

A Study on Recovery from Substance Addiction by Yoga with Active Life Style Factor

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ABSTRACT

The main objective of this study is to find out the impact of yoga with Active Life Style factors towards early recovery of alcoholism. Yoga is a ascetic discipline which controls physical and mental power of human. Addiction is problem related with mental obsession over a substance. And it is progressive disease too. If it is not addressed at early stage, severity of this disease will affect the family members and deceive them physiologically. So it is needed to be addressed and controlled by early stage itself. Yoga with active life style factors can give good changes over addiction people. There is no proven medication to overcome addiction. CBT is considered as the best way to overcome addiction. To have permanent changes in life style pattern to healthy life style will result in sobriety. Around 120 members were taken for this study from Alcohol Awareness Camp organized in Chennai. It was found that there was good changes happened after following active life style factors with regular yoga.

Keywords: Active Life Style factors, Yoga and Alcohol Awareness Camp.

INTRODUCTION

Alcoholism was medically considered as a disease. Alcoholism is a broad term for problems with alcohol, and is generally used to mean compulsive and uncontrolled consumption of alcoholic beverages. When a person consumes alcohol first time, he consumes it without knowing the consequences that one fine day he may become an addict to alcohol. Becoming an addict to substance is purely based on their mental psychology. Persons, who all are consuming alcohol, will not become an addict. Only few people will become an addict to the substance. There is no proved scientific reason to show the reason for addiction. Only through the behavioral study it can be identified. So, no medical tests are performed to prove the addiction diseases. Initially this behavior that is consuming alcohol is started like a try or joy. Later it is developed as a habit finally it ends up with addiction. It can be identified first by changes in behavior. Unusual consumption of addiction substance, sudden mood swings, Depression, fear, fear of loneliness, aloofness, feeling down, Aggressiveness and laziness these are all the symptoms of addiction problem. It's not only affected behavior alone later it will spoil drinker's health, personal relationships, and social status. (Jürgen Rehm-2010) (Kehle et al., 2011, McDevitt-Murphy et al.

with physiological craving. (Beattie and Longabaugh, 1999)

Early recovery is not only measured as a prevention mechanism but also it's a gate way to the peaceful life. Because if it's not recovered at early stage, disease will not only engulf an addict, but also the entire family.

(Barbara Broers, Francisco Giner-2000). Inpatient treatment is one method of recovery. But it is consider as a expensive mode of recovery (Kathryn E. McCollister-2009). Recovery (Constance Weisner, G 2003) has previously been understood as the cessation of use of an addictive substance or behavior but now addresses healthy life practices that enrich the Healthy of life of a person with an addiction.

CBT considered as a one of the best way to overcome addiction. (Carroll, K.M.; Sholomskas, 2005). There is no proven medicine to overcome addiction problem. CBT, Alcoholic anonymous group, Religious faith, and in-patient treatment like so many tailor made methods are tried by the expert group to overcome the addiction. But in all this methods, what was tried commonly to overcome addiction was bringing changes in the life style pattern.

Alcohol affects the person physically mentally and spiritually. It is a progressive diseases that affects the members of the family and diseases them too. So it is very important to know about the disease and the factors to prevent at early stage. It is very imperative to know the about the term craving. Craving is a biological result of addiction and is the origin of compulsive behavior/use. Craving in addiction is extremely intense, and though people struggling with alcoholism or addiction may be able to control their behavior, if cravings get intense/ painful enough it may lead to compulsive use With regards to early recovery, people struggling with alcoholism during initial detoxification Show increases in brain chemistry associated

Active life style factor has been discussed and analyzed enough in research but all this factors are related to the emotional psychology, but one important factor which has not given attention yet is physical work out. Yoga or any kind of physical work out gives sustainable changes life style. It has been proved in studies yoga has brought good changes in overcoming addiction problem (Roy King) in his research it was found that yoga can inhibit dopamine surge. The power of yoga is universally accepted but the power of yoga to overcome addiction in any substance. So Without yoga, HALT variables are considered to be less effective. It was confirmed in this study which was conducted on 120 recovered alcoholics who were in early stage of addiction.

Research Methodology

Primary data was collected from Alcoholics awareness camp conducted at Chennai. Out of 200 questionnaires distributed, 127 completed samples were collected by convenience sampling method. Correlation and paired t test were used for this study.

Analysis and Interpretation

3% of respondent are female addicts. 41.7% of persons belong to 15 to 30 age group. 18.9% of respondent belong to student category. About 52.8% of the respondents are married. About 53.5 percent of the respondents are in the duration of below 2 years in consuming alcohol. About 20.5 and 14.2 percent of the respondents are in the group of 2 – 4 years and 4 – 6 years in alcohol consumption. About 8.7 and 3.2 percent of the respondents are in the group of 6 – 8 years and above 8 years in alcohol consumption.

Table – 1: Paired ‘T’ test for difference of Two Means

Variable	Mean	S. D	t value	p value
Before yoga	4.08	.877	10.028	.000
After yoga	3.22	.840		

Significant at the 0.01 level (2-tailed).

Null Hypothesis (H_0): There is no significant $N = 127$

Null Hypothesis (H_0): There is no relationship between Active Life Style and Sobriety, ie., $H_0 = 0$.

Alternative Hypothesis (H_a): There is a relationship between Active Life Style and Sobriety, ie., $H_a \neq 0$.

Table - 2: Pearson Correlation

		Active life style	Sobriety
Active life style	Pearson Correlation	1	.724(**)
	Sig. (2-tailed)	-----	.000
	N	127	127
Sobriety	Pearson Correlation	.724(**)	1
	Sig. (2-tailed)	.000	-----
	N	127	127

** Correlation is significant at the 0.01 level (2-tailed)

Table – 2 shows the correlation analysis between yoga and Sobriety. The result shows that the correlation between these two variables is $r = 0.724$. It means there exists a positive correlation between yoga and Sobriety. Since $p < 0.01$, we reject H_0 at 1% level of significance difference in means, ie., $H_0 : d = 0$, where $d = \mu_1 - \mu_2$

Alternative Hypothesis (H_a): There is a significant difference in means, ie., $H_a : d \neq 0$.

Table – 1 shows the comparison of means between craving to consume alcohol before and after yoga. Since $p < 0.01$,

H_0 is rejected at 1% level of significance. Based on the mean score, it has proved that when yoga is joined with active life style factor there is a control in craving to consume alcohol.

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