mahalakshmi<sup>4</sup>

<sup>1,2,3</sup>PG Scholar, Department of Siddhar Yoga Maruthuvam, Government Siddha Medical College Hospital, Palayamkottai, India

<sup>4</sup>HoD, Department of Siddhar Yoga Maruthuvam, Government Siddha Medical College Hospital, Palayamkottai, India

**Abstract:** This is a cross-sectional study involving self-structured standardized Knowledge, Attitude and Practice questionnaire. The average mean values and percentages are taken into account to find out the Knowledge-Practice gap among adults. This study was conducted on a total of 4 various institutions in Kanyakumari district. A total of 500 young adults were selected randomly for the study. The participants were within the age of 17 to 30. Primary data were collected using a combination of multiple-choice questions and quasi structured questionnaires. Secondary data were collected from Likert's scale questionnaires. The data were entered into an MS Excel spreadsheet and were quality checked by the researchers to ensure accuracy. All the data collected through the study was statistically analyzed and appropriate results were determined.

**Keywords:** Yoga, young adults, knowledge-practice gap.

## 1. Introduction

### A. Background

The WHO (World Health Organization) stresses health and wellness as an outcome of being 'active' [1]. Health is a broad concept, finding its roots in physical, mental, social, and spiritual wellness [2]. Siddha system of Medicine is an indigenous traditional system of medicine. Siddhar Yogam is a holistic practice that combines physical movement, breath control and meditation to promote overall health and well-being. It originated in ancient India and has been practiced for thousands of years. In recent years, yoga has gained immense popularity worldwide as a form of exercise, stress relief and spiritual exploration [4]. The level of yoga knowledge among young adults can vary widely. While some young adults may have a deep understanding of yoga philosophy, poses, and techniques, others may have only a basic familiarity with the practice [5]. Some young adults may have prior experience with yoga before entering college [6]. They may have practiced yoga in high school, participated in community yoga classes, or even completed formal yoga teacher training [7]. Prior experience can contribute to a higher level of yoga knowledge among these students [8].

### B. Problem Statement and Justification

It's worth noting that not all young adults may be interested in yoga or have extensive knowledge about it. The level of yoga knowledge among young adults can be influenced by personal interest, prior experience, academic offerings, campus resources, and the cultural and community environment [9]. Additionally, online platforms provide access to yoga tutorials, videos and educational resources allowing youngsters to deepen their knowledge. There is a growing need for effective interventions to preserve adults' psychological and physical well-being [10]. But the actual scenario is, many adults are not aware about the effect of a yoga intervention on their mental and physical health. Even if they know about the actual results of yoga, there is less practice which reduces the results of yoga as well. So, there is a need to find out the gap by using Knowledge, Attitude, and Practice survey to improve the practice of yoga among adults as yoga is a mind-body practice with beneficial effects on physical and psychological health.

## 2. Aim and Objective

### A. Aim

The aim of the study is to evaluate the knowledge attitude and practice level of Siddhar yogam among the young adults of Kanyakumari district.

### B. Objective

#### 1) Primary Objective

To gather information about individuals' knowledge, understanding their attitudes and practices

#### 2) Secondary Objectives

- To identify the gaps and needs of siddharyogam among the young adults of kanyakumari district.
- To find out the factors influencing the level of awareness and exposure to siddharyogam.

## 3. Study Methodology

### A. Study Population

The study population involved young adults from various

\*Corresponding author: [yolafin@gmail.com](mailto:yolafin@gmail.com)

colleges in Kanyakumari district

### B. Study Design

This is a cross-sectional study involving self-structured standardized Knowledge, Attitude, and Practice questionnaire. The average mean values and percentages are taken into account to find out the Knowledge-Practice gap among adults.

### C. Study Area

This study was conducted on a total of 4 various institutions in Kanyakumari district, Tamil Nadu including,

- ATSVS Siddha Medical College, Munchirai
- Mar Ephraem College of Engineering and Technology, Elavuvilai
- MAR Chrysostom College of Education, Kirathoor
- ST. Stephen's College of Education, Palavilai

### D. Study Period

4 months.

### E. Sample Population

A total of 500 young adults from 4 different colleges in Kanyakumari district were selected randomly for the study. The participants were within the age of 17 to 30.

### F. Selection Criteria

#### 1) Inclusion Criteria

The college students of Kanyakumari district not exceeding 30 years of age were included

#### 2) Exclusion Criteria

- Students below the age of 17 and above the age of 30 were excluded
- Students who were not willing to participate in the study were also excluded

### G. Data Collection

After getting proper permission from concerned institutions, the study was carried out through field survey.

Primary data were collected using a combination of multiple-choice questions and quasi structured questionnaires

Secondary data were collected from Likert's scale questionnaires.

#### 1) Data Management

The data were entered into an MS Excel spreadsheet and were quality checked by the researchers to ensure accuracy.

#### 2) Confidentiality

Every survey response was strictly anonymous and confidential.

#### 3) Data Analysis

All the data collected through the study was statistically analyzed and appropriate results were determined.

### H. Quality Assurance

To ensure accurate, complete, and reliable data, the whole procedure of the research was supervised by guide & faculty of our department.

### I. Participants Protection

#### 1) Risk

- No possible risk for the participants during this study.

#### 2) Benefits

- The study has promoted the knowledge and increased the awareness of siddharyogam.
- Armed with this knowledge, students can incorporate yoga into their daily routines as a mean to manage stress, improve focus, and enhance their overall physical and mental health.

#### 3) Informed Consent

- The participants were informed about the study prior to the survey.
- The study was conducted only after their consent.
- The participants were instructed about the study in their own local language.

### J. Questionnaire

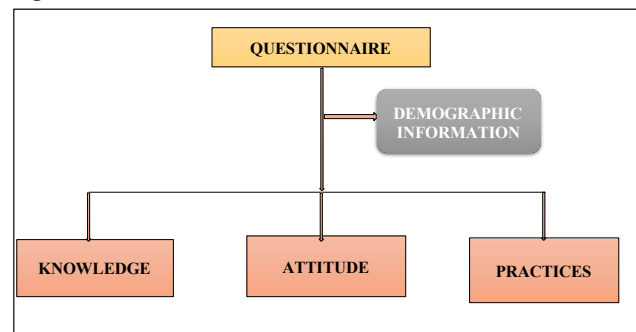


Fig. 1.

The questionnaire consisted of 4 pages which included demographic information with 3 categories of questions such as Knowledge, Attitude, and Practices. In which, Knowledge section had 7 questions, Attitude section had 5 questions, and Practices had 5 questions. The questionnaire was designed with closed ended multiple choice questions and Likert scale multiple choice questions,

### K. Questionnaire Discussion

Before the start of the study, the participants were instructed about the outline of each category of the questionnaire and the need of the study.



Fig. 2. Discussion held at ST. Stephen's college of education Palavilai



Fig. 3.



Fig. 4.



Fig. 5. Discussion held at Mar Ephraem college of engineering and technology



Fig. 6. Field visit

#### 4. Results

##### A. Demographic Data

Out of 500 individuals, 34% were male (171) and 66% were female (329) as shown in fig

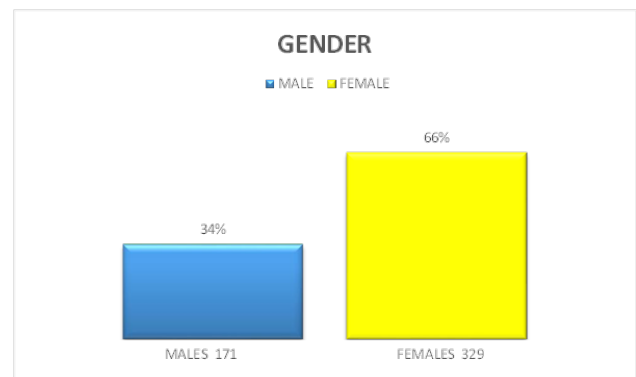


Fig. 7.

##### B. Age Distribution

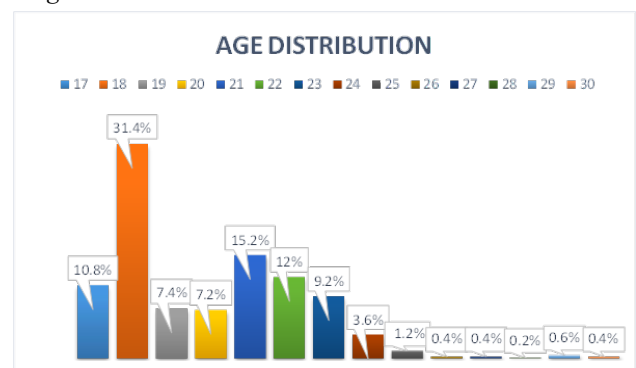


Fig. 8.



As shown in fig, 31.4% (157) adults were 18 years of age. The mean age of the adults was 23 with minimum of 17 and maximum of 30 years of age.

### C. Institutions

Out of 500 students, 39% (197) students were from Mar Ephraem College of Engineering and Technology. 38% (190) students were from A.T.S.V.S Siddha Medical College, 15% (73) students were from Mar Chrysostom College of Education. And, 8% (40) students were from St. Stephen's College of Education.

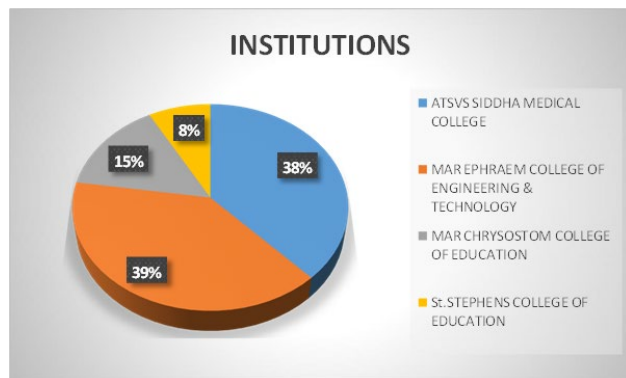


Fig. 9.

### D. Educational Background

Out of 500 students, 39% (197) students were studying Bachelor of Engineering. 38% (190) students were studying BSMS. 23% (113) students were studying Bachelor of Education.

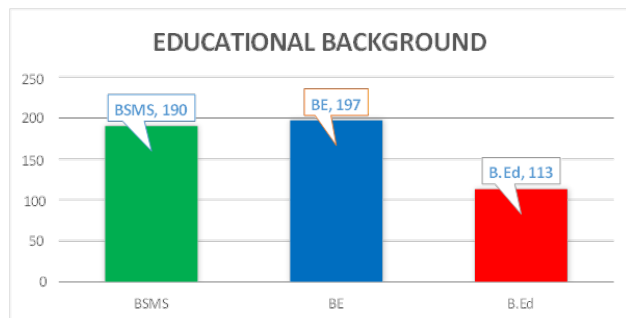


Fig. 10.

### E. Knowledge

#### 1) In Yoga, what does the Term "Asana" Refer to?

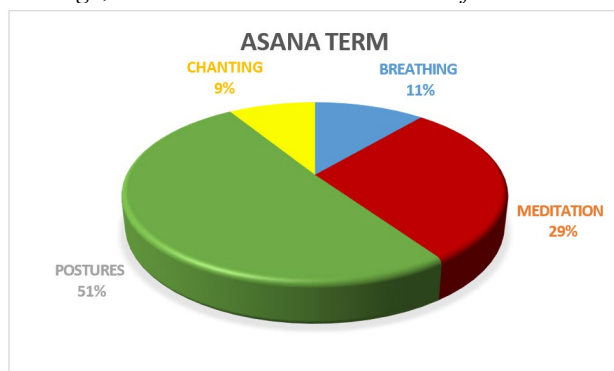


Fig. 11.

About 51% (255) of the total students responded the correct answer, postures. About 29% of the students answered as meditation. About 11% of the students answered as breathing and finally about 9% of the students answered as chanting as shown in the Fig. 11.

#### 2) From which Country did Yoga Originate?

About 45% () of the total students responded the correct answer, India. About 25% of the students answered as China. About 22% of the students answered as Australia and finally about 8% of the students answered as Sri Lanka as shown below in the Fig.



Fig. 12.

#### 3) Which of the following is Known as the "Sun Salutation Sequence in Yoga?"

About 40% of the total students responded the correct answer Surya namaskar. About 29% of the students answered as Balasana, about 24% of the students answered as Vrikshasana and finally about 7% of the students answers as Dhanurasana as shown below in the Fig.

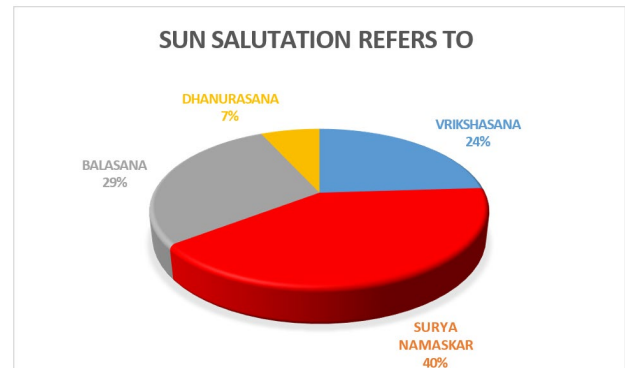


Fig. 13.

#### 4) What is the Primary Purpose of Sun Salutation (Surya Namaskar) in Yoga?

About 46% of the total students responded the correct answer, warming up the body. About 30% of the students answered as increasing flexibility. About 16% of the students answered as enhancing meditation and About 8% of the students answered as building strength as shown below in the Fig.

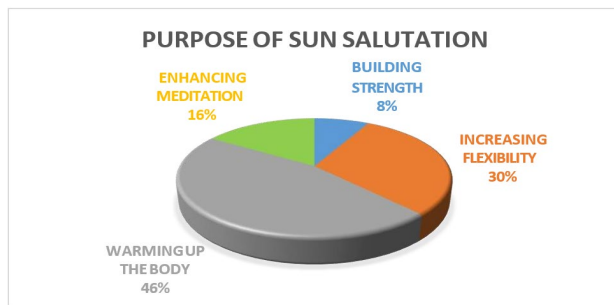


Fig. 14.

##### 5) How Many Stages are there in Yoga?

About 38% of the total students responded the correct answer, Eight. About 34% of the students answered as Four. About 20% of the students answered as Seven and finally about 8% of the students answered as Six as shown below in the Fig.

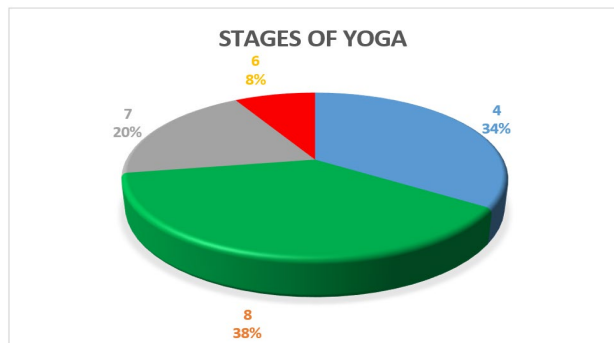


Fig. 15.

##### 6) What is the Purpose of Yogic Practice Called "Pranayama"?

About 52% of the total students responded the correct answer, Breath control. About 35% of the students answered as Meditation. And about 13% of the students answered as Chanting as shown below in the Fig.

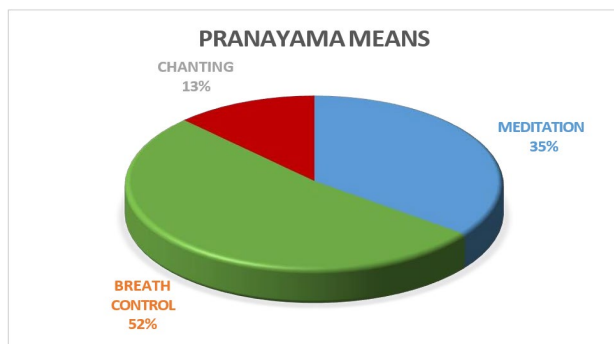


Fig. 16.

##### 7) What is the Term for the Practice of Intentional, Deep Relaxation at the End of a Yoga Session?

About 48% of the total students responded the correct answer, Shavasana. About 34% of the students answered as Balasana. And about 18% of the students answered as Utkatasana as shown below in the Fig.

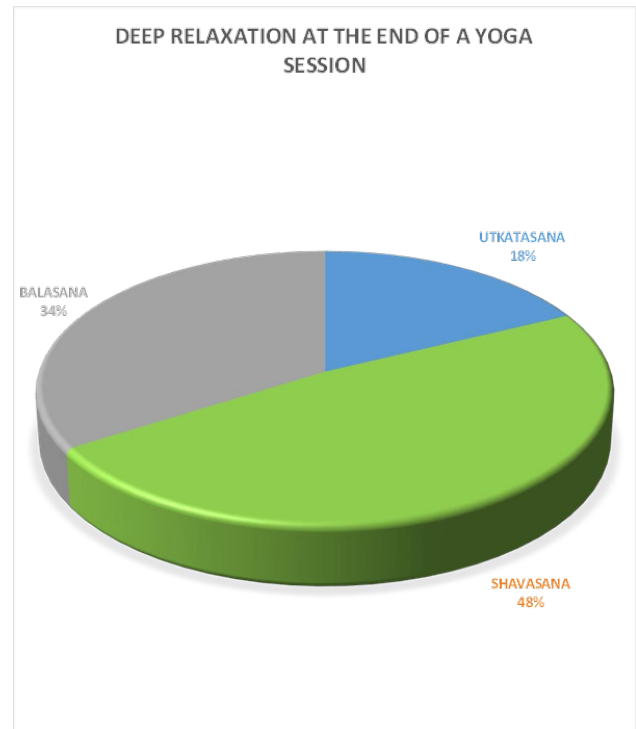


Fig. 17.

#### F. Attitude

##### 1) Do you Believe that Yoga can be Beneficial for Individuals of all Ages and Fitness Levels?

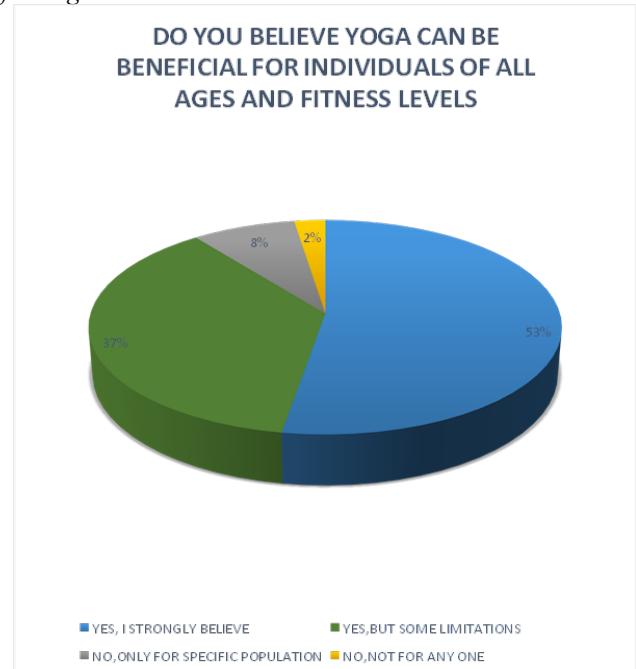


Fig. 18.

About 53% of the total respondents accept that they strongly believe Yoga is beneficial for all ages, about 37% of the respondents believe but with some limitations, about 8% of the respondents believe that yoga is only beneficial for a specific population and about 2% of the respondents believe that yoga is not at all beneficial for anyone as shown in the Fig.

2) *Do you Think Yoga has the Potential to Improve Overall Lifestyle Habits (E.G., Healthy Eating, Stress Management)?*

About 66% of the total respondents accept that they strongly believe Yoga has the potential in the improvement of life style habits, about 23% of the respondents believe only to a limited extend, about 7% of the respondents believe that there is no significant impact in lifestyle habits and about 4% of the respondents are unsure about the impact of yoga in lifestyle habits as shown in the below Fig.

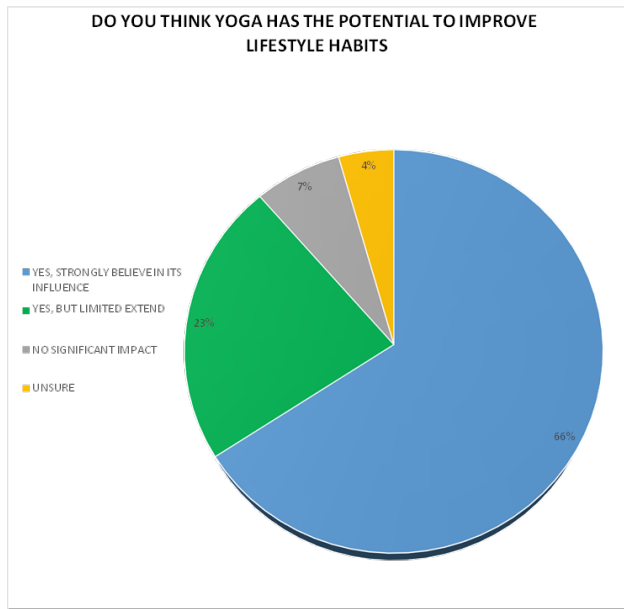


Fig. 19.

3) *How Likely are you to Recommend Yoga as a Complementary Therapy to Individuals with Chronic Pain or Musculoskeletal Conditions?*

About 28% of the total respondents accept that Yoga is very likely a complementary therapy for chronic musculoskeletal pain, About 34% of the respondents believe yoga only a moderately likely therapy for chronic musculoskeletal pain, About 23% of the respondents have neutral mindset for the above mentioned question ,About 12% of the respondents believe yoga as a slightly recommendable therapy for chronic pains and about 3% of the respondents believes that yoga is not at all recommended for any musculoskeletal pain as shown in the Fig. 20.

4) *How Important is it for You to Have a Spiritual or Meditative Component within Your Yoga Practice?*

About 39% of the total respondents accept that Yoga is spiritually or meditatively very important, about 26% of the respondents believe yoga is moderately important spiritually or meditatively, about 19% of the respondents have neutral mindset for the above-mentioned question, About 11% of the respondents believe yoga is slightly important spiritually or meditatively and about 5% of the respondents believe that yoga is not at all important spiritually or meditatively as shown in the Fig. 21.

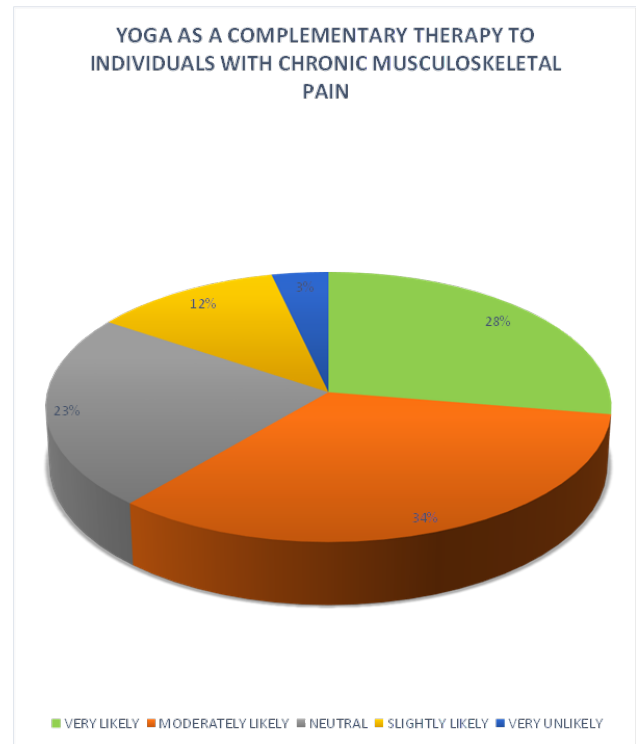


Fig. 20.

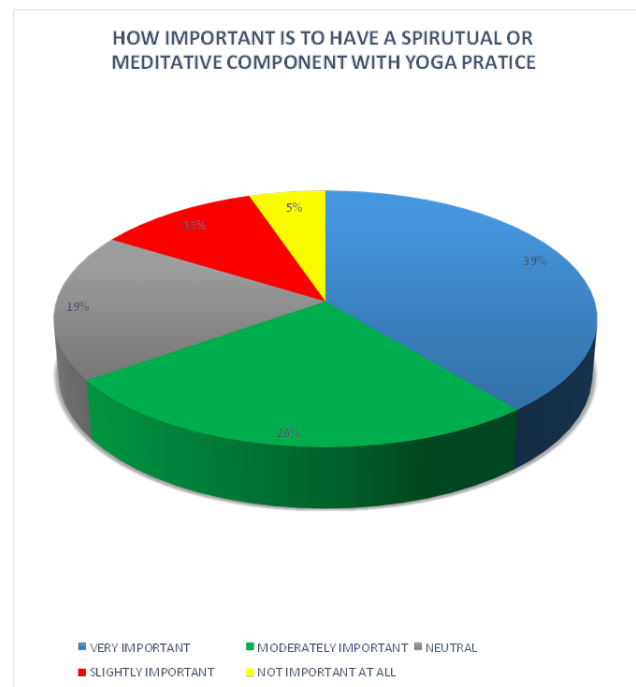


Fig. 21.

5) *Do you Believe that Yoga can Contribute to a Sense of Overall Well-Being and Life Satisfaction?*

About 57% of the total respondents accept that they strongly believe Yoga can contribute to overall wellbeing and life satisfaction, about 34% of the respondents believe with some reservations, about 6% of the respondents are unsure about the contribution towards overall well-being and life satisfaction and about 3% of the respondents do not believe in the impact of yoga in overall wellbeing and lifestyle satisfaction as shown in

the below Fig.

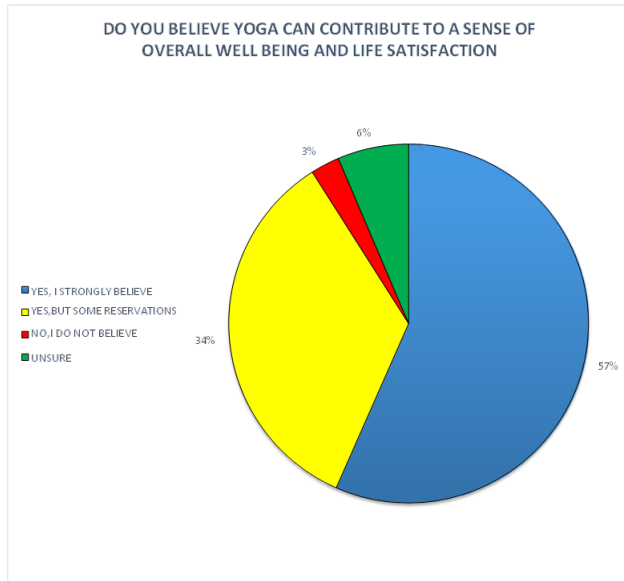


Fig. 22.

### G. Practices

#### 1) How Often do You Engage in Meditation or Mindfulness Practices as Part of Your Yoga Routine?

About 16% of the total respondents practice meditation as a daily routine, about 11% of the respondents practice meditation multiple times in a week, about 24% of the respondents practice meditation once in a week, about 36% of the respondents practice meditation rarely and about 13% of the respondents have never practiced meditation as shown in the below Fig.

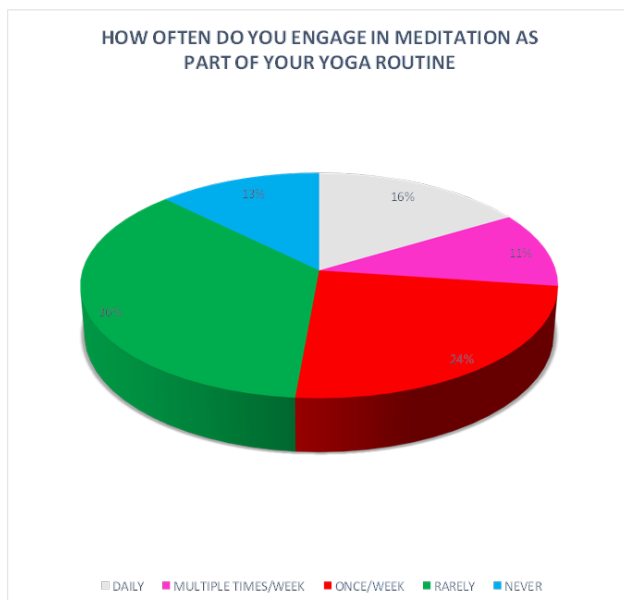


Fig. 23.

#### 2) How Confident do You Feel in Modifying Yoga Poses or Practices to Accommodate Individual Needs or Limitations?

About 21% of the total respondents feel confident in modifying yoga postures to their needs, about 35% of the respondents moderately feel confident in modifying yoga

postures according to their needs, about 33% of the respondents slightly feel confident in modifying the yoga postures, about 11% of the respondents are not confident in modifying yoga postures to their needs as shown in the below Fig.

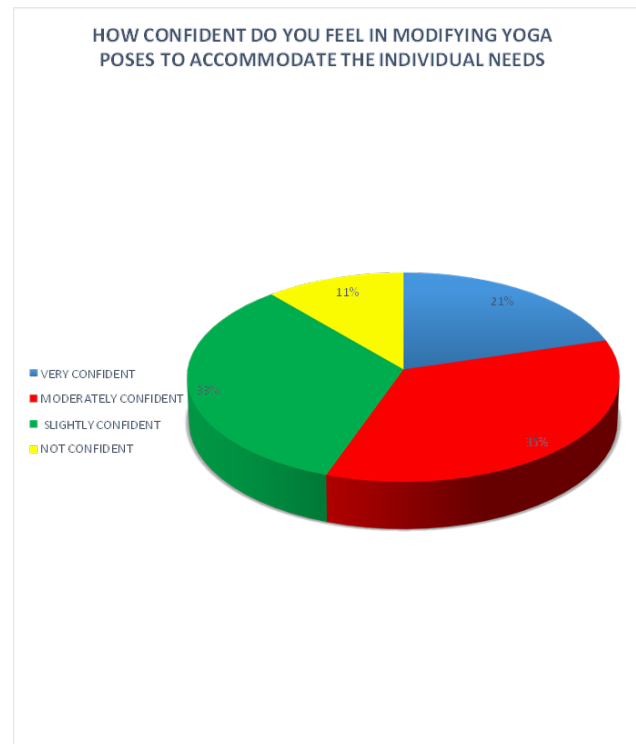


Fig. 24.

#### 3) Have you ever Attended Formal Yoga Classes or Workshops?

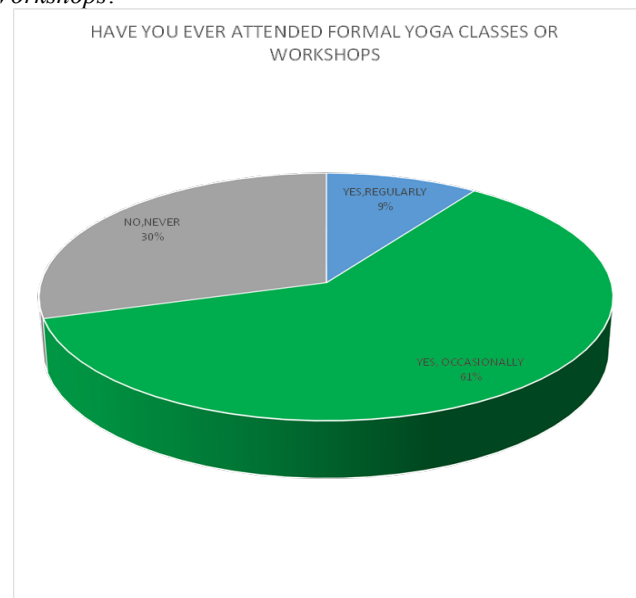


Fig. 25.

About 9% of the total respondents regularly attend yoga classes / workshops, about 61% of the respondents occasionally participate in formal yoga classes/workshops and about 30% of the respondents have never attended any yoga classes or workshops as shown in the Fig. 25.

#### 4) Have you Ever Used Yoga as a Form of Self-Care During Times of High Stress or Emotional Challenges?

About 24% of the total respondents regularly use yoga as a form of self-care during high stress and emotional challenges, about 51% of the total respondents occasionally use yoga as a form of self-care during high stress and emotional challenge and about 25% of the total respondents have never used yoga as a form of self-care during high stress and emotional challenge as shown in the below Fig.

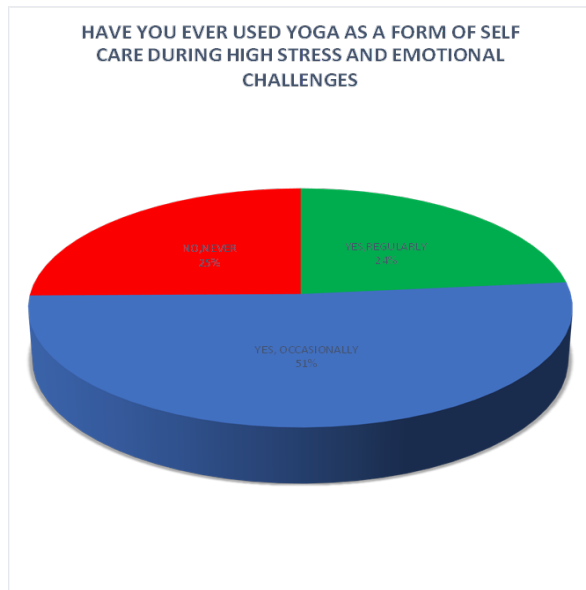


Fig. 26.

#### 5) Have You Ever Used Yoga as a Tool for Personal Growth or Self-Development?

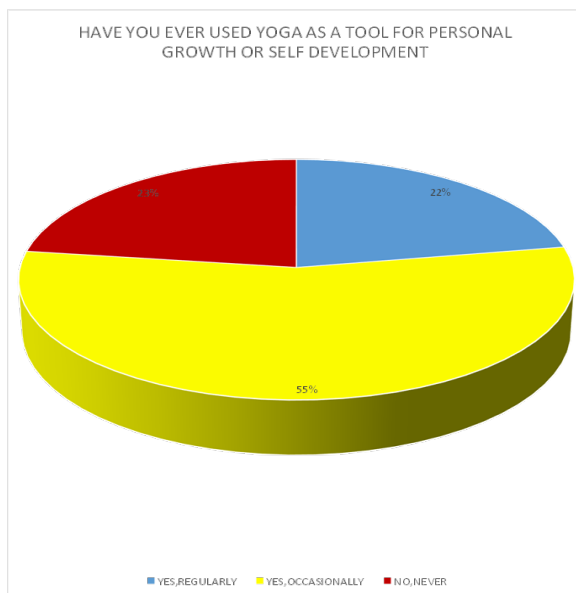


Fig. 27.

About 22% of the total respondents has regularly use yoga as a tool for personal growth/self-development, about 55% of the total respondents occasionally use yoga as a tool for personal growth/self-development and about 23% of the total

respondents have never used yoga as a tool for personal growth / self-development as shown in the Fig. 27.

### 5. Data Analysis

Variables were tabulated and analyzed to find out the mean value of the outcome. The mean values of Knowledge, Attitude and Practices were calculated separately.

Out of 500 respondents, the mean value of positive responses in Knowledge section (7 questions) was found out to be 230. Therefore, the total percentage of positive respondents in knowledge section was calculated as 46% (230) and 54% (270) were negative respondents as shown in below Fig.

Table 1	
Knowledge	
N Valid	7
Missing	0
Mean	230.0000

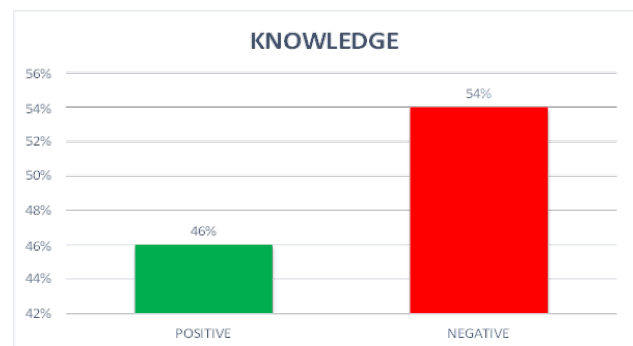


Fig. 28.

Out of 500 respondents, the mean value of positive responses in Attitude section (5 questions) was found out to be 242. Therefore, the total percentage of positive respondents in knowledge section was calculated as 48.40% (242) and 51.60% (258) were negative respondents as shown in below Fig.

Table 2	
Attitude	
N Valid	5
Missing	0
Mean	242.0000

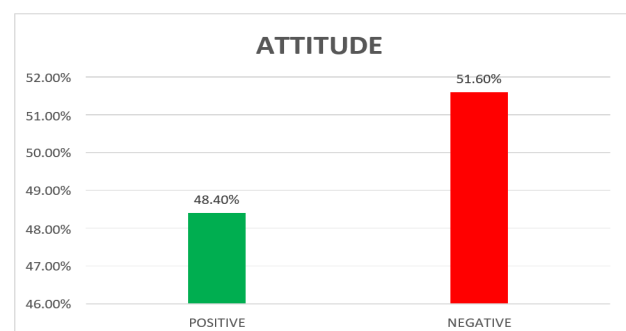


Fig. 29.

Out of 500 respondents, the mean value of positive responses in Attitude section (5 questions) was found out to be 91. Therefore, the total percentage of positive respondents in



knowledge section was calculated as 48.40% (242) and 51.60% (258) were negative respondents as shown in below fig.

Table 3		
Practices		
N	Valid	5
	Missing	0
Mean	91.0000	

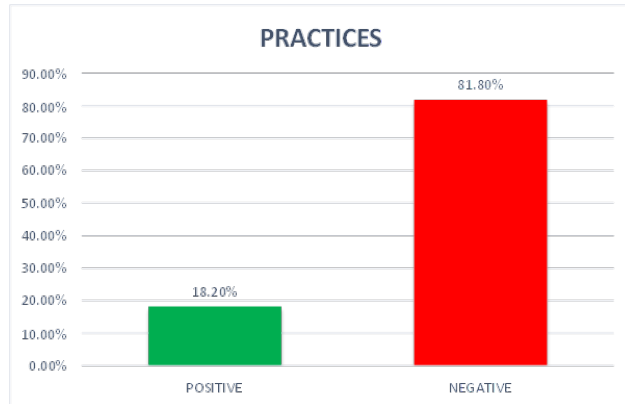


Fig. 30.

Out of 500 respondents, the total Male participants were 171 and the Female participants were 329. The gender-wise positive response for Knowledge section w Male 9% (45) Female 37% (185), For Attitude section Male 13% (65) Female 35% (175) and For Practice section Male 4% (20) Female 14% (70) as shown in the below Fig.

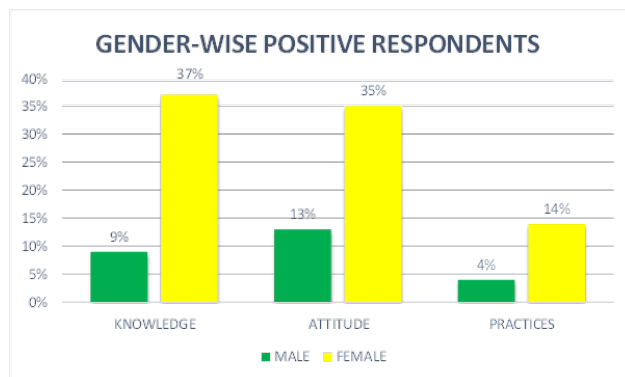


Fig. 31.

Out of 500 respondents, for knowledge section a total of 23% (115) of the students were studying B.S.M.S (ATSVS Siddha Medical College & hospital) 15% (75) of the students were studying B.E (Mar Ephraem College of Engineering and Technology). 8% (40) of the students were studying B.Ed. (Mar Chrysostom College of Education and St. Stephen's College of Education).

For attitude section a total of 25.40% (127) of the students were studying B.S.M.S (ATSVS Siddha Medical College & hospital) 16% (80) of the students were studying B.E (Mar Ephraem College of Engineering and Technology). 7% (35) of the students were studying B.Ed. (Mar Chrysostom College of Education and St. Stephen's College of Education).

For practice section a total of 11% (55) of the students were

studying B.S.M.S (ATSVS Siddha Medical College & hospital) 5% (25) of the students were studying B.E (Mar Ephraem College of Engineering and Technology). 2.20% (11) of the students were studying B.Ed. (Mar Chrysostom College of Education and St. Stephen's College of Education) as shown in below Fig.

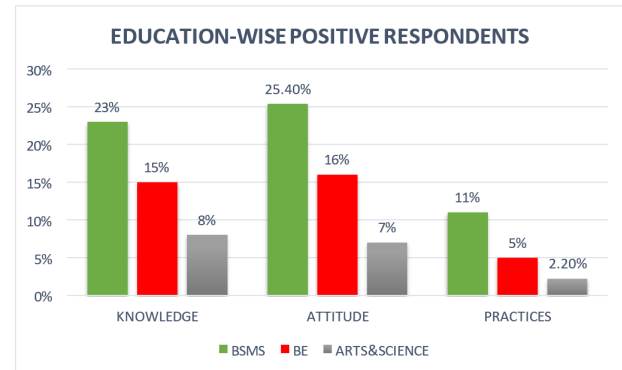


Fig. 32.

## 6. Discussion

The demographic section of questions was used to identify the age, educational background and the institution they were studying. Out of 500 participants, there were 171 males and the rest 329 were females. The entire study was conducted in four colleges among Kanyakumari district. The responses made by the students certainly varied on the exposure they had on yoga and the type of institution they were studying.

The questionnaire was designed with 3 sections consisting of knowledge section (7 questions), attitude section (5 questions) and practice section (5 questions). The knowledge section consisted of a set of multiple-choice questions to access the knowledge of the students on yoga. The attitude section questions were designed of Likert scale model to find out the ideology and attitudes of the young adults on yoga. And finally, the practices section of questions was purely designed to know the daily yoga practices and experiences of the respondents who were practicing yoga daily. Majority of the study population were below 20 years of age 56.80% (284) and about 43.20% (216) were aged between 21-30 years. About 39% (195) of the students were studying Engineering, about 38% (190) students were studying BSMS and about 23% of students were studying B.Ed. among various colleges in Kanyakumari district.

The discussion of the findings focuses on the key results obtained from the study regarding the knowledge, attitude and practices of Siddhar Yogam among young adults in Kanyakumari district. The results shed light on the strengths and the areas of improvement in these aspects. The study revealed variations in their yogic knowledge, attitude and practices scores across various institutions. B.S.M.S students exhibited the highest percentages in all three sections, followed by engineering students. On the other hand, B.E.D students had the lowest average on all three sections. And gender-wise, females scored high percentage than males.

Yoga is a form of Complementary and Alternative Medicine (CAM) practiced in Siddha system of traditional medicine. The

increase in modernization, with an increase in sedentary lifestyle has led to a rise in chronic systemic diseases among young adults. Hence, lifestyle modification is the need of the hour and yoga has been gaining popularity worldwide for achieving mental and physical health. Yoga can impact the overall well-being of an individual through several mechanisms and one of its significant influences is the effect on stress management. Studies have demonstrated that the antioxidant levels of the body can be maintained or improved with the regular practice of yoga which will help regulate the antioxidant defense system under stressful conditions. Yogic breathing exercises can also reduce the levels of free radicals.

Most of the participants were of the opinion that yoga could help improve the overall health, both mental and physical, of an individual and they showed a positive response for willingness to recommend yoga to the general population to improve general health.

### 7. Conclusion

When assessing the demographic details, a significant association was seen between the level of education and institution the participants belong to. This points toward education as one of the factors that can influence the practice of yoga. The study also results in a huge knowledge (46%) and practice (9%) gap among the respondents. The scale of knowledge- practice gap coupled with the general acceptability of yoga among young adults. The population-wide positive perceptions about yoga as a preventive health tool can not only

catalyze specific yoga modules but also bridge the knowledge-practice gap that exists because of limited yoga awareness and experts in the profession.

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