

Effect of physical exercise and yoga on sexuality of old age persons

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ABSTRACT

Ageing is a gradual and steady process, which takes place over the entire life span of an organism and is generally defined as a process of deterioration in functional capacity of organism that occurs after maturity. Ageing is defined as "the detrimental changes with time during post maturational life that underline an increasing vulnerability to challenges there by decreasing the ability of the organism to service." Sex is a natural function, very beneficial in loving relationship. As people age, however, the relationship aspects of people sexuality often become a major important aspect of their sexual performance. Physical exercise specially kegel exercise improves and enhances sexuality. Regular yoga practice can have positive effects on sexual relationship.

Key words : Effect, Sexuality

As people age they often worry about their sexual performance. However, given good health and a willing partner, both men and women can enjoy sex for as long as they wish. Exercise is good for people – it keeps one's heart healthy and add years to people life. But exercise does not something else – it makes people's sex life better. By exercising several times a week, it not only be increasing people health but increasing the sex life also.

Yoga's view of sex is the same as of every other issue – moderation. Yoga considers sex to be a natural function, very beneficial in a loving relationship and, of course, essential for the continuation of the human race. This old age yoga practice is quite vary of other ancient religious practices for gaining elevated spiritual state. While most of the religious practices prefer ascertism and sexual abstinence as a way to uplift soul. Kundalini yoga considers carnal indulgence as a medium to increase self exploration. This practice of yoga lays great emphasis on leading a healthy sexual life. A big part of sex is feeling sexy. People who, exercise have an improved body image over people who do not exercise. Being more comfortable with body leads to better and more relaxed sex. A study showed that more physically fit men and women rated their own sexual desirability higher than less active men and women the same age.

METHODOLOGY

The study was conducted in Kanpur district. Four zones were selected in this study. Area selected from four zones such as Civil lines, Shyam Nagar, Ratanlal Nagar, Kakadeo, Vishnupuri, Arya Nagar, Mall Road, Govind Nagar. Total sample size 160 were selected 80 male and 80 female. Dependent and independent variables

were used such as age, caste, religion, sexuality and yoga. The statistical tools were used weighted mean, percentage, chi-square test, correlation coefficient etc..

RESULTS AND DISCUSSION

Table 1 indicates that distribution of old age persons as per religion more than 60.0 per cent respondents have belonged to Hindu family whereas 3.8 per cent respondents are Christian. 56.3 per cent male old age persons have belonged to Hindu family and 70.0 per cent female have in same religion. Minimum 1.2 per cent male persons have from Christian family and 6.2 per cent female from same category.

Table 1 : Religion-wise distribution of old age persons

Religion	Male	Female	Total
Hindu	45 (56.3)	56 (70.0)	101 (63.1)
Muslim	21 (26.2)	16 (20.0)	37 (23.1)
Sikh	13 (16.3)	3 (3.8)	16 (10.0)
Christian	1 (1.2)	5 (6.2)	6 (3.8)
Total	80 (100.0)	80 (100.0)	160 (100.0)
²		3.510	P > 0.05

(Figures in parenthesis indicate percentage of respective values)

In Muslim, Christian and Sikh communities, non-veg and aphrodisiac foods have been taken from childhood due to which, if we see religion-wise sex desire is seen more in both men and women in these religions.

Table 2 indicates that distribution of old age persons according to physical exercise, 47.5 per cent male were doing walking and 32.5 per cent female were doing walking, whereas, 16.3 per cent male were not doing any exercise and 35.0 per cent female were not doing any

Table 2 : Distribution of respondents according to physical exercise			
Physical exercise	Male	Female	Total
Cycling	23 (28.7)	11 (13.7)	34 (21.3)
Walking	38 (47.5)	26 (32.5)	64 (40.0)
Any other	6 (7.5)	15 (18.8)	21 (13.1)
No exercise	13 (16.3)	28 (35.0)	41 (25.6)
Total	80 (100.0)	80 (100.0)	160 (100.0)
2	12.659*	P < 0.05	

(Figures in parenthesis indicate percentage of respective values)

exercise.

Table 3 reveals the impact of exercise on sexuality, male old age respondents have given highest rank (1.80 scores) to weight lifting and lowest rank to cycling (1.26 scores). Female old age respondents have given (1.82 scores) highest rank to cycling and lowest rank to weight lifting (1.10 scores). Aerobic exercises are good for physical fitness and sound sexuality. It strengthens the cardiovascular system. Men and women who were more physically fit rated their own sexual performance higher. Persons who exercise more have more sex.

Table 4 reveals that highest rank was given to Kundalini yoga and given 1.8 scores and lowest rank was

Table 3 : Impact of physical exercise on sexuality of old age persons				
Impact	Male		Female	
	Scores	Rank	Scores	Rank
Weight lifting	1.80	I	1.10	IV
Cycling	1.26	IV	1.82	I
Horizontal weight lifter	1.72	II	1.12	III
Aerobic exercise	1.30	III	1.66	II

Table 4 : Impact of yoga on sexuality of old age persons				
Impact	Yes	No	Scores	Rank
Kundalini yoga	128 (80.0)	32 (20.0)	1.80	I
Kripalu yoga	42 (26.3)	118 (73.7)	1.26	IV
Vini yoga	22 (13.7)	138 (86.3)	1.14	VI
Hatha yoga	26 (16.2)	134 (83.8)	1.16	V
Iyengar yoga	52 (32.5)	108 (67.5)	1.32	III
Sivananda yoga	96 (60.0)	64 (40.0)	1.60	II

given to vini yoga and given 1.14 scores. A whole field of yoga called Tandric yoga or Kundalini yoga is concerned with harnessing the sexual power. In our ancient culture saints used to do yoga. Now-a-days, yoga is being popularized due to which children to old age persons, all are attracted to yoga.

Conclusion:

At last we conclude that physical exercise and yoga enhance sexuality. In old age people feel hesitate in expressing their emotions towards their partner. Many physiological changes and diseases also affects sexuality. Physical exercise specially kegel exercise improves sexual performance. In men weight lifting increases sexuality most and cycling increases sexuality in women. Yoga is very beneficial in increasing sexuality. Now-a-days yoga is gaining popularity in the whole world. Kundalini yoga is concerned with the harnessing the sexual power.

Recommendation:

– Kegel exercises, also known as Relvic floor exercises, are overwhelming recommended by doctors for women and men to improve and enhance sexuality. Strengthening the pelvic floor area should result in heightened feeling and sensitivity and hopefully, better sex.

– Yoga considers sex to be a natural function, very beneficial in a loving relationship and a whole field of yoga called Tandric Yoga or Kundalini Yoga is considered with harnessing the sexual power.

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