

To Examine the Perspectives of Yoga Practitioners, Coaches, and Lay People on Yoga's Prospective Inclusion as a Medal Sport in the Olympics.

Dr. Bhaskar Mahadeorao Sawarkar

Director of Physical Education & Sports

G. S. Gawande College, Umardhed, Dist- Yavatmal

Email:- sawarkarbm@gmail.com

Introduction

The word "yoga" comes from the Sanskrit word for "to join, to unite." Yoga poses have a holistic effect, bringing the body, mind, consciousness, and spirit into harmony. The main goals of "Yoga in Daily Life" are to promote physical, mental, social, and spiritual well-being (Kumar, 2017). Presently, yoga is practiced in a variety of ways all over the world and is growing in popularity. The International Day of Yoga aims to raise public awareness of the many benefits of practicing yoga. and already On December 11, 2014, the United Nations established the International Day of Yoga in honor of the practice's appeal to individuals from all walks of life. A record 175 member nations approved the nonbinding resolution that India sponsored, declaring June 21 to be the International Day of Yoga (Nations, 2022).

There is a long history of yoga tournaments in India. But asana competitions are not the same as yoga tournaments. The history of yoga asana (posture) practice indicates that it goes back over 5,000 years. Yoga competitions have been around for the past 2000 years, but they take on a more cerebral and spiritual nature when they involve other people's asanas. The yoga competition as we know it now is thought to have its roots approximately 200 years ago. There is a yoga tournament every day in South America and India. The current period of world or international yoga contests began approximately 22 years ago with Swami Maitreyananda (Dr. Fernando Estévez-Griego), the father of the International Yoga Sports Movement and the World Yoga Championships. The 40 International Yoga Championship, the 50 International Yoga Asanas Championship, and the 60 Continental Yoga Championship are all organised by him. The World Yoga Cup was held in India, Uruguay, Spain, Italy, Portugal, the United States, Mexico, Argentina, Brazil, Colombia, and other nations. With strong global support, the International Federation of Yoga Sports founded the annual World Yoga Championship in January 1989 (Cup, World Yoga, 2015). The organisation that oversees yoga sports worldwide is the International Council for Yoga Sport of the International Federation of Yoga Sport, which has locations in South America, Asia, and Europe.

Three primary categories—rhythmic, traditional, and artistic yogasana—are frequently used for competitions (Yogasana - An Indian art that captivated the world's attention, 2022). IYSF (International Federation of Yoga Sport) judges rate asanas according to their level of difficulty, limited expression, traditional execution guidelines, and similarities to the strength, flexibility, and balance seen in sports (Yoga as a sport, 2022).

But the goal of both yoga and athletics is to maintain and improve our physical capabilities. Both amuse us and alter our bodily sensations. Both traditional sports and yoga offer spectators entertainment and cerebral stimulation. Thus, the purpose of this research is to ascertain the significance and necessity of adding yoga as

an Olympic medal sport. It is interested in public opinion regarding the question of whether yoga ought to be an Olympic medal sport. I genuinely believed that opinions held by practitioners, coaches, instructors, and members of the public on yoga's inclusion in the Olympics mattered because they will either benefit or not. Given the Olympic ideals, the popularity and universality of yoga in the contemporary day, and the recently announced regulations by the Tokyo 2022 committee, yoga complies with all requirements and should be awarded medals in competitive yoga in future Olympic games. If yoga is included to the Olympics as a competitive medal sport, it will be the perfect sport because it is easy to practise, doesn't require expensive equipment or infrastructure, and can thus be excelled at by people of all ages, genders, and backgrounds. The question of whether yoga ought to be a competitive sport is up for debate. Some people argue that yoga is not a sport and that it doesn't fit the traditional definition of an Olympic event. Others argue that because yoga requires strength, flexibility, and expertise, it ought to be considered as a demonstration sport for the Olympics. Ultimately, the International Olympic Committee (IOC) would have the last say on whether or not yoga is allowed in the Olympics.

Research Aims and Objectives

The objectives of this study include: Do yoga practitioners, coaches/teachers, and the public think that yoga ought to be included in Olympic medal competitions?

Finding out whether A) the participants desire yoga to be a part of the Olympics games is the aim of this aim. B) Will it inspire the athletes to consider yoga as a career in professional sports? C) Does the addition of yoga significantly alter the participants' desire to practice and devote their time to viewing the competition? D) to determine if the opportunities are increased by the inclusion.

What possible obstacles might yoga face to remain an Olympic sport?

This aim's objectives are A) to comprehend participants' viewpoints on the commercial aspect and whether it can act as a barrier following the inclusion of a sport. B) to learn about the participants' thoughts regarding whether they would watch it on television and whether it would have an impact on sustainability.

Methodology

This research employs a qualitative methodology, focusing on the inclusion of yoga as a medal sport in future Olympic competitions. Utilizing a grounded theory approach, the study aims to explore the perspectives of yoga practitioners, instructors, and sports enthusiasts. A contextual study contextualizes the phenomenon, emphasizing reflexivity and ethical sensitivity in qualitative research. The epistemological stance underscores the flexibility of data collection through semi-structured interviews, ensuring diverse viewpoints are captured. Participants encompass various age groups, including certified yoga practitioners, instructors, and sports fans, with an emphasis on the former. Confidentiality and anonymity are guaranteed, with participants assigned codes for identity protection. Fourteen participants, including certified practitioners, instructors, individuals with master's degrees in physical education and sports, and members of selection committees, were recruited for semi-structured interviews. The selection rationale aligns with existing literature, encompassing diverse perspectives crucial for a comprehensive understanding of attitudes toward yoga as an Olympic sport. The study's strength lies in its methodological rigor, ensuring a rich exploration of opinions within the targeted demographic.

Data Analysis

The researcher found, examined, and comprehended meaning-related patterns (codes or themes) within the data set using the six steps of Burke & Stets (2009)'s thematic analysis (TA). The six steps are as follows:

Data preparation, beginning code creation, recurring theme identification, theme evaluation, theme description, and report writing are the first six steps. The researcher reread the transcripts and played back the interview tapes to become comfortable with the data while taking basic notes and starting codes on each transcript. After reviewing these codes, the researcher searched for any common motifs. After that, the researcher reviewed each of the distinct themes, ensuring that every quote with a code next to it related to that particular theme. Prior to beginning the write-up, each notion was examined, clarified, and given a title. The resulting ideas might then be contrasted with those from previous literary works.

Results

The impact on the business aspect of yoga and the number of spectators of Olympic games

This theme would look at how the popularity of the practice, the Olympic event, the competing nations, the athletes, and other elements that can also be involved can effect the commercial part of the sport and Olympic events when yoga is included in the Olympics. It would also look at how the Olympic platform might draw a lot of attention and media coverage, raise public knowledge of the practice and its health advantages, and open up new business prospects for yoga-related goods and services. The theme would also explore how yoga's popularity may change as a result of its inclusion in the Olympics and how this may affect viewership. Participants note that yoga will draw attention if it is added as an Olympic medal sport. This, in turn, will boost the sport's commercial worth because it will be shown off on the grand stage known as the Olympics. Those who watch yoga performed at an elite level on the Olympic stage may be inspired to begin practicing and learning its benefits for themselves. This could increase demand for yoga-related products and services, such as clothing, gear, and training programmes, and create new markets for them. It could progress the practise and provide coaches and players with additional opportunities and resources.

The views of a wide range of stakeholders regarding the demand from different countries for yoga to be included in the Olympics and its health awareness. This theme would examine how yoga's inclusion in the Olympics may influence yoga practice and raise awareness of its health advantages. It might also result in the creation of more uniform laws and regulations and demands for inclusion from other countries, just like other sports do. It would also look at how yoga's involvement in the Olympics might open up the practice to others who may not have previously given it much thought. The subject would also explore how a sport's popularity isn't the only factor in its admission in the Olympics—it might also have positive effects on the Olympic movement overall. The participants claim that the inclusion of yoga in the Olympics has the potential to increase health awareness on a global scale through the Olympic platform, its high-profile showcase, which can draw significant attention and media coverage, as well as through dispelling myths and misconceptions about the practice. Furthermore, it was noted that every participant indicated that they would demand that yoga be added as a medal sport to future Olympic competitions when asked if every country that practices yoga should demand this. The majority of participants stated that yoga classes are now frequently given at gyms and fitness centres, and that yoga studios, retreat centers, and teacher training programmes are readily accessible throughout the world. The popularity of yoga has led to the emergence of a substantial and rising market for clothing, gear, and accessories associated to yoga.

Yoga's viability as a sport in Olympic competitions

This theme would look at how yoga might survive as a sport if it were included to the Olympic programme in the future. It would examine the similarities and differences between yoga and other sports that have been featured in the Olympics for many years. The theme would also explore how yoga can be used to provide

continuous development, monitoring, reporting, and community participation, as well as how this could affect the practice's sustainability from the perspectives of practitioners, coaches, and laypeople. It would explore the potential effects of yoga's inclusion in the Olympics on the art form, its tenets, and its appeal, as well as if it ultimately adheres to the discipline's basic ideas. None of the study's participants stated that yoga couldn't be preserved as an Olympic sport; yet, given its inherent appeal and significance to health, it will and ought to be kept as a medal sport. Like other sports, yoga's Olympic debut could eventually lead to the development of more standardized regulations, procedures, and training regimens. The Olympic integration of yoga could potentially lead to the development of competitions and training regimens that prioritize medals and competition over the holistic exercise.

Conclusion

The topic of discussion is the possible effects on yoga practitioners, coaches/instructors, and laypeople of yoga's inclusion as an Olympic medal sport. It looks at the potential benefits of yoga being included in the Olympics, including inspiring athletes to push themselves and become better at what they do and encouraging other yoga practitioners to do the same. It would also examine how yoga may become more visible and well-known on the Olympic platform, inspiring more people to start practicing. It would also look at whether the inclusion of yoga events in the Olympics is consistent with the fundamentals of the practice and how the traditional philosophy of yoga, which prioritizes inner serenity and self-improvement above competition, would be affected. The theme would also examine how yoga's inclusion in the Olympics may affect the opportunities for practitioners and coaches, as well as how it might lead to the development of more standardized regulations, guidelines, and training plans, akin to those observed in other sports.

Limitation and Scope for Future Research

Because of the study's tiny sample size, it would be impossible to generalize the results to a larger population. The data used in this study is based on participant self-reported information, which might be skewed or incomplete. The absence of a control group in the research design makes it difficult to draw a connection between yoga and the benefits that have been reported. The results may not apply to other populations because the sample group's demographic variety is insufficient. Since the research was conducted in a little amount of time, it may not be a reliable indicator of the long-term effects. The study's lack of follow-up data could make it challenging to track improvements over time. restricted reach; unable to establish contact with real competitive athletes participating in any yoga contests worldwide. With the aid of surveys, there is potential for quantitative research that can provide more information about opinions regarding the inclusion of yoga as a medal sport in next Olympic competitions. Online discussion forums, social media, and other online venues where yoga practitioners, coaches/instructors, or enthusiasts of yoga or the Olympics congregate and exchange ideas can be used for doing online research.

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