

Research on the Creation and Scientific Experiment of Yoga Style in Sub-health People in Workplace

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Abstract: At present, yoga has become a popular fitness method nowadays, which is of great significance for people to reduce stress and relax their body and mind. At the same time, with the increase of life pressure and work pressure, the number of sub-health people in the workplace is increasing. Therefore, it is especially important to find a scientific method to alleviate the sub-health status of these people. Although yoga has many benefits for the human body, it is necessary to further explore whether the existing yoga posture is suitable for the sub-health practice in the workplace. The paper starts with the analysis of the connotation of yoga. At the same time, according to the characteristics of the sub-healthy people in the workplace, a set of yoga poses is created for the sub-health people in the workplace, and a scientific experiment is conducted on whether the yoga pose is effective for the sub-health people in the workplace. The conclusion is that this yoga practice can greatly improve the sub-health status of the workplace.

1. Introduction

According to statistics, more than 50% of modern people are in a “sub-health state”. These people often feel that they are living “tired”, and often accompanied by loss of appetite, insomnia, sleeplessness, fatigue, forgetfulness, etc. Phenomenon, but there is no organic disease in the hospital, most of these people are professionals. There are many reasons why people in the workplace are prone to sub-health status, such as busy work and stress; irregular work and rest, often staying up late; irregular diet, unhealthy; lack of exercise. For this reason, in the current popularity of yoga, it is very important and necessary to create a yoga pose suitable for the majority of people in the workplace [1].

2. The Connotation of Yoga

Yoga is a spur of the Indian Sanskrit word "yug" or "yuj", meaning consistency, unity and harmony. Yoga originated in India and is an exercise about physical and mental health with a long history of thousands of years. Its purpose is to achieve physical well-being and inner peace, and to achieve long-lasting happiness. Patanjali, the ancestor of yoga, elaborated in his creation of the Yoga Sutra the eight stages of yoga practice. The eight stages of the revision are simply yama, niyama, asana, pranayama, Pratyahar, dharana, Dhyan, Samadhi. Yoga practice has many effects on people. For example, yoga exercises can accelerate the body's metabolism and have the effect of beauty and beauty. Yoga exercises involve multiple parts of the body and enhance the body's immunity. More importantly, yoga pays attention to raising the heart and has the effect of improving personal cultivation and enjoying the mood. But yoga is not as simple as running. Yoga poses do not compromise the effect of the exercise or even lead to negative effects. Therefore, you should do safety before starting yoga practice, and it is best to practice yoga under the guidance of professionals [2].

3. The Creation of Yoga Style of Sub-Health Group in the Workplace

3.1 Basis for the Creation of Yoga Poses.

There are two main points in the creation of yoga poses. The first point is to create a basis for the

more common incorrect body postures in the sub-healthy people in the workplace, such as the chest back and long-term bow. The main cause of the chest-back is to maintain the sitting position for a long time, causing the back muscle to be stretched for a long time and the chest muscle to be in a contracted state for a long time. To this end, in this situation, it is necessary to strengthen the practice of the chest muscles in the creation of the yoga pose, which is very helpful for correcting the wrong posture with the chest back. The second point is based on theories of motion anatomy, motion mechanics, and yoga anatomy. The various mechanical movements of people in daily life are carried out by physical exercise. For this reason, it is necessary to have a clearer understanding of the theory of appeal theory before the creation of yoga poses [3].

3.2 The Principle of Yoga Body Creation.

The creation of the yoga form should not be just a temporary rise, but should be created for a certain group under the constraints of certain important principles. The principles of yoga asana are mainly the following. The first is the principle of safety and effectiveness. Regardless of the type of yoga, safety should be the primary prerequisite. Some yoga poses are very effective, but they are not necessarily safe during practice. For example, in the classic style of yoga, it can exercise to the muscles of the human body. The actual effect is similar to the inverted, but for some people with stiff limbs and body fat, it may be too much pressure on the body. In turn, the arm is injured, so some similarly difficult yoga poses should be avoided in the early stages of yoga practice. Of course, there are a lot of safe in yoga poses, but it may not work well, so pay attention to the balance between safety and effectiveness in the creation of yoga poses. Second is the principle of gradual and orderly progress. No matter what kind of fitness program you have to practice, there is a gradual process in order to make the body adapt better and avoid the body from being damaged by blind movement. The same is true for the creation of the yoga pose, which is gradual and easy. There are a large number of sub-health people in the workplace, and the situation is different. Therefore, in the process of yoga creation, the actual situation should be considered, and different sub-health people in the workplace should be treated differently to create a yoga style suitable for them. For example, for some people with lumbar disc herniation, they should be allowed to avoid the need to bend forward.

3.3 The Theme of Yoga Style Creation.

Before the creation of the yoga pose, it is necessary to determine the theme and start the creation of the specific yoga pose under the guidance of the theme. Specifically, the main themes of yoga style creation are as follows. The first is the theme of the spine. The data shows that most of the sub-health people in the workplace have some deformations in the spine because they sit in the office for a long time. Therefore, in the creation of the yoga pose, pay attention to adding some postures to correct the deformation of the spine. The second is the theme of limbs and waist and abdomen. Sedentary work has also caused many people in the workplace to have muscle atrophy and a large amount of fat in the waist and abdomen. Therefore, in the creation of yoga poses, pay attention to adding some muscles of limbs and waist and abdominal muscles. The third is based on the eye. Working in the computer for a long time has caused many people in the workplace to suffer from eye fatigue and low strength. So pay attention to adding some eye care styles in the creation of yoga poses.

3.4 Determining the Creative Yoga Style.

Under the guidance of the spine, the yoga simple sitting and OUM singing style was created. The simple method of sitting on the disc is to close your eyes, sit up straight, and then count the number of breaths in your heart. The specific way of OUM singing is to put your hands together on your chest, inhale deeply, and sing while breathing. Under the guidance of the four limbs and the waist and abdomen, the anti-triangle, triangular extension, pyramid front bend, knee-bend, gallop, locust, lower dog, half-fish king twist, supine roll bicycle type and bent leg press type. Under the guidance of the eye, a blinking and closed-eye circle was created. Blinking the eye is to open the eyes, let the eye rotate clockwise or counterclockwise, and blink the eye, close the eyes, let the eye rotate

clockwise or counterclockwise [4].

4. The Scientific Experiment of Yoga Style Related to Sub-Health People in the Workplace

4.1 Subject.

After the creation of the yoga pose, scientific experiments began. First you need to determine the object of the experiment. The experiment was conducted by some sub-health people in Nanchang.

4.2 Experimental Method.

The specific experimental method is to first produce 500 questionnaires, which are based on the Sub-health Self-Assessment Scale, and then randomly distributed these questionnaires to the professionals in Nanchang City and screen them. Then organize these professionals for a month of yoga practice. After this month's yoga practice, compare and evaluate the physical status of these professionals [5].

4.3 Experimental Results

Table 1 Comparison of female body shape index data before and after the experiment

	After the experiment	before the experiment	P
BMI	21.70±2.17	20.78±1.76	0.287
bust	87.502±3.72	86.75±2.90	0.510
waistline	76.70±7.56	72.25±6.25	0.098
Hip circumference	92.36±4.62	88.99±3.50	0.123
Waist to hip ratio	0.84±0.06	0.789±0.39	0.08

Table 2 Comparison of male body shape index data before and after the experiment

	After the experiment	before the experiment	P
BMI	23.50±3.78	22.78±2.40	0.580
Waist to hip ratio	0.94±0.12	0.92±0.97	0.550

4.4 Experimental Conclusion.

Through the scientific experiments of the sub-health-related yoga poses in the workplace, it can be concluded that this yoga-style exercise can greatly improve the physical condition of the professionals and effectively alleviate their sub-health status.

References

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