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# USE OF ELECTRONIC INFORMATION SOURCES BY YOGA PROFESSIONALS DURING COVID-19 PANDEMIC

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## **Use of Electronic Information Sources by Yoga Professionals During COVID-19 Pandemic**

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### **Abstract: -**

*The basic purpose of this study is to know the information-seeking behaviour of yoga professionals and which types of electronic information sources they use to get updated during the COVID-19 pandemic situation. A survey method was used for the quantitative data through questionnaires. The result of the study shows that E-Audio / Video is the mostly used Electronic Information Source for seeking information among Yoga Professionals. YouTube (65%) followed by Google+ (48%) are the highly used social networking platforms for sharing and accessing academic information and WhatsApp (81%) followed by Facebook Messenger (18%) are the most used instant messaging app for teaching-learning. Yoga professionals took the live sessions (79%) in the pandemic period. This study identifies the problems and suggestions from the respondents. With the help of an excel graph and charts were prepared and analysed the study.*

**Keywords:** Electronic Information Sources, Yoga Professionals, Information Seeking Behaviour, COVID-19.

### **Introduction: -**

Yoga is essentially the art and science of health which focuses on bringing harmony between the body and mind. The word 'Yoga' has two meanings; the first comes from the root 'Yujir' or 'Union', and the second is derived from a different root 'Yuja' which means 'Samadhi' - the highest state of mind and absolute knowledge. Yoga has evolved as one of the promising and potential domains of career over the past few decades, especially with the tide of globalization sweeping across the world. There is a great career scope for Yoga professionals not only in India but also abroad. (Ministry of AYUSH, 2022)

COVID-19 is among the most extreme stressors possible to be experienced not only by the patient but also by the family members and healthcare workers. (Patel & Patnaik, 2021) Yoga professionals and educationalists did good work in this situation to come out of this pandemic by arranging lectures, webinars, practical sessions, etc. Yoga professionals required a huge amount of information for teaching-learning and academic purposes but during the COVID-19 pandemic, many libraries and knowledge information centres were fully closed so to satisfy the information needs the yoga professionals were majorly relying on various electronic information sources to update their knowledge.

Yoga is one of the best medicines to remove the scary situation and free the mind and body from the pandemic situation. Yoga is the oldest and ancient technique to calm human stress, complicated situations etc. Now the world faces the Covid-19 Pandemic situation. Everyone was stuck in their homes. They were afraid to go outside their homes. The first lockdown was very fearful and stressful for everyone rather than the whole world going from a tense situation. Yoga was one of the best medicines to remove the scary situation and free the mind and body from this pandemic situation. Yoga professionals and educationalists did good

work in this situation to come out of this pandemic by arranging lectures, webinars, Practical sessions etc.

Yoga professionals were given and took the knowledge about Yoga to people and from the people. Yoga Professionals use Electronic Information Sources to update their knowledge about yoga and its use, and new techniques to adopt yoga. Researchers want to find out the Electronic Information seeking behaviour of yoga professionals.

#### **Electronic Information Sources: -**

According to IFLA “Electronic Information Resources refers to those materials that require computer access, whether through a personal computer, mainframe, or handheld mobile device. They may either be accessed remotely via the internet or locally. Some of the most frequently encountered types are E-Journals, E-Books, Full-text databases, Indexing and Abstracting databases, Reference databases, Numerical and Statistical databases, E-Images, and E-Audio/Visual Resources. (Tariq, Hira & Zia, Muhammd Waseem, 2014).

Information and Communication Technology revolutionize all commodities, change their structure and transfer itself to adjust to this digital age. Information is the power and its source was the traveller of it. Sometime before, information travelled in printed format but it couldn't reach every corner of the world and printed format could be damaged while travelling. Now in this technological age information format changed from print to digital/Electronic format. Multimedia information can be created, stored, and distributed in digital format as CD-ROM or on hard disks, removable hard disks (external hard disk, pen drives), flashcards and other digital storage media. As a result, large numbers of publishers have shifted their focus from print to electronic publishing. (Kadli, Jayadev H and Hanchinal Veeresh B., 2015) Electronic Information Sources (EIS) provide access to information that might be restricted to the user because of geographical location or finances. They also provide access to current information as these are often updated frequently. It is for some of these reasons that the fisheries institution libraries in India are being challenged to provide access to electronic sources to support teaching, research and learning. Access to information is important to individual scientists, groups of scientists or the academic community and research institutions for the accomplishment of their programs and research projects. The rapid growth of EIS has indeed changed and is still changing the fisheries academic community's information-seeking behaviour to support their teaching, research and extension activities. Effective use of these EIS for retrieving needed information will have a profound impact, especially on the quality of research output by the fisheries scientists and research scholars. (Sujatha H Ra and Mahesh V Mudhol, 2008).

#### **Use Of E-Resources: -**

The use of electronic information resources refers to the utilization of electronic information resources to the full extent for getting required information through the internet. It includes frequency, strategies, browsing, exploring and searching trends to find out desired information. (Tariq, Hira & Zia, Muhammd Waseem, 2014).

#### **Covid-19: -**

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. The best way to prevent and slow down transmission is to be well informed about the disease and how the virus spreads. Protect yourself

and others from infection by staying at least 1 metre apart from others, wearing a properly fitted mask, and washing your hands or using an alcohol-based rub frequently. Get vaccinated when it's your turn and follow local guidance. The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe. These practices range from larger respiratory droplets to smaller aerosols. It is important to practice respiratory etiquette, for example by coughing into a flexed elbow, and to stay home and self-isolate until you recover if you feel unwell. (World Health Organisation, 2020)

Since the identification of the first case in Wuhan, China, in December 2019 and the rapid surge of coronavirus disease 2019 (COVID-19) in more than 200 countries, the World Health Organization (WHO) declared it a Public Health Emergency of International Concern (PHEIC) on March 11, 2020. World Health Organisation -Health Topic released on 10 March 2020.

### **Objectives: -**

Following are the major objectives of the study:

1. To study the information-seeking behaviour of yoga professionals to get updated during the COVID-19 pandemic.
2. To know the types of electronic information sources used by yoga professionals in the COVID-19 pandemic.
3. To find out which social networking platform and instant messaging app is mostly used by yoga professionals for sharing and accessing academic information.
4. To study the usefulness of academic social networking platforms to share and access academic information by yoga professionals.
5. To find out which video conferencing platform is mostly used by yoga professionals for teaching and learning purposes.

### **Scope: -**

The scope of the present study was limited to yoga professionals which includes faculty members, yoga instructors and yoga researchers.

### **Research Methodology: -**

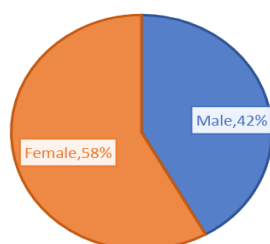
This study is based on a survey method. Researchers used structured questionnaires to collect the primary data. The questionnaire was distributed among yoga professionals with the help of a systematically designed google form. 122 responses to questionnaires were received from all over India. Collected data converted into Excel files and made the graphs to explain the responses simply.

### **Analysis And Interpretation Of Data: -**

The data was collected through a questionnaire. Data was scrutinised, classified, and tabulated for better understanding and clarity with the help of an excel-sheet and presented in a simple percentage format.

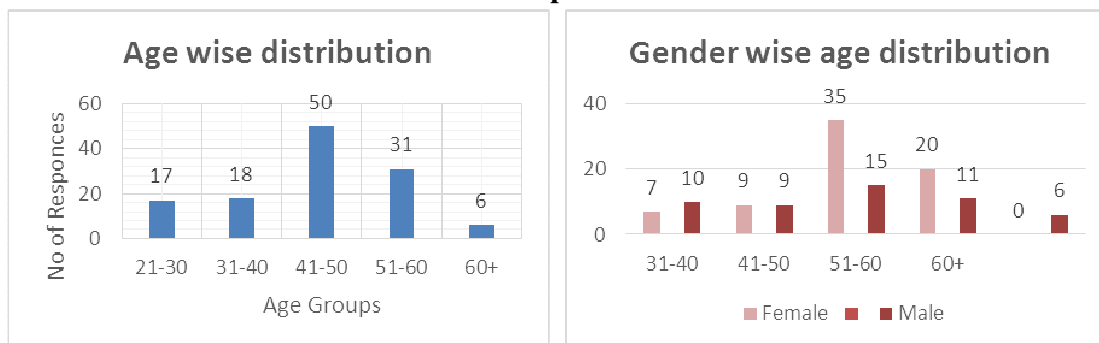
**Graph 1**

**Gender wise responses**



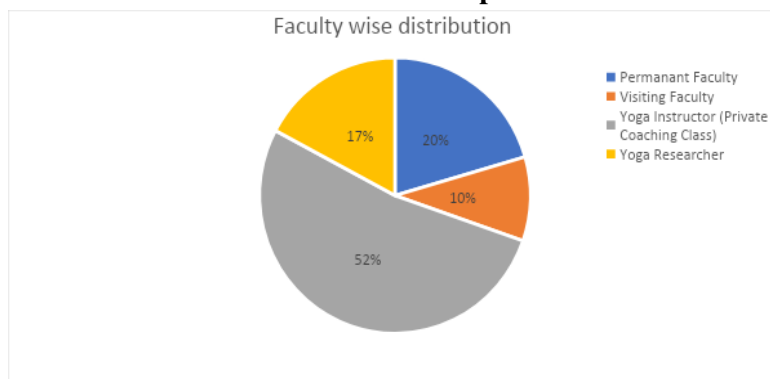
From graph 01, 71 (58%) female yoga professionals and 51 (42%) male yoga professionals responded to the questionnaire and express their views on using and seeking electronic information sources during the lockdown period.

**Graph 2**



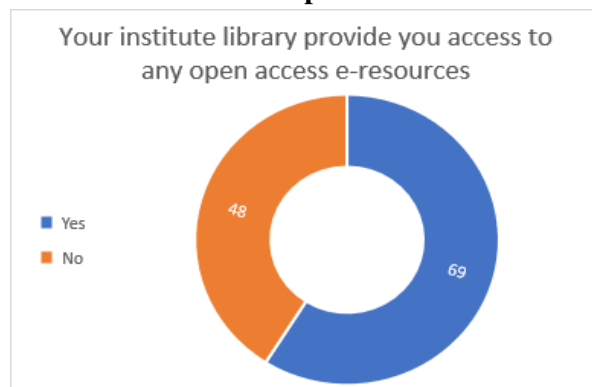
Graph no 2 shows the gender-wise age distribution of responses. Of those 35 (49%) females from 41-50 years slab highly used the EIS and 15 (29%) males from the same slab used it. 60+ years slab was the lowest is 0 (0%) from female respondents and 6 (12%) from male respondents. From that graph 41–60-year slabs of yoga professionals used the EIS for their teaching and information seeking.

**Graph 3**



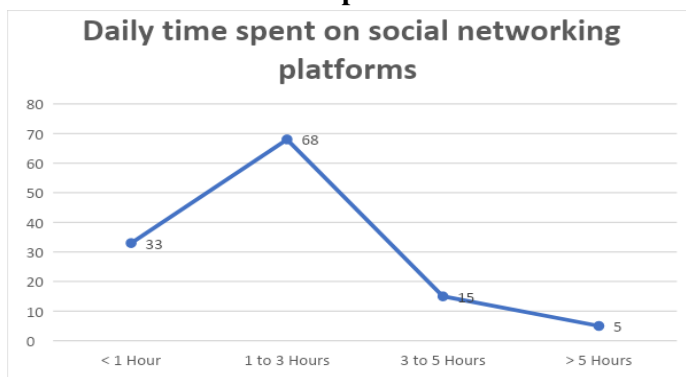
Above the graph, no 3 stated that 64 (52%) respondents were yoga instructors (private coaching classes) and 25 (21%) were permanent faculty who had been using EIS resources during the Covid-19 Period. Along with that 21 (17%), yoga researchers and 12 (10%) Visiting teaching faculty use electronic information sources.

**Graph 4**



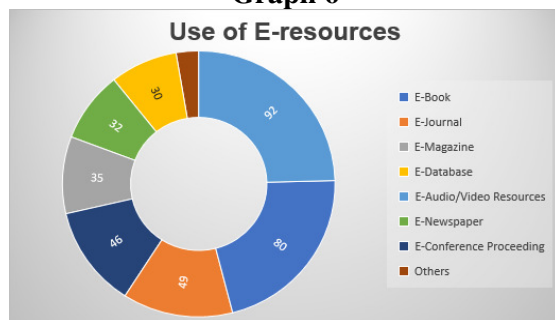
Graph 4 shows that 69(57%) respondents give positive responses about libraries providing the e-resources but 48(39%) respondents give negative responses. It may be the professional trainers that do not enter the library there for these responses we saw. Rather than every library giving open access resources links and other subscribed resources link to the professionals and students to their study.

**Graph 05**



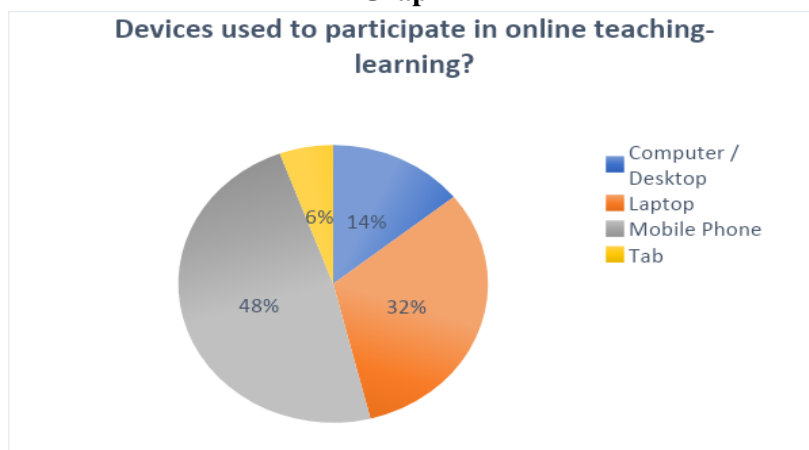
According to the tabulated results in graph 5, the frequency of use of social networking platforms is crystal clear. 68(56%) of respondents use it daily for 1-3 hours. 33(37%) use it below one hour, and 5(4%) of respondents use it for more than 5 hours daily.

**Graph 6**



The results show in graph no 6 that, E-Audio / Video e-resources were mostly used 92 (75%) than any other electronic sources for seeking information by the yoga professionals, below that E-Books 80 (66%) and E-Journals 49 (40%). E-Database were the lowest 30 (25%) used by the yoga professionals. Other resources like E-Magazine 35 (27%), E-Newspaper 32 (26%), and E-Conference Proceeding 46(38%), were used by more than 25% of respondents. It means all types of E-Resources used by yoga professionals to seek the information.

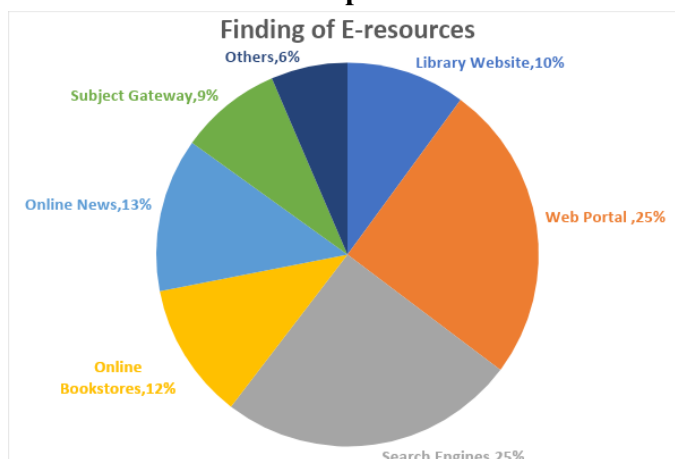
**Graph 7**





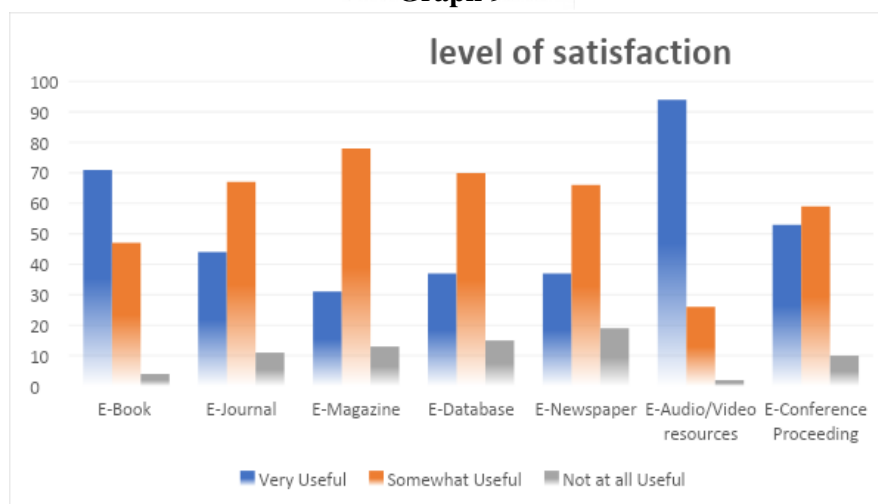
As suddenly the Pandemic situation arises there for everyone uses those resources they have already. Graph 7 shows that most of the professionals of Yoga used Mobile phones 112(48%). Below that Laptops are 74(32%) and desktops 33(14%). Minimum professionals used Tab 13(6%) in this pandemic situation.

**Graph 8**



Graph no 8 reveals that yoga professionals mostly used two tools that are Search engines 35(25%) and Web Portals 35(25%) for seeking information in Electronics Information sources. It means 50% of respondents seek information from these two tools. The other three tools which are Library website 14(10%), Online news 18(13%), and Online Bookstore 16(12%) used by more than 10% of respondents. Subject gateway tools were not popular among the professionals only 12(9%) responses were noted for the same.

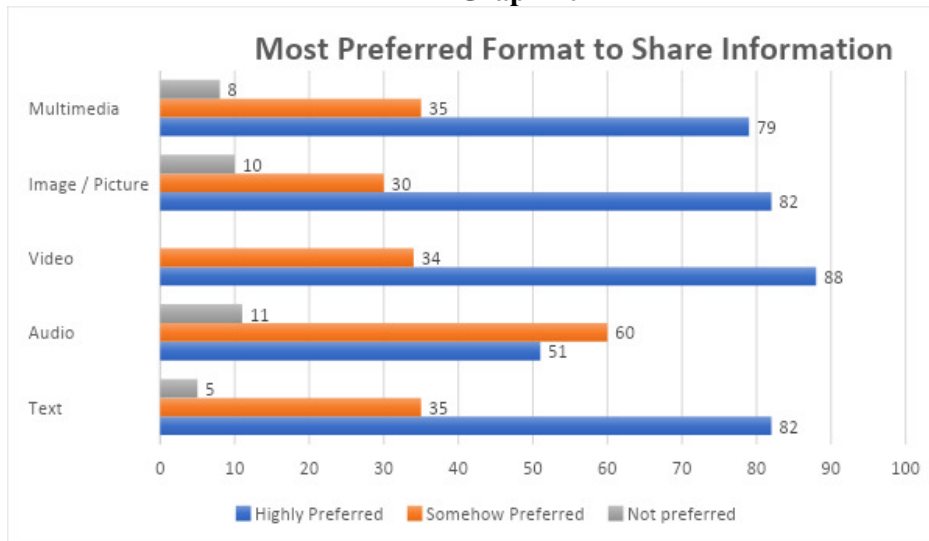
**Graph 9**



When analysing the graph, no 9 it is found that 94(77%) respondents were very satisfied with the usefulness of E-Audio/Video resources. Below that 78(64%) responded as somewhat satisfied without the usefulness of E-Magazines resources and 19(16%) respondents were at all satisfied with the use of E-Newspapers. After that Second highest rating went to E-books 71(58%) for very satisfaction with the usefulness and 70(57%) rating to E-database for somewhat satisfaction and 15(12%) rating for not at all useful. E-Magazines and E-Database got nearly the same ranking in satisfaction level of respondents.

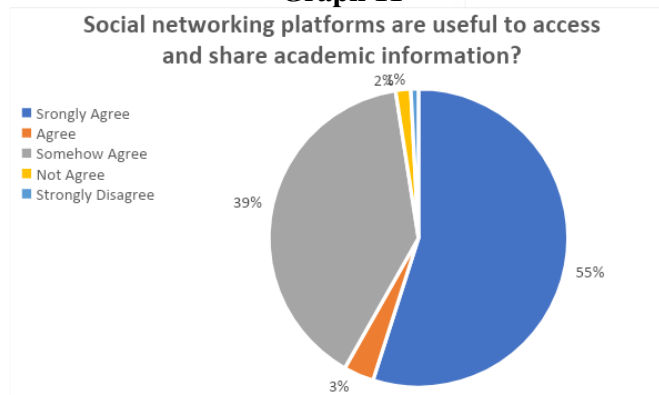


**Graph 10**



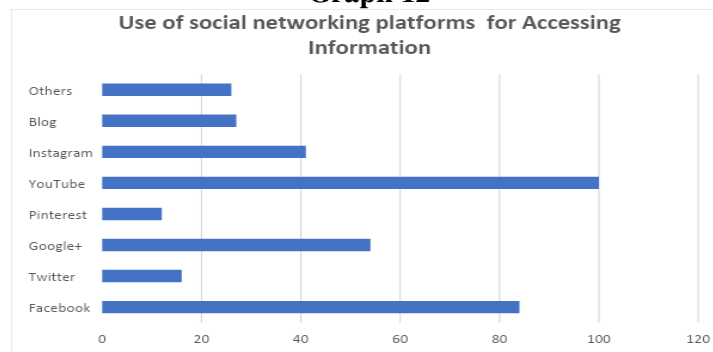
When we ask about the most preferable tool for accessing and sharing the information, graph 10 shows that 88 (72%) of respondents mark Videos because in the yoga profession we can't teach yoga oral. video and images transfer information more quickly rather than other modes. Below that 82(67%) Images and Text options were chosen by the professionals. Audio information sharing and access were somewhat preferable 60(49%) nearly 50% of professionals use it. The text was not preferred in it; only 5(4%) yoga professionals chose it.

**Graph 11**



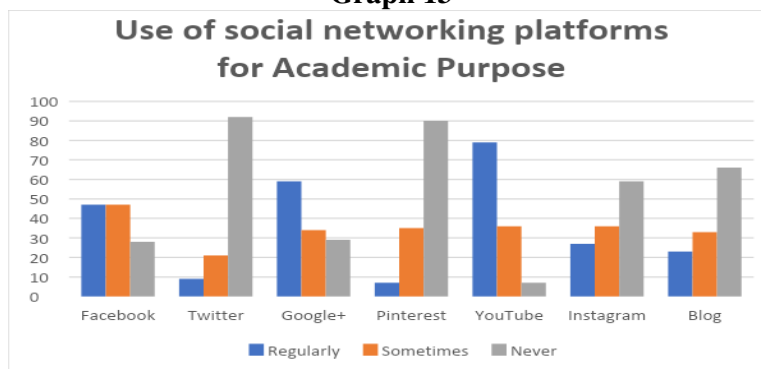
From the above graph no 11 it is stated that more than 67(55%) yoga professionals strongly agree that social networking tools were useful to access and share the information. 48(39%) professionals somewhat agreed and 4(3%) were only Agree. It means nearly 97% of respondents said that it is useful. On the other hand, on average 2% of respondents are not useful in teaching and learning.

**Graph 12**



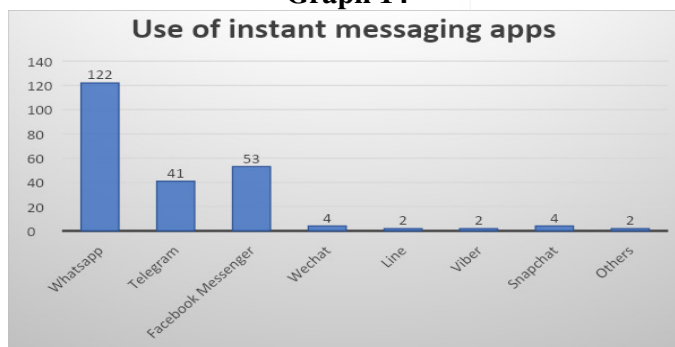
Above graph no 12 shows that YouTube was the most used 100(82%) social networking platform for sharing and accessing the information during this lockdown period because in this tool we can watch and hear the motions on screen and therefore it is used more by the respondent in this lockdown period. After that Facebook was the popular medium social networking tool to share and access information. Pinterest was the lowest used 12(10%) tool in the lockdown period for information sharing and accessing.

**Graph 13**



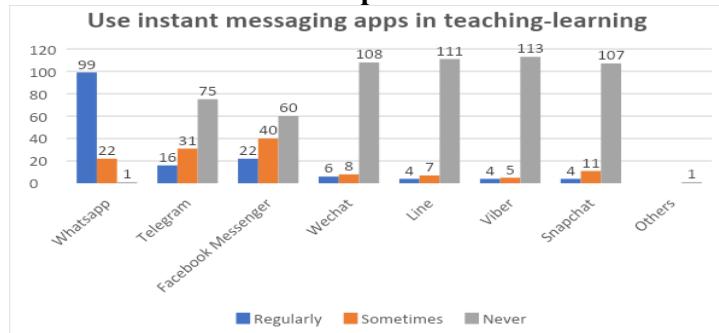
Researchers ask about often used social platforms for academic purposes to yoga professionals graph no 13 reveals that yoga respondents select YouTube 79(65%) and ahead of its Google+ 59(48%) for accessing the information for the academic purpose. 92(75%) respondents said that Twitter should never be used for sharing academic information.

**Graph 14**



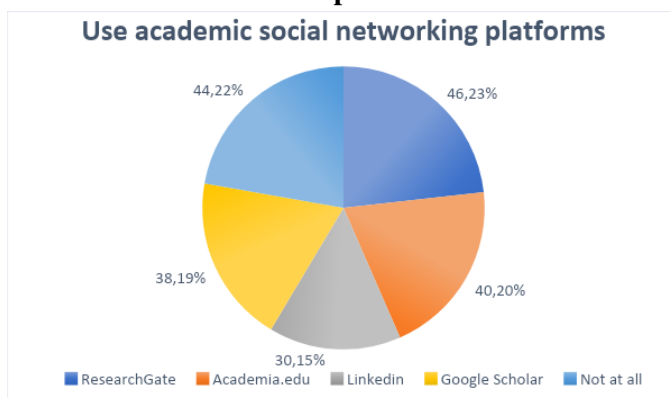
Graph 14 shows Researchers need the information quickly and easily, now in this 21 century WhatsApp has been the most famous and usable instant messaging sharing app its content with audio, Video text, documents, images etc therefore 122(100%) professionals give the response to what's apps along that other famous tool is Facebook Messaging after 53(43%) the WhatsApp it was the famous one now it is on the second rank for sharing the information. WeChat, Line, Viber and Snapchat are not famous tools; they got only 4(2%) responses from the yoga professionals.

**Graph 15**



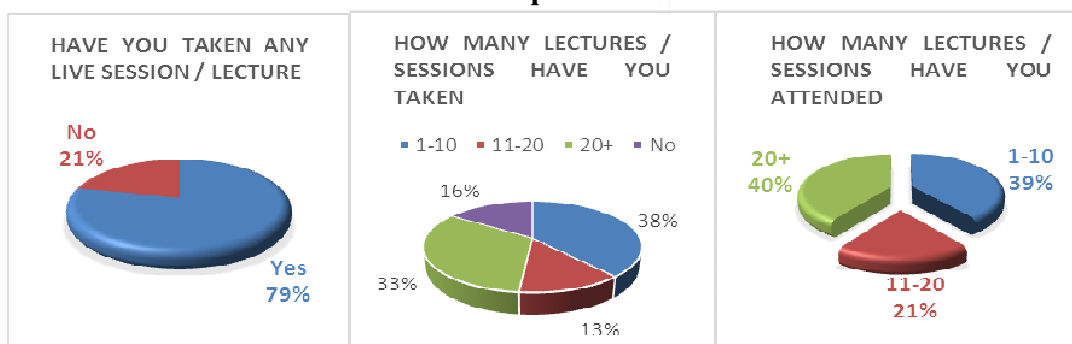
From graph 15 it is analysed that WhatsApp 99(81%) was regularly used for teaching and learning processes during the pandemic period. In this crucial period, it was the most favourable app for teaching and learning. WeChat, Line, Viber and Snapchat are not famous tools; nearly 90% of yoga professionals rejected them in the teaching-learning process.

**Graph 16**



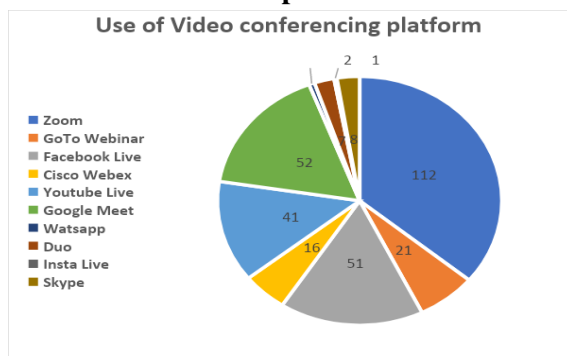
Graph no 16 indicates that the yoga professionals used ResearchGate 46(23%) for accessing the recent knowledge and updating their information. Follows that 40(20%) used Academia.edu and Google Scholar 38(19%). 44(22%) second highest response that yoga professionals do not use ResearchGate, Academia.edu, or Google Scholar for getting the updated information.

**Graphs 17**



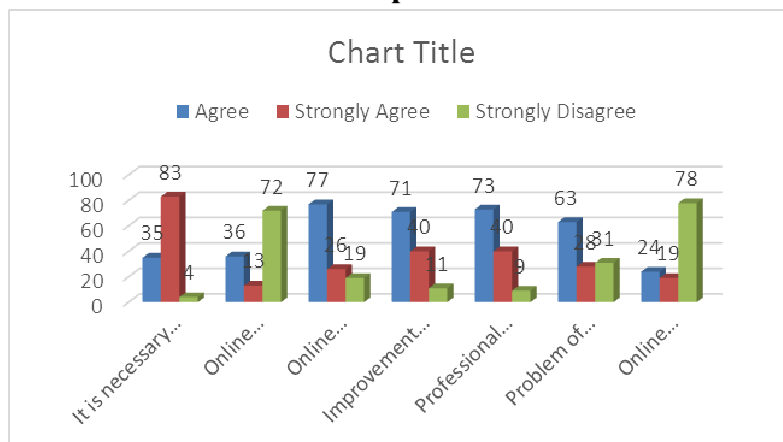
Graph no 17 revealed that 96(79%) of Yoga professionals took the live sessions during the pandemic period. Of that (79%) respondents 47(39%) respondents gave the 1-10 lecture, 16(13%) respondents from 11-20 lectures and 40(33%) respondents from 20+ lectures which means only 19(16%) professionals have not taken a lecture or session. Along with that when the question asks about attendants of live sessions 49(40%) respondents attend more than 20+ sessions below that 48(39%) attend 1-10 sessions. The lowest range was 11-20 which is 25(20%).

**Graph 18**



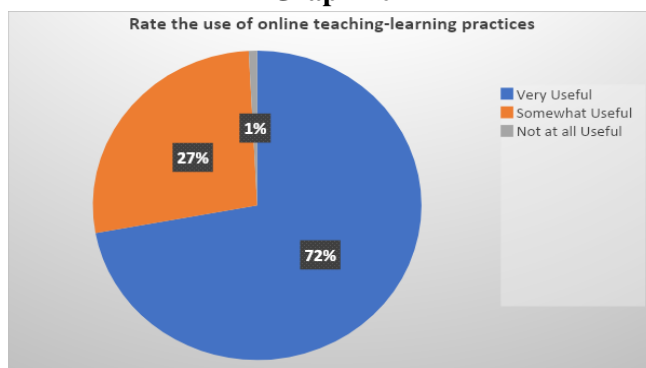
Graph no 18 Describes that Zoom was the highest 112(92%) used video conferencing app because it fulfils the requirement of professionals in this lockdown period. After that Google Meet 52(43%), Facebook Live 51(41%), YouTube Live 41(31%), Go to Webinar 21(17%) and Cisco Webex 16(13%) were used. Other platforms were below 10% Skype 8(7%), Duo 7(6%), What's Apps 2(2%), and Insta-live 1(1%).

**Graph 19**



Some statements were put in front of yoga professionals, and they reacted to it and it was analysed from graph no 19. When we ask about skills gained for online teaching learning 83(68%) respondents strongly agree and 35(25%) agree and only 4(3%) strongly disagree with this statement. The second statement was Online teaching-learning is an effective medium than face-to-face teaching-learning, 72(59%) professionals reject the statement it means traditional teaching and learning process is best. 77(63%) professionals agree with the statement that provides a good opportunity to ask questions and feedback immediately. 71(58%) professionals agree to have a different type of skill, and 73(60%) accept that through online teaching and learning we can develop our professional development. Time factor affects online teaching and learning. It is hard to manage a time 63(52%) and only 19(16%) said that time-consuming sessions.

**Graph 20**



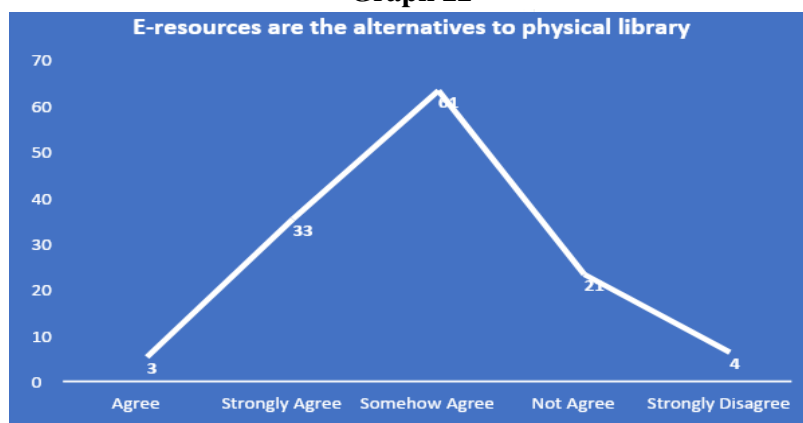
Online teaching and learning were very useful 88(72%) and 33(27%) somewhat useful, which means only 1(1%) of respondents refused the new technique of teaching and learning during this lockdown period. All these things are clear on graph no 20.

**Graph 21**



From the above graph, it is stated that 57(47%) of professionals used social platforms for searching the scholarly literature and 53(43%) track recent development in the research area. 51(41%) follow the research interest, 26(21%) publish their research articles, 21(17%) develop a professional network, 17(14%) pre-publishing the material and only 4(3%) professionals search the citation they got.

**Graph 22**



The most interesting question asked of yoga professionals is whether E-resources can alternate with libraries. graph no 22 gives us a clear idea that 61(50%) respondents neither agree nor disagree. It means they want both sources for getting the information. It means that libraries have their place in readers' and stakeholders' hearts. Only 03(2%) agreed and 04(3%) strongly disagreed.

**Finding:** - The result of the study shows that

The following are the findings drawn from the analysis of the data collected from the questionnaire.

1. More use of electronic resources by the yoga instructors rather than the yoga teaching faculty in pandemic situations.
2. Nearly 70% of college libraries provide electronic resources accessible to the faculty and students of yoga, for accessing the information.
3. 56% of respondents use the electronic resources 1 to 3 hours daily for accessing and sharing the information.

4. E-Audio / Video is the mostly used Electronic Information Source for seeking information among Yoga Professionals.
5. During In the lockdown period nearly 50% of people use their mobile phones for accessing and sharing information.
6. Yoga professionals mostly used two tools that are Search engines 35(25%) and Web Portals 35(25%) for seeking information in Electronics Information sources.
7. E-Audio / Video was mostly used and 94% of respondents were very satisfied with it.
8. 88% of respondents share the information through video because yoga is the subject that they learn from watching.
9. Social networking platforms are useful to share information quickly, in that network YouTube is the best for yoga professionals.
10. Pinterest social network media is not popular among educationalists and professionals also to share the information.
11. In this 21<sup>st</sup> century 100% of respondents use What's Apps for sharing information. 99% use it for teaching and learning processes. What's apps are the easiest and simple way to share the information with one or more persons through groups or by selecting in bulk order.
12. We-chat, Line, Viber and Snapchat were the lowest used to share the teaching and learning resources. They were not famous like others.
13. Research gate and Academia were the most used academic social networking platforms to search and share information.
14. During the Pandemic period nearly 80% of respondents give and take the webinar and seminars about the yoga subject and awareness of the pandemic situation.
15. In pandemic ZOOM was the most used and famous video conferencing app for teaching and learning.
16. Online teaching-learning is the need of the hour in every field, but it doesn't or will not change the need and importance of face-to-face teaching.
17. Today social networking sites are used to search for scholarly articles on the subjects.
18. Most interesting finding that electronic resources are useful is available easily but they can't replace the importance of physical libraries.

#### **Conclusion: -**

From the above study, it is shown that today the importance of E-resources, social networking sites used for accessing and sharing the information through various gazettes. Their importance is very high but still more respondents said that E-resources cannot replace the place of physical books and libraries. In such a pandemic period online teaching and learning are necessary to avoid the infections one to others but virtual teaching and learning do not take a place of face-to-face learning. Electronic accessing the information and physically accessing the information both have established their importance in this digital era.

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