LIFE SATISFACTION AMONG YOGIC AND NON YOGIC PEOPLE

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ABSTRACT
In the present study the researcher explored the impact of yoga practice and gender on life satisfaction. 60 subjects were selected through random sampling method; these subjects were similarly isolated into yoga practisers and non yoga practisers, further partitioned into male and female gatherings. Life satisfaction scale standardized by Proma Singh and George Joseph was utilized for information accumulation. Results uncover that yogic practices have huge impact on life satisfaction however gender did not have.

KEY WORDS: Life satisfaction, Gender and Yoga practice.

References


