

The Effect of Yoga on Stress of Students

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Abstract –

Introduction: Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'. Yoga through its techniques of meditation, asanas, and pranayama yields a positive effect in the management of stress in adolescents. The processing of sensory information at the thalamic level is facilitated during the practice of pranayama and meditation.

Material: Using stress inventory for school students (SISS) by Seema Rani and Dr. BasantBahadur Singh

Methodology: This study was conducted to find the effect of yoga on stress of subjects with the age range 14 to 18 years. For this 30 subjects were drawn from Intercollege of Indore, (M.P.) by using purposive sampling. Pre and post data were collected before and after yoga (treatment) for 10 weeks using stress inventory for school students (SISS). The selected subjects that are yoga practice (experimental group) was subjected to a 10-weeks yogic asanas program. Standing Postures, Balancing Postures, Arm-Balancing Postures, Inverted Postures, Backward-Bending Postures were used as an yogic practice.

Result and Conclusion: The data collected for the study was statistically analyzed by using 't' ratio at 0.05 level of significance. The calculated value of t ratio (=2.5181) is greater than tabulated t_{0.05 (58)} (=2.0017). The effectiveness of yoga program may be attributed to the reason that yoga program decrease the level of stress of an individual, as by practicing the yoga the arousal level of the individual is regulated which in return help us to decrease the stress level. Hence it is concluded that Yoga decreases the stress of students and produces positive and major part to decrease stress of students.

Keywords - Yoga, Stress

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INTRODUCTION

India has a rich tradition of yogic practices. Now-a-days yoga, the ancient practice of postures, breathing and meditation is gaining a lot of attention from healthcare Professionals. With increasing scientific research in yoga, its therapeutic aspects are also being explored. The word "yoga" has come to describe a means of uniting or a method of discipline: to join the body to the mind and together join to the self (soul), or the union between the individual self and the transcendental self. Ayurvedic texts describe 8 components or arms of Yoga that encompass a

philosophy of life: (a) yama (self-restraint); (b) niyama (routines); (c) asana (postures and physical exercises); (d) pranayama (use of breathing to achieve focus); (e) pratyahara (withdrawal of mind from sense organs); (f) dharana (concentration); (g) dhyana (meditation); and (h) samadhi (emancipation). Yoga

through its techniques of meditation, asanas, and pranayama yields a positive effect in the management of stress in adolescents. The processing of sensory information at the thalamic level is facilitated during the practice of pranayama and meditation. These two practices along with physical postures (asanas), cleansing practices, devotional sessions, and lectures on the theory and philosophy of yoga were focused to bring about an improvement in the steadiness of school students following 10 days of practice. This improvement was believed to be due to improved eye-hand coordination, attention, concentration, and relaxation.

AIM OF STUDY

The aim of study was to find the Effect of Yoga on Stress of Students.

METHODOLOGY

Selection of subjects

This study was conducted with 30 samples from Intercollege of Indore, (M.P.). Samples were selected by applying the purposive sampling, their aged range 14–18 yrs.

RESEARCH DESIGN

Pre and post single group

Symbolically, **G-P1-T-P2**

Where, **G**= single group, **P1** = pre- test, **T**= Yoga treatment, **P2**= Post-test

Stress inventory

Using stress inventory for school students (SISS) by Seema Rani and Dr. Basant Bahadur Singh. Firstly, by using SISS questioner of each subject was measured and post measurement of SISS questioner for these same subjects were taken after allowing practice of yoga for 10 weeks.

Details of Yogic Practices

The selected subjects that are yoga practice (experimental group) was subjected to a 10-weeks yogic asanas program. The asanas program was consisting of a variety of yogic asanas:

Standing Postures

1. Tadasana
2. Utthita Parsvakonasana
3. Paadhasthasana

Balancing Postures

1. Vrakshaasana
2. Utthita Hasta Padangusthasana
3. Bakaasana

Arm-Balancing Postures

1. Vasisthasana
2. Padambakaasana
3. Mayurasana

Inverted Postures

1. Sarvangasana
2. Halasana

3. Pashimothanasana

Backward-Bending Postures

1. Setu Banda Sarvangasana
2. Dhanurasana
3. Bhujangasana

The yogic practices program was given to experimental group for 10 weeks of one session in the morning between 5.45 A.M. to 6.30 A.M for three days on Monday, Wednesday, and Friday as shown in Table.

Yogic Practices Program

Week	Yog asana positions	Intensity	Repetition	Set	Freq uency Per Week	Ea ch As ana	Res tin bet we en Asanas
1-2	Stan ding Post ures	50 %	12 time s	3	3 days	2 mi nut e	30 Sec ond s
3-4	Bala ncin g Post ures	60 %	10 time s	3	3 days	2 mi nut e	30 Sec ond s
5-6	Arm-Bala ncin g Post ures	70 %	8 time s	3	3 days	2 mi nut e	30 Sec ond s
7-8	Inve rted Post ures	80 %	6 time s	3	3 days	2 mi nut e	30 Sec ond s
9-10	Bac kwar d-Ben ding Post ures	85 %	6 time s	3	3 days	2 mi nut e	30 Sec ond s

STATISTICAL ANALYSIS

The data collected for the study was statistically analyzed by using 't' ratio at 0.05 level of significance.

RESULTS

The data collected for this study was compared on stress of students statistically analyzed by using 't' ratio at 0.05 level of significance is shown in table -1

Table -1 Comparison of two means (Pre and Post) on stress of student

Group	Mean	SD	N	SEM	t ratio
Pre	103.45	11.48	30	2.0960	2.5181*
Post	96.85	8.62	30	1.5738	

*Significant at 0.05 level of significant, Tab t.05(58)=2.0017

For two-tail test, the value of tabulated t at 0.05 level of significance t ratio =2.5181. Hypothesis may be accepted and it may be concluded that practice of yoga causes significant decrease in the stress of students.

DISCUSSION

The effectiveness of yoga program may be attributed to the reason that yoga program decrease the level of stress of an individual, as by practicing yoga the arousal level of the individual is regulated which in return help us to decrease the stress level. Therefore, proposed hypothesis has been accepted in case of stress of students. his study have shown that yoga may help reduce stress and anxiety. Yoga can enhance your mood and overall sense of well-being. Yoga might also help you manage your symptoms of depression and anxiety that are due to difficult situations. Practicing yoga may lead to improved balance, flexibility, range of motion and strength. Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga may also help manage low back pain, neck pain and menopause symptoms. Yoga might also help relieve symptoms of several chronic conditions, such as pain, chronic obstructive pulmonary disease (COPD), asthma, arthritis and insomnia.

CONCLUSION

- Yoga decreases the stress of students.
- Stress reduction. Stress in students cause serious negative effects, both physical and academic.
- It results from poor sleeping habits, academic pressure, and poor nutrition and unhealthy eating habits.

- It results into physical symptoms, poor management skills, and self-defeating thoughts.
- Parents and teachers should work together to ensure that students do not experience much stress.

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