# Perceived Benefits of Participation in Yogic Exercises between Rural and Urban University Students: A Comparative Study

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*Abstract—This study was conducted to explore perceived benefits of yoga exercise participation based between rural and urban university students enrolled at Guru Kashi University and residing in District Bathinda, Punjab. The total number of participants were forty (n=40), 20 from rural and 20 from urban areas. The purposive sampling technique was used for the current study. The study employed quantitative approach to examine the perceived benefits of yogic-exercise participation between university students with the use of "Exercise Benefits/Barriers Scale (EBBS)". Independent Sample t-test was applied to check the significant differences. All the 40 participants successfully responded the questionnaire and the results of inferential statistics showed that urban students were better in perceiving benefits of yoga exercise participation, t (38) = 16.88, sig = 0.001 (p < 0.05). This study tried to determine how student's area of residence could influence their perceptions about yoga exercise. The result of this study showed that urban students were significantly different than rural students in their perceived benefits of yoga exercise participation. Hence, it was found that perception of yoga exercise participation for university students, residence is a vital component to consider.*

*Keywords: Perceived benefits, yoga exercise, purposive sampling and Exercise Benefits/Barriers Scale.*

## I. INTRODUCTION

Exercise is really good for people. Doing exercise on daily basis has a lot of benefits. Research shows that people who exercise are less likely to get sick with things like heart disease, type 2 diabetes, some types of cancer and osteoporosis. This is what researchers like Chiuve and others found out in 2008 and also Jeon and others in 2007. Krall and Dawson Hughes in 1994 and Kramer and Wells in 1996 and Powell and others in 1987. Exercise can also make people feel better think clearly and be less depressed and anxious. This is what Berger and Motl said in 2000. Colcombe and Kramer in 2003 and Craft and Landers in 1998 and Petruzzello and others in 1991 and Rejeski and Mihalko in 2001.

In fact, Yoga is a type of exercise that's very old. It combines things like poses, breathing and meditation. Yoga is different from types of exercise. One big difference is that yoga is not competitive. Mostly exercises are competitive in nature. Yoga is more about how you feel about yourself not about comparing yourself to others. This is what Marshall said in 1978 and Iyengar in 2001. Other types of exercise often have strong repeated movements and heavy breathing. These exercises can be good for your bones and muscles. They can also make you tired and stressed. Iyengar said this in 2001. Saraswati said it in 1987. These exercises can give you energy but they can also wear out your body and make you feel sick. Iyengar said this too.

Furthermore, Yoga as an exercise is special because it is not like exercises. Exercise like yoga can help people in ways. Yoga as an activity is good for people because it is gentle and non-competitive. People who do yoga say it helps them feel better and think clearly. Yoga is a type of exercise that people should try because it has benefits. Exercise, like yoga is good, for people because it can help them feel better and live lives.

**Table 1 Descriptive statistics of perceived benefits score.**

| Group | N | Mean | SD |
|---|---|---|---|
| **Urban** | 20 | 97.05 | 2.87 |
| **Rural** | 20 | 82.55 | 2.56 |

The table 3.1, presents the descriptive statistics of perceived benefits score of mean and standard deviation of the participation in yogic exercises between rural and urban university students. Urban students demonstrated higher mean scores that rural

students, indicating greater perceived benefits of participation in yogic exercises.

**Table.2 Independent t-test for perceptions towards yoga participation among urban and rural students.**

| Group | Mean | SD | N | T-value | p-value |
|---|---|---|---|---|---|
| **Urban** | 97.05 | 2.87 | 20 | 16.88 | <0.001 |
| **Rural** | 82.55 | 2.56 | 20 | | |

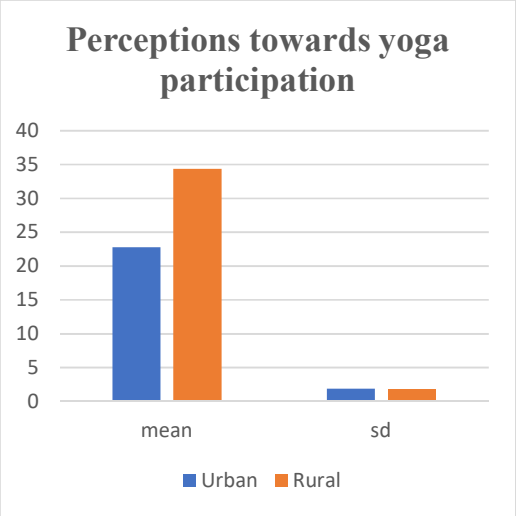
Table 3.2, shows the comparison of perceptions towards yoga participation between rural and urban students. The mean score of urban students was seen to be 97.05 and standard deviation 2.87. the mean score of rural students was 82.55 and standard deviation 2.56. The higher mean score of urban students indicates that they have possessed strong positive perceptions towards yoga participations compared to their rural counterparts.

The obtained t-value of 16.88 was statistically significant at the 0.05 level of significance ($p<0.001$). Since the p-value was less than the prescribed level of significance, the null hypothesis stating that "there is no significant difference in perception of yoga between rural and urban students" was rejected.

The findings suggest that area of resistance significantly influences student's perceptions towards yoga participation. Urban students may have greater exposure to health awareness programs, yoga facilities, trained instructors, and media information related to yoga, which could contribute to their more favourable perceptions. In contrast, rural students may have comparatively fewer opportunities and resources related to yoga participation, resulting in relatively lower perception scores.

Therefore, it was concluded that urban students demonstrate significantly more positive perception toward yoga participation than rural students.

*The bar chart depicts the mean differences of perceptions towards yoga participation between urban and rural students across the groups.*




## II. CONCLUDING REMARKS

The present study aimed to evaluate "Perceptions of benefits of Yoga Participations between rural and urban population" among 40 participants chosen through purposive sampling method, enrolled in Guru Kashi University, Bathinda-Punjab. All participants underwent a structured data collection procedure through a standardized questionnaire "Exercise Benefits/Barriers Scale (EBBS)". After data collection the results has shown significant difference for the selected research objective, mentioned in - Table 2.

## III. DISCUSSION

The aim of the present study was to compare perceptions towards benefits of yoga participation between rural and urban students enrolled in Guru Kashi University and residents of District Bathinda Punjab. Using the adapted Exercise Benefits/Barriers Scale (EBBS), data were gathered and scores were subjected to descriptive statistics and Independent Samples t-test, findings were presented as they relate to study objectives and hypotheses.

## IV. DISCUSSION RELATED TO SELECTED OBJECTIVE

"To assess the perceived benefits of participation in yogic exercises among university students".

Descriptive statistics shown in Table 2, indicated that urban students scored significantly higher (Mean = 97.05, SD=2.87) than rural students (Mean

= 82.55, SD ==2.56) on perceptions toward yoga participation The calculated t-value (t=16.88) was statistically significant at p <0.001). Rejecting the hypothesis about non-significant differences in perceived benefits of yoga participation between rural and urban students.

Urban students think yoga is a thing more than rural students do. This is because urban students see things about health and yoga where they live. They see things like yoga centers and fitness places. They here about the good thing's yoga can do for their bodies and minds. Urban students who are doing yoga and they hear about how it can help them feel better and be healthier. This is why urban students, like the idea of doing yoga than rural students do.

The study I am looking at shows that people who have access to education and healthcare are more likely to know about yoga and have a positive view of it. This is what Mishra and his team found out in 2018. They saw people who know more about yoga and think it is a thing are usually the ones who have better access to education and healthcare.

Similarly, Anand and his team found out in 2023 that people who live in cities are more into yoga and mindfulness than people who live in areas. They saw that city people do yoga and mindfulness often and are more open to it. Other studies, like the ones done by Park in 2026 and Ross in 2013 also show that people who think yoga is good for their body and mind are more likely to do it. So, what this study suggested that residence is a big factor in taking part in yoga exercises as the mindset builds according to the environment, as per the opportunities provided so for. The study is talking about university students. How where they live affect what they think about doing yoga. Yoga participation is what we are looking at here. They study says that where you live matters when it comes to yoga participation, among university students.

## V. CONCLUSION

This study looked at how university students in urban areas think about the good things that come from doing yoga. Researcher found out that there is a significant difference between these two groups of students. This means that where a student lives has an effect on what they think about the things that come from doing yoga. Students who live in cities said they got good things from doing yoga than students who live in the rural areas of country. So, it would be an idea to tell students from rural areas more about the good things that come from doing yoga. This could get more of these students to do yoga and get involved in it. The benefits of yogic exercises are important. We should try to get students, from rural areas to see this and to get more students to participate in yogic exercises.

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