Body Composition and Psychophysical Well-being of Women Practicing yoga

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ABSTRACT

Introduction: This study characterized yoga as a form of free-time physical activity by analyzing and evaluating the body composition of women who regularly practice yoga, and by describing the effect of yoga on their psychophysical health. **Material and Methods**: The study involved 94 women: 56 yoga practitioners and 38 Zumba participants. The subjects were surveyed with a questionnaire to elicit information about their socioeconomic status. Body composition was determined by bioelectrical impedance analysis. Differences were assessed with two-tailed chi-square tests and Student's t-tests. **Results**: The vast majority of the participants (89%) felt a positive influence of yoga on their mental well-being; 86% noticed an improvement in physical health. More than half of the subjects adhered to a diet; those who practiced yoga chose vegetarian (29%) and vegan (13%) diets more often than those who did Zumba. Yoga participants had a higher BMI than Zumba participants (24.19 vs. 23.43), but they had a lower percentage of fat (28.84% vs. 29.89%) and higher fat free mass (47.08 kg vs. 44.13 kg). **Conclusions**: Yoga practice positively affects the psychophysical well-being of women. Despite their higher BMI, yoga practitioners had a slightly more favorable body composition, which may indicate that yoga positively affects individual body components and body shape.

Keywords: Yoga; physical activity; body composition; psychophysical health

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Dr has expertise in sports health and a passion for improving health and wellness. Its open and contextual activity evaluation model based on a responsive constructivist creates new pathways for improving sports health services. He built this model after years of experience in education, research, evaluation, teaching and administration in both hospitals and educational institutions. The foundation is based on the evaluation of people suffering from degenerative diseases such as DM, Hypertension, Gout, Pirae RA etc. In a methodology that utilizes evaluation, it prioritizes accuracy in each case.
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