

## Representation of Yoga in Different Types of Paper Works at the Faculty of Sport and Physical Education in Belgrade, Novi Sad and Niš

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**Abstract:** *In this paper we research presence of yoga, as the form of physical activity in institutions where the physical activity is primary. There was researched representation of yoga as the theme in different papers written by students and in another literature – monographs, articles, books, at the Faculties for sports and physical education in the Republic of Serbia, in the data basis of the Faculty libraries. Theoretical analysis led to the results which have shown that yoga as the course doesn't exist in any degree program at these Faculties, but this subject is still present in different kinds of papers. In the libraries, the majority of the literature is in the form of articles, monographs and books, and less in the form of papers written by the students. Although yoga is represented in different papers at these Faculties, its representation is still very low. Existing literature in the libraries is old and there are no research papers in yoga done by students. Since yoga is activity that could be useful to both these institutions and its students, yoga researches and studies should be more represented.*

**Key words:** *yoga, physical activity, yoga researches*

### Introduction

Yoga is an ancient method that integrates practice of the physical exercise - asana, breathing exercises (*pranayama*), concentration and other, which originated in India and it is considered a means to achieve enlightenment, i.e. to achieve unity with oneself and with the Universe. It is the science that gave deep insight into the possibilities and needs of the human body, and more importantly, accurately understanding of the relation between mind and psyche, and their connection. Yoga practice enables practitioner to harmonize mind, psyche and body.

In an old Indian language Sanskrit, the word yoga means union, compression, focus. The most ancient found statues of people in yoga postures are more than 5000 years old and have been excavated in northern India. This is a skill passed down from master to students, and the first complete record or “Bible” of yoga is old around 2000 years. It is called “Yoga Sutra” and it was written by a medical doctor and linguist Maharishi Patanjali.

Many people around the world practice yoga because of different reasons – some of them practice it because of the physical health, others to develop the concentration, of certain philosophical beliefs, or to achieve inner peace and balance.

There are many different benefits of yoga practice. As for the physical benefits, we can say that yoga substantially improves circulation through stretching and twisting, which contributes to better nutrition of the body tissues and cleansing of toxins out of the body. Improved circulation effects slowing down the heart rate and lowering blood pressure. The most obvious effect of yoga is increasing the strength and mobility of joints, and elastic ligaments. Through proper yoga breathing alkalinity is increased and acidity of the body is decreased which has a positive impact on the health of bones and muscles, reduces fatigue, headaches and depression. It noticeably reduces the symptoms such as back pain, arthritis, migraines, menstrual pain. Yoga is primarily focused on disease prevention, it teaches us to preserve the body, and boosts the immune system, which contributes to improving and maintaining overall health.

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In mental and emotional well-being, yoga improves mood, reduces anxiety, negativity and depression. It is the oldest known system developed for selfimprovement. Yoga postures, breathing and meditation have been clinically proven methods for reducing stress and its consequences. Yoga practice increases confidence and self-acceptance, allows us to focus on our own needs and capabilities.

As for the spiritual well-being, yoga builds awareness of one's own body, feelings, the world around us, and needs of others.

Unlike sports, and other forms of physical activity that increase heart rate, pressure and adrenaline, yoga stimulates relaxed response through its soothing manner. However, athletes also use yoga as a supplement to their trainings, practicing various forms of yoga breathing exercises, stretching, strengthening and relaxation, and it is very much represented as a recreational form of physical activity.

From all said above, we can conclude that yoga is the type of activity that has multiple positive impacts on the whole human being. It is a skill that is learned and mastered during the time, and it comes from the culture that is very different from ours. As the activity which, on the one hand, contributes to the physical training, it is well known among athletes and recreational who readily practice it, in the slightly modified forms that is tailored to users. Therefore, the basic idea of this study was to show to what extent the athletes and amateurs, more precisely students of the Faculty of Physical Education in Belgrade, Novi Sad and Nis, are interested in this type of physical activity, which they very much can use both in future work, as well as the personal choice of activities that they will practice. This is shown through the papers of different character, where some of them were written by students, as well as papers in the form of professional literature which is located in the libraries at these Faculties, and that students can use and acquire new knowledge from it.

## **Method**

The method used in this research was selected according to the nature of the problem, the object and purpose of research, and it is a method of theoretical analysis. This method involves using a variety of literature, reference books, textbooks, study, encyclopedia, studies and enables that, after studied sources, collected facts, analysis of connections and relationships, studied objects and phenomena, we come to the new solutions and scientific conclusions.

Method of theoretical analysis is primarily used in the creation of theoretical foundations of research, in order to theoretically clarify research problem, thus enabling the focus of the research topic, to define the basic concepts, and to determine the goals, objectives and research hypotheses.

The aim of this study was to review the representation of yoga in the papers of various kinds in the Faculty of Sport and Physical Education in the Republic of Serbia. Survey includes Faculties of Sport and Physical Education (FSPE) in Belgrade, Novi Sad and Nis, and review includes the representation of yoga as a theme that could be used for writing and production of papers by students, i.e. graduate theses and dissertations in these schools, as well as the literature of academic libraries in the form of articles, books, monographs, papers and manuals, which is available for students to use.

There are four tasks of research:

First task involves the review of representation of yoga as a subject (lectures, exams) in the study programs, any form, at the mentioned faculties.

The second task is to present papers of various kinds, from the base of academic libraries, whose theme relates to yoga.

The third task involves presentation of the number of papers in relation to the type of work.

The fourth task involves the comparison of the papers in relation to the type, at one faculty as well as between mentioned faculties.

The following four hypotheses arise from the previous tasks:

Hypothesis 1: The assumption that yoga does not exist in these faculties as a subject of study.

Hypothesis 2: The assumption that yoga, as a theme, is represented in different kinds of papers.

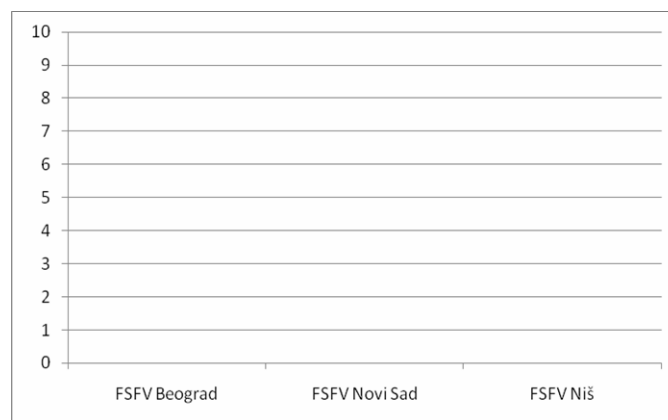
Hypothesis 3: The assumption that yoga, as the theme of papers, is not equally represented in the papers of various kinds.

Hypothesis 4: The assumption that yoga, as a theme, is more represented in works such as books, articles, monographs, and alike, but in the works that were written by students.

The analysis implies, first and foremost, a reference to the fact that yoga as a subject of study is not available at these faculties. Then, there were cited all kinds of papers with the topic of yoga, from the libraries' data basis, in order to get the information about their numbers, as well as their type, which allowed further comparison of paper works and universities, and which later led to the conclusions.

## Research results

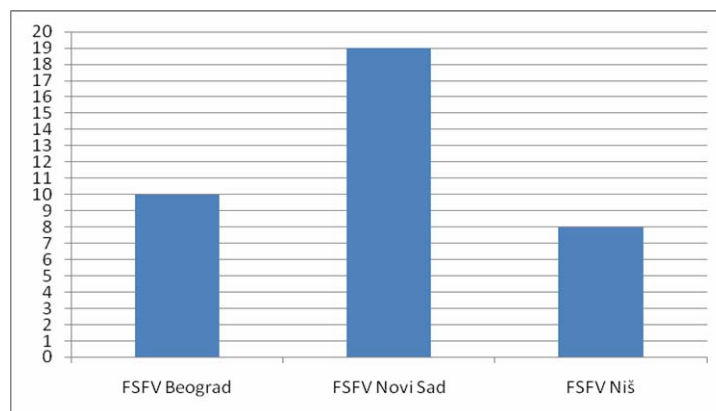
Chart 1, which refers to the first hypothesis of the research, presents the possibility of existence of yoga as a subject, as part of any degree program (Undergraduate Studies, Professional Studies, Master, Doctoral Studies) at the Faculties of Sport and Physical Education in the Republic Serbia.



**Chart 1.** Representation of yoga as a subject within a study program at FSPE in Belgrade, Novi Sad and Nis

Chart 1 shows that there is no subject that is related to yoga, regardless of the type of study, at the Faculty of Sport and Physical Education in these cities. It should be noted, which is not included into hypothesis and research, that yoga as the form of physical activity that contributes to improvement of physical and mental health, is mentioned in the subject Recreation at all given faculties.

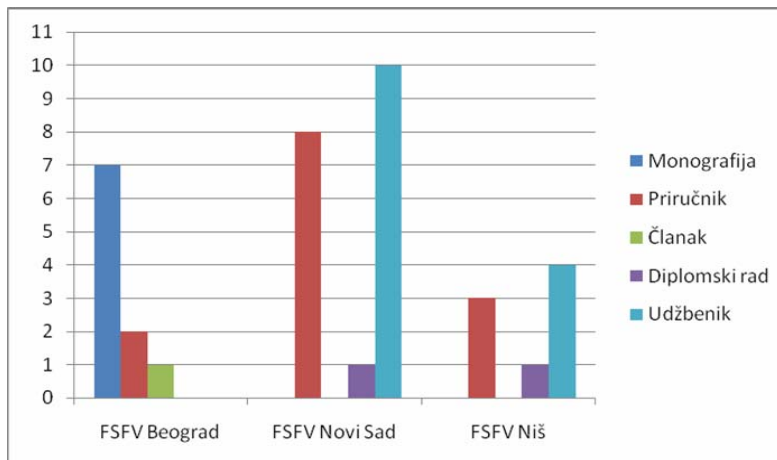
Chart 2 shows total number of papers at these faculties, regardless of the type of work, whose theme relates to yoga, which refers to the second hypothesis of the research.



**Chart 2.** Total number of works at FSPE in Belgrade, Novi Sad and Nis, whose theme relates to yoga

Chart 2 shows that at the Faculties of Sport and Physical Education in the Republic of Serbia there are works whose theme relates to yoga. At the faculty in Belgrade there is total of 10 papers, 19 in Novi Sad, and 8 in Nis.

Chart 3 shows both the number and type of paper works with the theme that relates to yoga. There are shown only papers in which yoga is presented, and from there can drawn conclusions concerning the third and fourth hypothesis of the research.



**Chart 3.** Number and types of works with the theme that relates to yoga

In the Chart 3 it can be seen that, at the Faculty of Physical Education in Belgrade, within the 10 papers there are: 7 monographs, 2 manuals and 1 research article. At the faculty in Novi Sad there is total of 19 papers, and from that: 1 thesis, 8 manuals, 10 textbooks. At the faculty in Nis there is a total of 8 papers and there are: 1 thesis, 3 manuals and 4 textbooks. It should also be noted, which is not covered by the survey, that majority of the literature which was not written by the students, are referred to the textbooks and monographs written by Jasmina Puljo.

## Conclusions

Regarding the first hypothesis of research, we can say that it is confirmed by the results of research, i.e. that there is no subject that is related to yoga, whether it comes to basic academic studies, professional studies, master studies or PhD studies, at the Faculty of Physical Education in Belgrade, Novi Sad and Nis. As mentioned above, yoga is mentioned in the subject recreation at these schools and the curriculum does not exist as an optional subject.

The second hypothesis was also confirmed, and it refers to the fact that there are paper works with the theme that relates to yoga, in the academic libraries. Majority of these studies are at the Faculty in Novi Sad, then in Belgrade and in Nis.

The third hypothesis was also confirmed. Yoga, as the theme of paper works, is not equally represented in the paper works of different types. It turned out that it appears as the theme in the theses, textbooks and monographs, while there is a research article about yoga, at the faculty in Belgrade. There are different numbers of paper works among these types. There is a majority of monographs at the Faculty in Belgrade, while there is the largest number of textbooks and manuals at the other faculties. At all faculties, there is the lowest number of papers that were written by students. Papers written by students, relating to yoga, exist only in the form of theses.

The fourth hypothesis is also confirmed. The hypothesis was that there are a number of papers with the topic of yoga which were not written by the students, but are books, monographs or handbooks. At the Faculty in Belgrade, there is no single paper written by students, and in Novi Sad and Nis, there is one at each faculty.

We can conclude that yoga should be more represented in the works of literature, and papers written by students, as well as in some form within the curriculum at the Faculties of Sport and Physical Education in the Republic

of Serbia. It is possible that the number of papers written by students is low just because of minimal information during the study and students don't have opportunity to choose yoga as activity that would be a major during their studies. On the other hand, yoga could be very beneficially used in future jobs of students in various sports or recreation, as part of warm-up, stretching, strengthening or relaxation of the body, as part of or supplement to the trainings, which is needed to every sport, especially for recreation. It would be desirable that these institutions emphasis this form of psycho-physical activity, which could be very useful in different sport disciplines, and that can provide basic and advanced knowledge to the students who are interested in this area, which they would later be able to improve out of the faculty, by practicing this activity. Greater number of papers written by students would result in improving the quality of these faculties' libraries databases, which includes the acquisition of new literature, since the current literature is old.

It is also interesting that yoga is present as a topic only in graduate theses, which are very few, and which generally are not researches, but rather a theoretical framework of the subject that is described. In these institutions, master and doctoral theses on the subject of yoga that are mainly researches don't exist, which means that there are no yoga research in these institutions. It is generally known that there are many benefits of yoga, which could be presented through different practical researches with different groups that practice yoga. Some studies exist, but still more of them are needed, that would provide possibility of understanding of other laws, phenomena, etc. Within all these faculties, there is only one article relating to yoga research.

Although yoga comes from the east and from a culture that is different from ours, it is quite spread throughout the world and it represents a field that could be beneficial to these institutions and their students in many ways, so the representation of study and research in this field should be greater.

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