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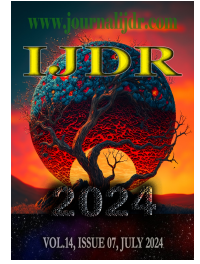
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RESEARCH ARTICLE

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THE APPLICATION OF YOGA-MEDITATION AS A REHABILITATIVE EFFORT FOR THE PHYSICAL, MENTAL, AND SPIRITUAL HEALTH OF THE PRODUCTIVE GENERATION

*I Ketut Gede Harsana

Fisipol Udayana University – Bali

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*Corresponding author:
I Ketut Gede Harsana

ABSTRACT

Yams Health is a state of well-being of the body, soul, and social that allows everyone to live productively socially and economically. According to WHO, health is a dynamic condition that includes physical, spiritual, social, and not only free from disease, disability, and weakness. It is said to be physically healthy is that the person does not have any clinical disorder. The function of his organs was functioning properly, and he was indeed not sick. Mental/psychological health is the health of a person's mind, emotional, and spiritual. Through Yoga as one of the rehabilitation efforts in Hinduism which has many benefits, being able to balance physical, mental, and even spiritual health. This research is a type of research that is prepared using a qualitative approach with a document analysis method where the collection and processing of data in this study uses literature study techniques. As a result, through Yoga-Meditation, a person achieves a balance of overall health, both from physical, mental, and spiritual aspects. People are interested in studying yoga with various backgrounds. Some want their bodies to be better, others want to eliminate discomfort in certain physical parts. Meditation brings many benefits that are more profound in our daily well-being both inphysically and mentally.

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INTRODUCTION

Technological developments and changes in the increasingly advanced times have a great impact on human life, economic progress, building construction, the availability of sophisticated facilities and infrastructure are the positive impacts of these developments. In the health sector, the development of health services in Indonesia is a form of achieving healthy living skills for every population in realizing health degrees. According to the Law of the Republic of Indonesia. No. 23 of 1992 concerning Health, Health is a state of well-being of the body, soul, and social that allows everyone to live productively socially and economically. According to WHO, health is a dynamic condition that includes physical, spiritual, social, and not only free from disease, disability, and weakness. It is said to be physically healthy is that the person does not have any clinical disorder. The function of his organs was functioning properly, and he was indeed not sick. Mental/psychological health is the health of a person's mind, emotional, and spiritual. If one of them experiences a disorder, such as for example someone is suffering from a toothache, he will tend to be easily angry because of the pain he endures. The anger that arises then has an impact on the people around him so that he is easily angry with anyone he sees. The effect of toothache is also the disruption of daily activities, whether it is working at home or in the office, so that work productivity is disrupted. Indonesia's population projection in 2025 shows an increase in the productive age group as a demographic bonus.

The productive age reaches 69.3% of the total population of Indonesia, currently the Indonesian population is 273 million and around 189 million are of productive age, and 131.6 are the labor force (BPS, 2020). The labor force is the productive age population aged 15-64 years who are ready to work (BPS, 2018). The current composition of Indonesia's population is both a challenge and an opportunity. The peak of the demographic bonus in Indonesia is expected to be in 2035 with the majority of the population being of productive age. The quality of the generation production age group at that time will determine Indonesia's chances of becoming a developed country. The productive age must be sought to be healthy because it is the backbone of the family, the successor of the nation's generation and becomes a prospective elderly person who is expected to become a Healthy, Independent, Active, Productive (SMART) Elderly. On the other hand, the age of the labor force is also in the reproductive period and has high leverage to reduce maternal and infant mortality rates, stunting, infectious diseases, non-communicable diseases and other public health problems. Riskesdas 2018 data reported that there was an increase in behavioral risk factors that cause non-communicable diseases as follows, 95.5% of the population lacked consumption of fruits and vegetables, 33.8% of the population had a smoking habit, 33.5% of the population did not do physical activity. This situation shows that preventive promotive efforts are the main key to ensuring the success of achieving the impact of health development. To solve all the problems mentioned above, Yoga and meditation are ways that can be used as a rehabilitation effort in Hinduism which has many benefits, being able to balance physical,

mental, and even spiritual health. Yoga is one of the six teachings in Hindu philosophy, which focuses on the activity of meditation or tapa where a person concentrates all his thoughts on controlling his five senses and his body as a whole. In Hindu teachings, Yoga is a technique to overcome illusions and unite Jivatma with Paramatman. However, the global community generally knows Yoga as the main practice activity of asanas (postures) part of Hatha Yoga. Yoga is also used as an alternative medicine, usually with breathing exercises, exercises and meditation, which have been known and practiced for more than 5000 years. Yoga has recently become one of the sports that is quite in demand, if previously yoga was more often known as a meditation sport, now yoga is also believed to be able to burn calories so that it is considered good to prevent heart disease, joint pain, and fight stress. Meditation is essentially a good way to purify the mind in order to practice the morality of this life. Contemplation accompanied by a correct and directed system makes the meditator understand what is happening with the turmoil of his own mind. The mind is the basis for doing something, if the mind is not pure, full of negativity then we will definitely not be pure, as well as our actions. True meditation should teach how to train the mind to concentrate and at the same time to make the mind pure. Purification and mastery of the mind must develop and coexist, otherwise one only learns to concentrate the mind. It is undeniable that through concentration a person's mind will gain enormous power, a concentrated mind has strong power and power and magic. If the power of magic is not followed by the power of purity of mind, it will be very dangerous and can be abused. It is proven that there are some people who are talented in learning meditation, gain sensitivity of the mind, and are able to penetrate the layers of other people's minds.

RESEARCH METHODS

The method used in this study is a qualitative method. The reason for using a qualitative method is because the problems in the object being studied are natural and develop as they are. This qualitative method uses data obtained from the research, after all the data is obtained, it is then collected and arranged systematically which is then analyzed until finally a conclusion can be produced. The data in this study is sourced from document analysis where the collection and processing of data in this study uses literature study techniques, namely by studying, analyzing, and studying various literature related to the variables in the research title, namely Yoga, Meditation and Health. Through these methods and techniques, a number of explanations and descriptions were obtained regarding 1) the physical, mental, and spiritual health conditions of the productive generation; 2) efforts to rehabilitate the physical, mental, and spiritual health of the productive generation through Yoga and Meditation; 3) the sustainable impact after the rehabilitation efforts of the physical, mental, and spiritual health of the productive generation through Yoga and meditation.

RESULTS AND DISCUSSION

Yoga - Meditation as a Rehabilitative Effort for Physical, Mental, and Spiritual Health

Physical health rehabilitative efforts

Yoga: Judging from science, yoga also has a form of asanas that can affect every aspect of human physique, not only balancing the work of the glands but also making the muscles active and relaxed, as well as the nervous system, stimulating circulation, relaxing muscles and concentrating the mind. During these subtle movements, the body remains in a relaxed efficient state and the long breathing that accompanies these postures makes the blood absorb more oxygen. During performing asanas, more energy is collected than released. Asanas, as opposed to sports that have so far involved certain muscle contractions, are maintained for a certain period of time and are followed by a feeling of relaxation and smooth breathing. After doing asanas movements for a long time, the muscles will be relaxed. In other words, through asanas we get what medicine never provides,

namely relaxing the muscles. Perfect relaxation of asanas movements can conserve the energy that the body can collect to increase the mind reaching cosmic awareness.

Meditation: Meditation has been practiced to improve health since 3 centuries ago. Scientifically, studies on the benefits of meditation have been widely carried out in the field of medicine, especially Naturopathic Medicine in the sub-specialty of Energy Medicine or better known as vibrational medicine. Meditation is not just an activity to calm down or get rid of stress. Nor is it just a process of regulating breathing. Indeed, the process of meditation is regulating the breath, i.e. inhaling and exhaling slowly. This is to focus attention and calm the heart rhythm of the individual in question. In more detail, the benefits of meditation in *vibrational* medicine are known as *physio kundalini mechanis*. The mechanism starts from the collection of energy that forms the human body so that it is able to carry out the functions and work of every cell, tissue, and organ of the body. In the human body there are various types of energy, such as metabolic energy, bioelectrical energy, biophoton energy (communication between cells), magnetic energy (coordination between organs), etheric energy which is commonly known as *basic life energy* (energy for growth and development), astral energy (emotional and intellectual), and others. Based on this theory, meditation will increase the vibration and pulsation of all body energy which has the effect of increasing the resonance of the heart and aorta (the large blood vessels that carry blood from the heart). Resonance and vibration energy will stimulate the cranial nervous system (i.e. 12 pairs of nervous systems that are closely related to brain function). The activation of 12 pairs of nervous systems makes the ventricles of the brain work optimally, namely producing mechano-electrical stimulation in the *cortex-sensor* system in the brain. As a result, *the flow of neurotransmitters* is smoother, which will release sensorimotor activity. Good sensorimotor activity will improve the function and work of all organs or systems of the body. As a result, the regeneration of cells and body tissues will take place optimally. Other research suggests that meditation causes gradual changes in the level of basal energy that forms stem cells (the precursor cells of all body cells). With good stem cell formation, dead or damaged cells or tissues can be replaced immediately before they cause problems.

Mental health rehabilitative efforts

Yoga: Originally, the teachings of clan chess are a teaching concept that contains four main paths to God (Ida Sang Hyang Widhi Wasa). The four roads are; 1) Bhakti Marga; 2) Karma Marga; 3) Jnana Marga; and 4) Raja Marga (Adiputra, 2003:23-24). These four paths are methods or ways that can be done to get closer between humans and God, or to achieve the union between Atman and Ida Sang Hyang Widhi Wasa as Paramaatman. The teachings of the yoga clan if associated with the development of human intelligence can also be described as follows:

- 1) Karmayoga and Rajayoga as a vehicle for kinesthetic development.
- 2) Jñānayoga as a vehicle for the development of intellectual intelligence (IQ)
- 3) Bhaktiyoga as a vehicle for emotional development (EQ), and
- 4) Vibhuti yoga as development (SQ).

The development of consciousness mentioned above has a high complexity, there is a complementary relationship between each other, and this also depends on a person's character and tendencies, in addition to educational factors and the social, cultural, and natural environment.

Meditation: Meditation is an education that teaches that any problem can be solved in a more humane way, solving it without violence. Far from that, one can sharpen one's view, analysis and emotional intelligence through meditation. Meditation gives a person the opportunity to get to know themselves and develop knowledge that is very useful for the well-being of oneself, one's family and the environment. If you really practice meditation, all your egos and

passions have no chance of controlling yourself, because you are the king and queen for yourself. Regular meditation trains the capacity to pay attention and ignore temptation, and those who practice feel more responsive, as if they were using their brains more efficiently than before. Meditation is the key to success in life, because whoever can control his wandering mind and then concentrate it on one point, will be more effective in achieving the goal of life. Meditation can also relieve sadness, confusion and can help in controlling our emotions. Life in this world is full of joys and sorrows, as stated in the book *Sarasamuscaya* 504.

"Joy and sorrow are inevitable, because it has been determined by God Almighty, therefore all human beings meet joy and grief"

From the quote above, we can conclude that humans will not be separated from joy and sorrow. The choice remains in our grasp, where we can freely choose to drown in the emotion or control it. Uncontrollable emotions will be very detrimental to health, both physical and spiritual health.

Spiritual health rehabilitative efforts

Yoga: Yoga is basically a spiritual discipline based on a very subtle science that focuses on bringing harmony between mind and body. It is an art and science for healthy living. Katayoga comes from the Sanskrit word *yujyāng* meaning to join or to unite. According to the scriptures of yoga, the practice of yoga leads to the union of individual consciousness with universal consciousness. The person who experiences this unity in yoga is referred to as a yogi who attains a state of freedom, referred to as *mukti*, *nirvāna*, *kaivalya* or *mokṣa*. Meanwhile, Meditation has actually been practiced by the ancestors of the ancient archipelago as a mystical method for those who want to find self-liberation and the truth of life. Meditation has been the subject of study by the mystics of the archipelago for a long time. They are so diligent in meditation that they embrace themselves and achieve freedom. The ancestors of the archipelago even made meditation a necessity and intake for the soul to discover the essence of the reality of life (Sandika, 2019:183). Patanjali wrote the sutra and explained that, after humans have cleansed their bodies and minds, they need to meditate on God. "*Dhaayanam nirvishayam*" is explained which means that when the mind reaches *nirvishaya* (liberation from all sensory objects, and its pleasures), then that is what meditation is called.

Meditation: Yoga is actually a spiritual path to the physical and mental exercises that have been practiced in India for thousands of years. The exercises are intended to build self-mastery over their minds and bodies. The ancient scriptures present a number of requirements for people who want to use yoga to break worldly attachments. They must be able to control themselves, not commit violence, be honest, chaste, and avoid possession. People will feel calm if their body is healthy. Healthy means the integrity between physical and spiritual conditions. Healthy people will be able to perform activities to the maximum, on the contrary, those who are sick are very difficult to achieve life expectancy. Health is everything, the capital of life, even the soul of life. Because in a healthy body there is a healthy soul, as well as a healthy soul will have an influence on the body (physical). What we can do to obtain a healthy body of soul, when viewed from a spiritual perspective, then meditation is the solution. Meditation is a guide that is abstract, but full of subtle energy. According to each person's ability to do so. When done with resignation, sincerity and routine, it will provide extraordinary energy. Including the influence of karma will determine the outcome of meditation. Since meditation is spiritual, the inspiration is the soul itself, it should be done with conviction

The Impact of Yoga-Meditation on Rehabilitative Efforts for Physical, Mental, and Spiritual Health

Impact on physical health: Through yoga asanas, it will form a health system and stimulate circulation in the blood circulation of the human body. This is able to have a good health impact in maintaining immunity or resistance of the human body from various dangerous diseases, including the coronavirus problem which until now is still in

a situation that is quite concerning for all Indonesian people due to the impact caused. To maintain health and stay in a fresh, healthy and strong body situation in this new normal period. So it is necessary to do what is called yoga asanas movements that are very simple but can maintain the health of the body and avoid various dangerous diseases. In the research of Herbert Benson, M.D., Harvard Medical School, the benefits of meditation are increasing oxygen intake, stabilizing heart rate, breathing, and blood pressure, as well as increasing the intensity of alpha, beta, and delta waves which are physiological when the stress response occurs. In addition, meditation also has an impact on calming emotions and thoughts, where when meditation is carried out, the pineal gland works, which is a gland located in the middle of the brain. One of the methods of stress control that is in great demand today is to seek "inner silence" through "meditation" activities. This atmosphere is expected to be a conductor that can help a person to relax, reflect, or release the burden of their daily life, so that it can give new hope to live life. According to Gede Prama in his Google blog "Meditation: Healing, Peace, Silence" (January 12, 2012): "*Decades ago, when a teacher said it was a loss to live as a human being without practicing meditation, there was a doubt in this. However, after slowly practicing meditation, it turned out that the teacher's advice was correct. Health, peace, happiness, silence and even freedom can be the fruit of meditation*" Daniel Goleman of Harvard also goes a bit further in researching the relationship between meditation and health. The key point, however, lies in the direct influence of meditation on immunity. If the body's immunity improves, let alone is perfect, then health can also be made even better. Tulku Thondup in *The Healing Power of Mind* (Shambala 1998) explains it more clearly. One of the key theses of this book reads: Accepting without blaming is the true turning point of healing. In contrast to the general path of healing which throws away a lot of things, in this approach acceptance is the turning point of healing and meditation, one of the fruits is the acceptance of life. The following is a breakdown of the benefits of meditation for physical health, including the following.

- 1) Research shows that transcendental meditation can reduce blood pressure for those at high risk of hypertension or psychological stress.
- 2) Studies have been conducted to test the effects of the treatment on sleep patterns and the results show that meditating regularly can help overcome sleep difficulties and wake up due to chronic insomnia.
- 3) The benefits of meditation for health include lowering the risk of acute respiratory infections. IPA caused by viruses and influenza is one of the diseases that affect many people. Good health and immune system can protect the body from IPA. Exercise and meditation are some of the activities that have proven to be beneficial. Research shows that regular meditation can help reduce IPA
- 4) The practice of mind meditation helps maintain health and provides relief from intestinal disorders. A study conducted on women with intestinal disorders showed that meditation was proven to be effective in treating a wide variety of intestinal problems.
- 5) Chronic fatigue syndrome refers to fatigue caused by inflammation of the nervous system or the human herpes virus. Meditation is also useful in reducing pain and treating anxiety and depression.
- 6) Until now, eating while emotional has made a great contribution to obesity cases in both adults and adolescents. This eating habit encourages a person to consume large amounts of food even though they are not hungry. This habit is caused by poorly managed stress, anxiety, boredom, and sadness. Meditation to help lose weight and conditions related to poor diet. Controlling portion sizes is directly related to overall weight loss.

Impact on mental health: Yoga is not only beneficial for physical health but also spiritual health. Through yoga peace of mind can be achieved, because peace of mind has a great influence on every activity that is performed. Due to the calmness it evokes, this meditation is very good for the health of the body, for relaxation,

allows a good night's sleep, gives efficiency to all the work we face. When we are restless and we observe our breath for a few moments, we will immediately feel serenity and peace. Meditation on the breath makes us calm and peaceful (Wijoyo, 2020). In addition to this, regular meditation practice seems to help prevent mental stress. Through meditation, everyone can not only connect themselves with God but also have an impact on spiritual health. As the Buddha said, "Don't lean on anyone and anything, you are a lamp to yourself. So the path of meditation is the path of solitude to look into the personal self, which can help us to escape suffering from ourselves, not others. Others will not be able to make us completely happy. Meditation is able to bring this life into harmony. The benefits provided by meditation can certainly improve the quality of individual young people as the successors of the nation. Therefore, young Indonesians need to be introduced more about the meditation practice itself. Books are one of the most effective learning media. Books contain a set of information that can be read by users so that they can expand their horizons. According to Leonhardt (1997), there are several benefits of reading, namely improving the ability to concentrate, improving the ability to overcome personal problems, and having a better chance of achieving a more successful life. In addition, some of the benefits of meditation for mental health include the following.

- 1) The widely known benefit of meditation is its ability to cope with stress. Start meditating for 10 minutes per day to help reduce stress. Many people experience stress as a result of the lifestyle and challenges that exist in modern society. It may not be easy to know the level of stress a person is experiencing and without precautions, a person may experience further levels of stress that can lead to serious health problems. The best treatment for stress is relaxation that can be easily achieved by meditating. The findings of several studies suggest that transcendental meditation can reduce the risk of psychological stress and hypertension for people who are just entering adulthood.
- 2) Another important benefit of meditation is that it helps reduce anxiety. The findings obtained from the study show that meditation reduces anxiety, blood pressure, and helps improve quality of life.
- 3) Meditation can make a person feel happy, that's because when meditating people will not have negative thoughts and strange thoughts. The mind is centered on only one mind.
- 4) The benefits of meditation done in a calm place and condition, can make a person have a calm and peaceful soul and mind as well. When others make mistakes to him, with a calm soul and mind can forgive people sincerely.
- 5) The name of human beings will never be satisfied. Therefore, the benefits of meditation here can develop human inner satisfaction so that it can distinguish between needs and desires. By distinguishing these wants and needs, humans can prioritize which ones must be fulfilled first according to their abilities.
- 6) Meditation can make a person trained to be wise. People who meditate will be taught how to look at something in this world in essence, not just what the eye seems.

Impact on spiritual health: The purpose of the practice of Yoga (*sādhana*) is to overcome all kinds of suffering that leads to a sense of freedom in every path of life with holistic health, happiness and harmony. In accordance with the theory of religious evolution from E.B. Tylor (Kontjaraningrat, 2009: 48), the origin of religion is human awareness of the existence of the soul. The awareness of the understanding of the soul is caused by two things, namely (1) the difference that appears in human beings between living things and dead things; (2) Dream events. Starting from Tylor's thought, yoga is understood as a religious practice which is an experience in a state of transcendence or in a state of awareness of unconsciousness, towards the existence of God (consciousness). This experience is a need for psychological and spiritual calm to awaken the feeling of wanting to improve spirituality and purify through yoga.

By attaining perfection in mystical practice as opposed to religious experience, spiritual experience, as opposed to physical experience, one must go through the ladders of union with God. In Hinduism meditation can be done at any time, just contemplating and centering on Atman is already meditation. In Hinduism, meditation is done to gain tranquility, and is God-centered. By just being silent in free time it is already meditation, but in the contemplation it must still be centered on God so that the soul is calm. Based on the development of the times, there are fundamental differences and similarities of meditation. In Hinduism, meditation is a Hindu teaching that is used as a path to achieve moksha (liberation from karma and samsara). In Buddhism, meditation aims to liberate oneself from dukkha (suffering).

CONCLUSION

Health is very important for everyone. All activities that we live every day are highly dependent on health, be it physical, mental, or spiritual health. In religious practice, Yoga is one of the efforts to rehabilitate physical, mental, and spiritual health. Yoga helps humans in self-control, control actions, speech and cleanse the body from pranayama. Yoga can also be considered as the science of life, as all aspects of life can be associated with it. People are interested in studying yoga with various backgrounds. Some want their bodies to be better, others want to eliminate discomfort in certain physical parts. Meditation brings many benefits that are more profound in our daily well-being both in physically and mentally. In addition to this, the practice of Yoga which includes moral, physical, mental and spiritual aspects greatly affects the level of human behavior. Especially in the era of globalization, in addition to contributing positive things, it also has a negative impact if there is no self-control. Yoga as a teaching of Hinduism has become a social phenomenon as a social religious category. Yoga is a way to connect or unite in the spiritual or spiritual dimension which is the main process/path to achieve the goal, which is eternal freedom or the unity of the soul with Sang Hyang Widhi (moksas). The practice of yoga is seen as a type of social system that is believed in and used to achieve what is desired, both physically and spiritually.

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