

Study on the Value of Yoga in the View of College Students' Health

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Abstract: Fitness Yoga is the product of traditional yoga and modern fitness, which has unique aesthetic characteristics of sports: stretching flexibility, balance of strength, fluency and artistic conception. The value of yoga teaching in Colleges and universities is mainly reflected in its fitness, mental health, concentration, stress relief, perseverance, self-confidence and team spirit. It has positive significance for improving the quality and spiritual level of college students. Based on the experience of yoga teaching for many years, this paper has read the Yoga monographs and literature at home and abroad, expounds the history of yoga, discusses the fitness value, heart value and social value of yoga, analyzes the problems existing in yoga practice and puts forward corresponding countermeasures, in order to improve the understanding of yoga and promote the development of Yoga health, Improve the physical, psychological and social health of college students.

1. Introduction

On July 8, 2019, the CPC Central Committee and the State Council issued the “opinions on deepening education and teaching reform and comprehensively improving education quality” and the “opinions of the State Council on implementing healthy China action” on July 15, 2019. Within a week, the two central documents heavily point to school physical education, which is unprecedented. The document points out: comprehensively improve people's healthy lifestyle; constantly deepen the reform of school physical education, popularize scientific fitness from the student stage, and advocate healthy lifestyle. Under the background of economic globalization, people's values are the subjective premise of people's daily life. In this sense, people's understanding of the value of things determines the way people treat things. Yoga education has entered the field of College Physical Education for a long time. Especially in the rapid development of social life rhythm today, yoga education with its unique value of fitness is more and more recognized by contemporary college students. Colleges and universities also continue to carry out various forms of yoga education courses. However, with the continuous popularization and development of yoga education courses, yoga education in Colleges and universities has gradually lost its “Id” and appeared the phenomenon of “alienation”. Therefore, in order to deepen the reform of yoga education curriculum in Colleges and universities, we must carry out the curriculum reform on the basis of in-depth understanding of the value of yoga education. Through yoga education to promote students to adopt a healthy lifestyle for health, and ultimately promote the in-depth

implementation of the “healthy China” strategy.

2. Introduction to Fitness Yoga

Yoga originated in ancient India 5000 years ago, rose in Europe 100 years ago, and developed in the highly commercialized United States. Although modern popular yoga has Indian background, it still retains some traditional characteristics of Oriental fitness culture, such as clothing, music, breathing, meditation and so on; but most of them have got rid of the distinctive religious color at the beginning, and absorbed the “Pilates” and ballet practice methods in the content after flowing into the west, becoming an old and young fitness project. Nowadays, yoga is popular all over the world. In China, with the vigorous development of the national fitness movement and the improvement of people's health awareness, yoga has become a popular fitness movement. In recent years, yoga has developed rapidly in China^[1]. Various forms of yoga training are held in gyms and activity centers in cities and communities. Colleges and universities even offer yoga classes. Newspapers, magazines, television networks and other media play a role in promoting the spread of yoga. There are many market-oriented yoga sports. In order to clarify the difference between fitness yoga and traditional yoga, some scholars put forward the concept of Fitness Yoga: “a social sports project with the basic means of postural and breathing exercises, supplemented by meditation and relaxation, and the goal of strengthening people's physique and promoting the harmonious development of people's body and mind.” This study is based on the concept of “Fitness Yoga” and applied to the teaching of fitness yoga in Colleges and universities.

3. The Fitness Value of Yoga for College Students

3.1 Fitness Value of Yoga Breathing Method

The Sanskrit name of breathing is pranayama, which means to extend or control the breath of life. Before starting to practice yoga postures, college students must learn the correct yoga breathing method. Breathing is the essence and key of yoga practice, and it is also one of the signs to distinguish gymnastics, Pilates and other sports. In life, most people only use the upper part of the lung to do breathing, that is, chest breathing. If they use this way for a long time, the consequence is that the muscles of the chest and shoulder are tense, the spine is stiff, the brain is lack of oxygen supply, dizziness, headache and other adverse phenomena. The common breathing methods for college students to practice yoga include abdominal breathing, complete breathing, laryngeal breathing, etc. there are also some more complex breathing methods suitable for higher degree yoga practitioners, such as bee breathing method, voice breathing method, bellows breathing method, etc. When practicing yoga, you inhale and exhale through the nose (unless you have special requirements)^[2]. The method of snorting can filter and warm the air. The breathing method of Yoga acts on the abdomen and internal organs. Regular practice can replenish more oxygen to the brain and body organs; expel carbon dioxide and toxins in the body; enhance the function of digestive system and cardiopulmonary function, improve the body's immunity, improve the psychological state, control emotions, and have a good effect on cultivating concentration and attention; It is especially helpful for calming the stress state of autonomic nervous system disorder and abnormal endocrine after strenuous exercise, because it can resolve the adverse factors in the process of muscle recovery fatigue, deliver more nutrition and oxygen for muscles, and make the body healthier.

3.2 Fitness Value of Yoga Postures

Asana is the Sanskrit name of asana, which means to put the body in a stable, quiet and comfortable position. At present, there are more than 100 commonly used postures, all of which have been practiced and corrected. These postures stimulate and massage the spine, central nervous system, bones, muscles and viscera of the human body in all directions through various postures, such as forward bending, backward bending, twisting, lateral bending, prone, supine, inverted and so on. The reason why college students like yoga so much is that the practice of yoga postures meets the female college students' psychology of pursuing beauty. Yoga postures are slow, comfortable and elegant. Correct and persistent practice of yoga postures can correct bad posture, shape body lines, improve body flexibility, prevent some chronic diseases, enhance blood circulation and immunity, etc^[3]. Some common bad phenomena of college students are hunchback, round shoulder, insomnia, constipation, obesity; students with hunchback and round shoulder can often practice camel style, cobra style, front stretching style, mountain style and other postures, which can eliminate the stiffness of shoulders, expand chest and correct hunchback; Students with insomnia can often practice butterfly posture, sitting angle posture, one leg back stretching posture and wreath posture, which can tranquilize the nervous system and improve sleep quality; students with constipation can often practice deflation posture, duck walking posture and abdominal massage, which can eliminate constipation and clean the intestines and stomach, Yoga for constipation has an excellent method is “shangka prasarana”, which needs to be practiced under the guidance of teachers, in order to avoid accidents. For obese students, they can often carry out Japanese worship exercises, wind blowing tree, dance, tree, bow and other postures, which can improve their posture and reduce excess body fat.

3.3 Fitness Value of Yoga Meditation

Meditation is a way of dialogue with the self mind. As long as we can relax ourselves, keep the peace of the heart, observe everything, and have no thoughts in mind, we have entered the state of meditation. Many medical experts describe meditation as a “relaxed alert” or “relaxation in alert state”, which seems to be contradictory, and this is the most important state that reflects the nature of Yoga: when the body is relaxed, the clearer the consciousness and thought will be. Meditation can be carried out during posture practice and meditation can be carried out during breathing practice. The best four meditation methods for college students are: Breathing consciousness, simple voice, candle and blueprint^[4]. Meditation is a difficult state to enter when yoga is first practiced. Breathing can be regarded as the center of mind collection and quiet experience. It is easier to enter meditation state without distractions in the heart. The stress of the students' spirit and body can be relieved by yoga meditation practice for a fixed time every day, and a good physical state can be established.

4. The Value of Yoga to College Students

The propaganda theme of “World Mental Health Day” (October 10) in 2006 is “fitness and health, you and I are in the same industry”. Publicity focuses on strengthening the public's awareness and responsibility to maintain their own health, and advocates the unity of maintaining physical and mental health. The competition in modern society is becoming increasingly fierce, the rhythm of life is obviously accelerated. People's psychology is under various pressures. They are in a state of over tension for a long time, which can easily lead to the dysfunction of nervous system, and then induce various mental diseases, especially for college students. Yoga is a static and non competitive activity, whose main feature is to focus on, slowly extend the body and body within the scope of their ability to achieve physical and mental harmony. Correct, safe and continuous yoga exercises will play a positive role in the mental health of college students, which can relieve mental

stress and tension; stabilize nerves and strengthen the regulation of endocrine system; help improve the ability of concentration; improve the temperament of the students from inside and outside^[5]. The slow and even breathing can make the students feel quiet and peaceful, while the deep and long breath can relax the students' nervous psychology. Yoga posture practice is in a beautiful environment, accompanied by soothing music, slow and elegant movements, the correct exercise will make people feel spiritual inspiration, full of vitality, stimulate the human body's spiritual potential. Yoga has been a very attractive one because it plays an unparalleled role in regulating the mind. People should not judge the quality of yoga practice by flexibility. In fact, many yoga masters only practice a few simple yoga posture methods, and pay more attention to the practice of advanced meditation in the heart. Yoga meditation practice often helps to eliminate the negative thoughts of college students, make the students' inner stability, peace and self-confidence, and achieve the state of self transcendence.

5. The Social Value of Yoga to College Students

Social value refers to the contribution and responsibility that people make to meet the material and spiritual needs of society or others through their own and self practice activities. The correct practice of yoga can improve the social adaptability of college students. In the process of practicing yoga, it can cultivate college students' self-confidence and the ability of transposition thinking, so that college students can have a peaceful mentality and broad mind, so that they can get along with people more friendly, maintain friendship, and find a suitable position in the society, It is helpful for college students to actively enter a good learning state, promote the harmonious development of society, and better play the social value of college students^[6].

6. Conclusion

Fitness Yoga is a kind of sports item which not only keeps fit but also keeps the heart healthy. It has unique sports aesthetic value. As a unique form of exercise, Fitness Yoga also has the beauty of stretch and flexibility, power balance, fluency and artistic conception. College Fitness Yoga course is in line with the diversified development direction of physical education, and also reflects the innovative spirit of physical education. The teaching of fitness yoga in Colleges and universities has the functions of keeping fit, shaping the body, regulating the breath and spirit, relieving the pressure, developing perseverance step by step, improving self-confidence, cultivating habits, communication and cooperation, cultivating team spirit, etc., which has positive significance for improving the quality and spiritual level of students.

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