

The Influence of Yoga Exercise on Physical and Mental Health of Career Women

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Abstract—Yoga is a more scientific activity that can promote people's physical and mental health. For professional women, practicing yoga can not only improve their basic physiological function, but also prevent various diseases. For professional women with high psychological pressure, practicing yoga can relieve stress and enhance positive emotions. According to this, yoga has a great effect on professional women.

Keywords—Yoga, exercise, physical and mental health

People who practice yoga regularly have far more flexibility than ordinary people. Yoga exercise can not only prevent all kinds of diseases, but also effectively alleviate various psychological problems. Nowadays, in the working environment of professional women in China, competition is becoming more and fiercer. Many professional women begin to go downhill and enter the “sub-health” state. The positive effect of yoga on women's body has prompted many professional women to choose yoga exercise. Yoga has entered the life of professional women since then.



I. THE BASIC METHOD OF PRACTICING YOGA

There are many ways to practise yoga. These methods can use self-regulation to achieve physical and mental unity. Generally speaking, the basic methods of practicing yoga can be divided into: posture exercise, meditation exercise, breathing exercise, relaxation exercise and recitation exercise. By using the above methods, after continuous practice, we can gradually remove the pressure and relax our mood. The author gives a brief introduction to the above methods.

(1) Body position exercise method

Yoga originated thousands of years ago, and is based on the imitation of animal behavior, which is now called bionics. Posture exercise is the imitation of animal behavior. Many Yoga actions are based on animal behavior, but it has a positive effect on regulating physical and mental health.

(2) Meditation exercise

People can calmly deal with the state of being called meditation. Meditation exercises can keep the mind and body of professional women in a relaxed state and realize the dual comfort of mind and body. Meditation is the window to open yoga practice.

(3) Breathing exercises

The foundation of human life is breathing. Breathing exercises can help people breathe properly to reduce physical fatigue. People's emotions are closely related to breathing. Deep breathing and slow breathing have positive effects on the improvement of cardiopulmonary function. Proper breathing can not only help people to solve anxiety, but also provide physical and mental comfort.

(4) Relaxation exercise

Using the correct breathing to relax the body, you can use relaxation exercise to maintain meditation. Relaxation exercises can help people eliminate fatigue, dispel excess energy in the body, and make the body relax. After the body relaxes, the mind also relaxes. Yoga exercises can relax people's deep brain, heart, limbs and so on. Appropriate yoga exercise can improve the quality of sleep, eliminate various pressures, and give people the energy they need for life and work.

(5) Chanting practice

Singing is to remove the inner flaws through repeated eulogies, so as to ensure the inner purity, and then to achieve the greatest effect of meditation. The most important method of recitation practice is singing. Generally speaking, it uses the vibration of vocal cords and breath to relax the mood. When singing, the singer indulges in it, and his mental state will be adjusted reasonably slowly, then gradually forget the pressure and become quiet and peaceful.

II. THE INFLUENCE OF PRACTICING YOGA ON PROFESSIONAL WOMEN'S PHYSICAL AND MENTAL HEALTH AND ITS CASE ANALYSIS

A. The Influence of Practicing Yoga on the Body Shape of White Collar Women

According to the data analysis of white-collar women before and after yoga practice, their weight, chest circumference, waist circumference, hip circumference, thigh acidity and so on have obvious changes from week 1 to week 13 and then to week 26. After 36 weeks, they begin to be stereotyped. According to this, yoga exercises can help women shape their bodies. The initial practice is relatively easy, even if it lasts for a long time, it will have no significant effect because of less exercise, but after the completion of the training, its various indicators will be well maintained.

TABLE 1 COMPARISON OF PHYSICAL INDEXES BEFORE AFTER PRACTICING YOGA FOR PROFESSIONAL WOMEN

Index	Height	Weight	Bust	The waist	Hipline	Thigh circumference
A week	164.18	62.35	90.15	78.41	94.28	55.15
Thirteen weeks	164.25	60.35	88.99	76.55	90.16	51.89
Twenty-six weeks	164.26	60.80	87.50	74.00	89.60	50.00

According to the table above, some women have increased their height after taking part in yoga exercises. This is mainly due to the extension of the spine by yoga, which improves the spinal deformations and dysfunction of professional women and makes them look taller. In other areas, the growth of casual practice time is also improving. After 26 weeks, most of the professional women's physical indicators have reached the normal level.

B. The Influence of Practicing Yoga on the Mental Health of White Collar Women.

According to the relevant data, before and after practicing yoga, people's psychological state is also quite different. People mainly adopt five methods to focus on the four parts: vitality, physical and mental peace, physical exhaustion and active contribution. Comparing the samples before and after yoga exercise, the author finds that 26 exercises can make professional women overcome the psychological effects caused by physical fatigue in pleasure due to the dopamine produced by yoga exercise. The results showed that the mental and physical stability of these people increased significantly.

TABLE 2 COMPARISON OF EXERCISE SENSATION (EFI) BEFORE AND AFTER THE EXPERIMENT OF PROFESSIONAL WOMEN

EFI	Before the experiment	After the experiment
Energetic hair	7.65	9.78
Physical and emotional peace	7.33	11.10
Physiological exhaustion	6.25	6.22
Positive attitude	8.67	11.23

III. CONCLUSION

A. Yoga can Improve Female Body Shape.

Using empirical analysis, we can draw a clear conclusion: after 26 weeks of College practice, the effect of yoga on female body shape can be obvious. Whether abdominal circumference, thigh circumference and calf circumference or its weight, height, hip circumference, they have significantly decreased. Practice day by day can constantly shape the outline of a woman's body, thereby enhancing her body aesthetic feeling and enhancing her confidence.

B. Practicing Yoga can Ensure Women's Mental Health

The results show that after yoga exercise, the depression, anxiety, hostility, fear and other emotions of professional women have significantly improved. Simply put, yoga exercises affect people's psychology by relaxing the body, and affect people's body by relaxing the mind, and then coordinate the various organs and systems of the body to play the role of the overall function. At the same time, yoga music also has a great impact on people, affecting the psychology of professional women subtly. Meditation can relieve anxiety and depression. In short, yoga has a positive effect on people. Practicing yoga can turn people's psychological experience into positive results.

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