

Yoga As a Media for Increasing Spirituality in Eco-Tourism Development in Pandemic Times

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Abstract. Indonesia as an archipelagic country that stretches from Sabang to Merauke which consists of large and small islands. One of the small islands that is the center of tourism visits is the island of Bali. This island has many visitors, both local and national to international. But of all the things that become the main attraction, besides the people around them, it is also nature, of course. Bali Natural promises every visitor to feel the same thing with other places. On that occasion, almost at several points in the area, yoga training has been developed either through tour packages or independently. In a pandemic situation like this, going out of the house is becoming less frequent, so tourists who are still living in Bali are very happy to join yoga events as a way to increase their spirituality, even those who have been positively affected by COVID-19 will soon recover through yoga practice. Apart from that, yoga is also one way to increase ecotourism on the island of Bali. For the development of ecotourism after the pandemic, yoga is carried out around the mountains, on the shores of lakes, and on the beach by making videos or interesting posters on social media. With the aim of attracting tourists at an in expensive cost but can distinguish the yoga movements offered for young and old people through the form of yoga practice. The method used is descriptive qualitative method. The findings are differentiated training for both parents and young people, at an affordable cost and posting videos and posters on social media. To obtain health and fitness, especially recovery from illness through intensive yoga practice.

Keywords: ecotourism and pandemic; spirituality; yoga

1 Introduction

During this pandemic, it is well known that not a few people have suffered until death due to the Covid-19 disease, which is actually believed to be safe. Suffering is caused by one of the most visible factors, namely the economy. Many people are at home, who are used to working so they just stay at home, the way to make money is not yet imagined, so it really makes him confused. If one of husband or wife work, they can still be grateful. But if somebody stop work by his office, it will be a burden.

So that many experience prolonged stress, emotions without cause, depression to forget themselves, and there is nothing or nothing that guides or guides or guides and directs to things that will lighten the burden. It was the heaviest suffering, not to mention what his children felt. With this condition, a clear mind is needed, moderation of the mind is needed in order to balance

the soul and be wise in the heart. One of them by doing yoga. It is important to do yoga for yourself. Because with full concentration and surrender to God, you will get a different feeling from the presence of God's Lila to the yogis. According to Ballantyne, (2017: 43-44) the purpose of concentration training is to relieve suffering. To relieve it by removing its influence from oneself. At that time the course of thought feels good so that it also results in a light burden of mind. For this reason, surrendering oneself to God sincerely is very difficult because it still depends on the necessities of life.

According to <https://ejournal.ihdn.ac.id/index.php/jyk/article/view/2084/1665> it is stated that. When the sages underwent yoga, the revelations they received as well as the experiences and struggles of the philosophers and yogiswaras, the Vedas, through their various aspects and commentaries, were compiled in various types of books such as the Upanishads, Itihasas, Puranas, Bhagavadgita and the six groups of teachings. Indian philosophy called Sad Darsana. The sources of these teachings are used as guidelines as guidelines for the purpose of life that are applied by the Maha Rsi or yogis so that everyone does not get lost in the journey of his life.

In the teachings of Hindu philosophy, there is only one main goal which is considered very noble, namely, to achieve awareness, truth and eternal happiness (sat cit ananda) by training oneself to increase the sanctity of the mind and liberate the soul (Sukma) from worldly bonds. To live this is indeed difficult, it all depends on the will and sincerity. Cannot be done by force and invited friends. Because it will produce fewer good things from it. So, to achieve an increase in spirituality was hampered.

In connection with this, there are several things that need to be discussed using social media theory with the aim that everything offered will later use social media as a tool to offer to the public yoga activities carried out in certain places at affordable costs and locations so that make it easier for users to do training. For this reason, the meaning of Social Media Theory is understood as follows.

According to <https://eprints.umm.ac.id/40601/3/BAB%20II.pdf> submitted related to Social Media Theory originating from various research literature (Fuchs, 2014 in Nasrullah, 2016) stated that:

- a. According to Mandibergh (2012), social media is a medium that facilitates cooperation between user generated content (user generated content).
- b. According to Shirky (2008), social media and social software are tools to improve the ability of users to share (to share), cooperate (to co-operate) among users and take collective action, all of which are outside the institutional and organizational framework.

There are a few things to discuss below. (1). What is the understanding of yoga and ways to do yoga? (2). How is the influence of yoga said to be able to increase spirituality? (3). How are the efforts made through yoga to increase spirituality in the development of ecotourism during this pandemic?

2 Results and Discussion

Yoga is not new in this world, from any part of the world, yoga has been known since the past. But the boom of the last few years has gone viral. Before moving on to understanding yoga further, it would be nice to understand the meaning of yoga first. Yoga according to Pandit (2003:70) comes from the word "yuj" which comes from Sanskrit which means unification. One who seeks this union is called a yogin or yogi. So, yoga is an attempt to unite the mind to God so that what is expected is achieved.

In addition, according to Sivananda, (2003: 206) it is stated that yoga is a way of strict discipline, which imposes restrictions on diet, sleep, relationships, habits, speech and thinking. This has to be done under the careful supervision of a skilled yogi and radiates light to the soul. Yoga as a systematic effort to control the mind and achieve perfection. Yoga increases the power of concentration, restrains behavior and wandering of the mind and helps to attain the state of supra-consciousness or nirwikalpa Samadhi.

If the above opinion is understood, yoga is also one way to maintain a healthy body related to things that are considered as a daily habit if you want to live it to make progress in humans themselves. As for Samadhi, it is part of sadangga yoga and is the culmination of yoga. For this reason, it is necessary to know the slokas related to sad angga yoga.

According to <https://hindualukta.blogspot.com/2017/05/pengertian-sadangga-yoga-dan-section.html> in connection with it is presented below.

Sadangga Yoga is the six stages of achieving liberation through the path of Yoga. This is written in the Wrhaspati Tattwa ejection article 53 which reads:

"Pratyaharas tatha dhyanam Pranayamasca Dharanam Tarkasca iva samadhis ca Sadangga yoga ucyate,"

As for what is called Sadangga Yoga, it is a tool for people who want to find Sang Hyang Wisesa, there is something called prathyahara yoga, there is something called dhyana yoga, there is pranayama yoga, and there is dharana yoga, there is something called tarka yoga, and there is something called samadhi yoga. That is called sadangga yoga.'

Pratyahara yoga is the with drawal of the senses from all corners of the mind, dhyana yoga is meditation as a stage of full concentration of mind. Pranayama Yoga is the control of the airway, so that you don't pant but breathe calmly and slowly. Dharana Yoga is holding the breath for the purpose of controlling the mind and self. Tarka yoga is an afterthought to master yourself so that you are not easily influenced by bad things. Samadhi Yoga is the culmination of a concentration of only God or the gods who are the center of focus.

For the understanding of Astanga Yoga as the eight stages to the peak of samadhi yoga, according to http://pipintriani.blogspot.com/2014/10/yoga_46.html it is stated that.

- a. Yama, which means self-control through the five commandments, such as:
 - Ahimsa means not to hurt, not to kill, not to be violent, not to injure any living being in thought, word and deed.
 - Satya is the truth in thought, word and deed.
 - Asteya means abstinence from wanting something that is not one's own or something from steal.
 - Brahmacharya means abstinence from sexual enjoyment or controlling sexual desires.
 - Aparigraha means not accepting unimportant gifts from others.
- b. Niyama means the second stage of self-control, which consists of five rules including:
 - Sauca means born holly and spiritual. Apart from increasing his own chastity, Sauca too advocating the wisdom of practicing Sattvasudhi means purity of mind. Saumanasya the heart that is always happy. Ekagrata is the concentration of buddhi and Atmadarsana is true self-realization.
 - Santosa means satisfied with what comes naturally.
 - Tapa means resistant to disturbances.
 - Swadhyaya means regular study of religious books.
 - Iswarapranidhana means submission and dedication to God.
- c. Asana means a strong and pleasant sitting posture. Maharsi Patanjali that any attitude to master the budhi which does not force the limbs too long and which a Yogi can maintain

long enough is good for him. In connection with this condition a yogi must determine for himself which one is suitable for his purpose. So there is no obligatory and mandatory attitude for everyone as a general rule. The attitudes were chosen at will. Yoga teaches various Asanas to maintain a healthy body and purify the mind. With Asana a person will be able to control the work of the nervous system in order to avoid shocks of the mind.

- d. Pranayama means regulation of breath. Pranayama consists of puraka, which is the intake of breath, kumbhaka, which is holding the breath, and recaka, which is exhaling. Breath control is useful for monitoring the concentration of the mind and strengthening the body.
- e. Pratyahara means withdrawing the senses from their target area and placing them under the control of the mind. If the faculties can be inherited by the mind, they will not wander about the objects they like, but will follow the mind. This will be achieved through considerable practice and with great patience. In general, the senses tend to pursue their passions. Each sense tool has its own task but all of them long for their respective pleasures.

A yogi who wants to free himself from the influence of attraction from his senses. Thus, the first condition of pratyahara is to let go of his senses from their respective desires. While the second condition is to free the citta from shaking from passions so that it returns in its pure form.

Regarding Pratyahara Maharsi Patanjali stated as follows:

“Sva viyasa asamprayoga Cittayasa svarupa anukara Iva Indriyam Pratyarah Tatah parana vasyata indriyanam”

‘Pratyahara consists of relinquishing one's sense organs and passions and adapting them to their pure form of citta. Thus, the senses should be controlled by the budhi and in the end it is the budhi that must be mastered and directed to God.’

- f. Dharana means holding and focusing the mind on the desired object. The desired target can be taken from the body and from external objects. The ability to hold the mind to stay focused on an object is a test of entering a higher level of yoga.
- g. Dhyana means the steady flow of thoughts on an object without being distracted by the distractions of its surroundings. This causes a person to have a clear picture of the parts of the object of his contemplation. In Maharsi's Yogasutra Patanjali defines Dhyana as "tatra pradyaya ekatanata dhyanam" which means "budhi that never ceases to reach the goal that is where Dhyana is."

Just as the water of a river flows continuously into the sea, so the whole self-consciousness flows continuously towards God or the great self. When this happens that is called Dhyana. About Dhyana Maharsi Yajanawalkya said as follows:

“Pranayamair dahed dosan Dharanbhisca kilbisan Pratyaharasca sansargan Dhyanaena Asvan Guna”

‘By Pranayama the defilements of the body, the impurities of buddhi are removed, by pratyahara the impurities of bondage are removed, by dhyana all that is between man and God is removed.’

- h. Samadhi is the perfect union of the beloved, the lover and the loving, a state of forgetfulness of all, a state of absorption. In the super-transcendent state of consciousness, a Yogi forgets himself, forgets where he is, he is completely immersed in God.

From the explanation above, a very complete understanding of yoga should be done by fortifying yourself first to actively carry out yoga with concentrated movements until the expected results are obtained, then from that moment on, organize your life more wisely. Mainly in terms of increasing spirituality. Because this business requires a path that is considered difficult for many people. It all depends on yourself really. Laziness will tempt, self-confidence will decrease, ego will increase, so that what many people want through their own will must be

fulfilled. Guidance for literature is very influential in this regard. So that his soul is not swayed by something interesting in the world with limited abilities.

This will cause negative thoughts to arise evil actions such as hatred, envy, dislike, theft and so on. These attitudes have not been reflected in his spiritual intelligence to produce something. The following is a photo of yoga practice for children in one of the banjars in Mengwi villages, Badung Regency, Bali Province. His spiritual intelligence is balanced with emotional intelligence starting at an early age so that he can form a stronger character and be able to put himself in the moment of expression.



Fig 1. Practicing Yoga at a Community Service Event in Mengwi Village, Badung Regency

Besides this, yoga exercises were also carried out for people with disabilities, deaf, mute or kolok in Bengkala Village, Kubutambahan District, Buleleng Regency. People with disabilities, young and old, join the spirit of practicing yoga for physical and spiritual balance.



Fig 2. Kolok and Normal Residents Practicing Yoga

It is true that what has been said above must be used as a focal point, namely spiritual intelligence, which should begin with emotional intelligence because through this it will calm the soul towards spiritual intelligence. For this reason, it is necessary to understand the emotional intelligence. According to Salovey and Mayer (1990:65) it is stated that emotional intelligence is defined as a person's ability to determine effectively to be able to deal with emotions both from himself and from others.

So, if you are not able to put your emotions intelligently, it will result in the offense of the other party followed by the emergence of each other's ego centric which explodes so that it is fatal for both parties and becomes less ethical in the eyes of society. According to Bharati, (2002: 99) it is stated that one way to conquer disturbances according to the Himalayan tradition is to purify emotions.

For that, if you have been able to balance your emotions through your intelligence, then you have to live your life wisely through the practice of yoga which is understood with spiritual intelligence as stated above. Besides that, Yudhiantara, (2006: 8) yoga can be said to be classic this is because the practice of yoga is based on a process of physical and mental training in order

to understand and experience directly self-realization (spiritual enlightenment). So that yoga is very influential on spirituality.

According to <https://actconsulting.co/importance-of-effort-increasing-spiritual-intelligence-to-achieve-higher-work-productivity/> Robert A Emmons 1999 stated that the importance of spiritual intelligence by concentrating on the ability to attract spiritual themes into a number of functions of life that can make it more meaningful for something greater in the future. This spiritual intelligence also describes a person's role in his ability to adapt to various situations and problems. In various contexts, this spiritual intelligence also means to make the various jobs done can have greater meaning. That a job is not only personal or personal, but much more than that, work activities, production activities, creative activities to create products, provide services and services, all of which can be made in a mindset of how valuable one's work is.

Likewise, a person's work, can be predicted in relation to his position before God, so that he is able to adapt as fellow creatures of God who were created to help each other and do good. As well as carrying out creative functions by imitating the nature of God as the Creator, to be able to create various products and services that are useful and make themselves valuable in the eyes of God and society.

With spiritual intelligence embedded in oneself, it slowly provides a solution to a problem related to life, one of which is to deal with tourism, of course, along with advancing the economy. Economic progress in a region actually depends on the culture that has been developed in that region. As is the case in Bali. Yoga is very developed. So we need areas that are full of tourist visits. As well as areas near the beach such as Kuta, Sanur, Nusa Dua, Uluwatu. Areas close to lakes such as Bedugul, Ulun Danu Batur, and Ulun Danu Beratan, Ulun Danu Tamblingan, Ulun Danu Buyan. Meanwhile, around the mountains such as Mount Batur, Besakih with its Mount Agung, Mount Lempuyang, Mount Batukaru and other mountains. Using the location of beaches, mountains and lakes is very beautiful.

In addition to the scenery, the level of yoga concentration becomes a very important thing for achieving equilibrium with God, the Creator of the world and its contents, which gives directions according to expectations through individual prayers. In this case, it is related to ecotourism in the form of tourism economic development. According to <https://lingkunganhidup.co/pengertian-ekowisata-dan-criteria/>, one of the benefits of ecotourism is economic empowerment. Ecotourism involving local communities means increasing the capacity, employment opportunities of local communities. The concept of eco-tourism is an effective method to empower local communities around the world to fight poverty, achieve sustainable development. The focus of thought on economic development through tourism during the pandemic and beyond is by making attractive videos and posters offered through social media at an affordable cost.

Similarly, different yoga trainings are good for children, young people and the elderly. Especially for the elderly, they need softer movements so that they will restore their health from previous illnesses and bring freshness and fitness to their bodies.

3 Conclusion

Be concluded from the title above is: 1) The pandemic situation really makes a lot of people suffer. Mainly on economic issues. One way to calm the mind and reduce the burden of life is through yoga. For this reason, it is necessary to understand sadangga yoga and astanga yoga, 2) The influence of yoga is said to be able to increase spirituality if it can balance between emotional intelligence and spiritual intelligence. Because if in everyday life you are not able to

put yourself in an emotional state, it will have fatal consequences in the form of offense, ego centricity and so it becomes less ethical, 3) Efforts made through yoga to increase spirituality in the development of ecotourism during this pandemic are through making videos and posters to practice yoga in areas such as on the beach, mountains and lakesides and broadcast on social media at the same location and price. affordable so that guests or participants get value from the yoga practice. In addition, this paper uses a descriptive qualitative method. Using Social Media Theory.

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