



EFFECT OF YOGA ON STRESS AMONG UNDERGRADUATE STUDENTS

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Abstract

The present study was conducted with the aim to find out the "Effect of Yoga on Stress among Undergraduate Students". Government First Grade College for Women, Vijayanagar District, from Karnataka were selected as subjects and they were divided in to two equal groups with 10 each as experimental and control group. Experimental group underwent selected yoga practice daily morning 60- minute included 10 minutes of warm-up and the control group not given any special training. The training period for this study was 6 weeks in a schedule of 6 days in a week. The pre and post test were conducted prior and after the training programme on the selected psychological variable of Stress. The mean, standard deviation and t-value were assessed both experimental and control group separately and thereby significant level were analyzed. The significant level was fixed at 0.05 levels. The result of the study revealed that the experimental group shown the significant improvement in selected variable where as in Stress and the Control group were not shown any improvement. The results revealed the Effect of Yoga on Stress among Undergraduate Students.

Keywords: Yoga, Psychological Variable, Stress, Degree College Women Students.

Introduction

Yogasana, pronounced with the emphasis on the second syllable, is a term for the various postures that comprise the core of a yoga workout. Different systems of yoga training require different postures. In all systems of yoga, though, the postures are only one aspect of the overall workout, because yoga encompasses more than just the physical aspects of an athlete's health.

The term yogasana consists of two Sanskrit words: yoga and asana. The translation of these terms into English can be difficult, but yoga is an ancient body of knowledge consisting of six branches that collectively cover aspects of the physical body, spirituality, morality and even social relations. The term asana translates to "posture" or "pose." Yogasana, then, is the term for the postures that comprise the branch of yoga that focuses on the physical body. This branch is called hatha yoga.

It is important to realize, though, that there is more to hatha yoga than just the postures. Maintaining proper breathing and meditation practices also are crucial to most forms of yoga. Some styles of yoga, such as ashtanga yoga, also place an emphasis on the motions that connect the various postures. Yogasana, then, is only one particular part of hatha yoga, which, in turn, is only one of the six branches of yoga. Nevertheless, yogasana is, for many athletes, the aspect of yoga that receives the greatest amount of focus, because it is the postures that most directly provide the physical benefits of hatha yoga practice. The wide array of different yogasanas ensures that an athlete can derive several benefits from the practice of yoga.

The benefit of yogasanas that often gets the most attention from athlete is the increase in flexibility. Many yogasanas require the practitioner to bend the body in very unusual ways. This causes the muscles



and the tendons to stretch at a variety of angles and, with extended practice, this can lead to substantial benefits to the practitioner's overall flexibility.

The benefits of yogasana, though, extend beyond the benefits to an athlete's flexibility. Many yoga postures require an athlete to hold difficult positions that require the practitioner to work against gravity, against the natural bend of the body or both. These elements of resistance provide a muscular workout that can increase overall strength as well as muscle endurance. Yogasana also provides cardiovascular benefits. It's regulated breathing while dealing with physical strain causes the body's respiratory system to become more efficient. This, in turn, leads to an improvement in cardiovascular health.

Methodology

The methodology adopted in the present study related with selection of subjects, selection of variable, and selection of test selection of subjects: The purpose of the study was to find out "Effect of Yoga on Stress among Undergraduate Students". To achieve this purpose 40 female students in the age group 16-19 years studying in Government First Grade College for Women, Vijayapura District, from Karnataka were selected as subjects. Stress scale Stress status of the subjects the present study was estimated with the help of Stress status scale developed by Pallavi Bhatnagar manifest Stress scale. The response categories are true or false. The responses are scored with the help of manual.

Selection of Variables

Vakrasana, Padmasana, Vajrasana Paschimotnasana, Trikoasana, Tadasana, Vrikshasana, Garudasana Halasana Chakrasana, Naukasana, Shavasana. Shalabhasana, Dhanurasana, Makarasana, Bhujangasana.

Analysis and Interpretation of Data

The purpose of the study was to find out "Effect of Yoga on Stress among Undergraduate Students". To achieve this purpose the data collected for the study were put into analysis and results of which are presented in the table.

Table 1: Showing the Pre-test and Post-test for Stress performance

Variable	Group	Test	N	Mean	SD	t- Value
Stress	Experimental Group	Pre-test	10	68.5500	11.09991	10.683*
		Post-test	10	31.2500	11.51144	
	Control Group	Pre-test	10	59.9500	15.74292	.029
		Post-test	10	60.1000	15.96674	

The level of significant 0.05=Table value =2.000

Table 1 Shows that the experimental group's mean performance value of Stress of pre-test is 68.5500 and the post test is 31.2500 the post-test Stress performance is less than pre-test Stress performance and also the 't'- value is more than the table value. Hence it indicates significant development of Stress. The control group's mean performance value of pre and post-test values are 59.9500 and 60.1000 respectively. The't'- value is less than the table value. Hence the pre and post-test values indicate insignificant.



Figure No.1.The Pre-test and Post–test for Yoga training Experimental Group and Control Group on Stress performance.

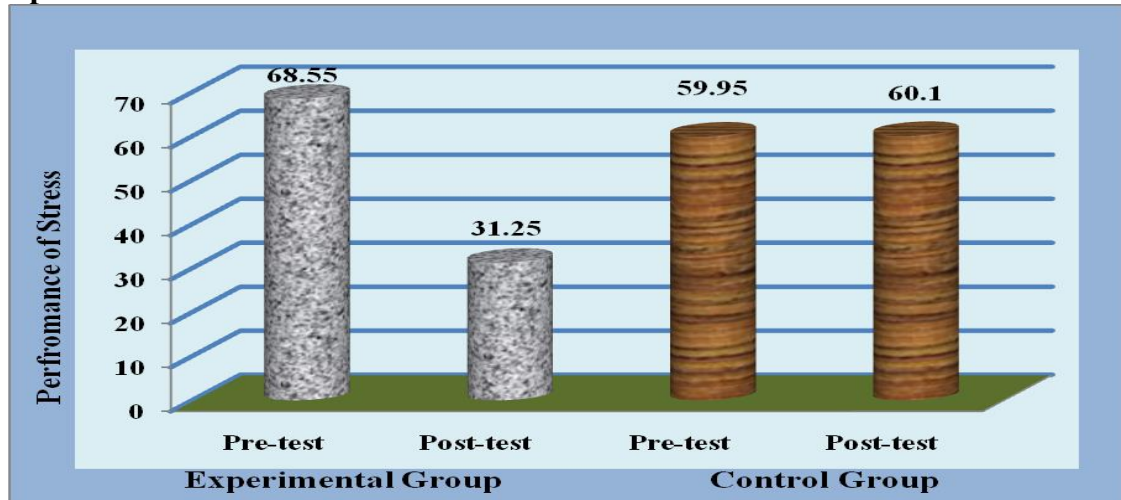


Figure 1. (a) Indicates that the post test values of Experimental group significantly improved the performance of Stress and also the post-test values of Stress were less than the pre test values due to 6 weeks of Yoga training. The Control group pre- test and post- test performance of Stress shows no improvement.

Summary

The purpose of this study was to find out the “Effect of Yoga on Stress among Undergraduate Students”. To achieve this purpose 6 weeks yoga training was given to selected female subjects. To know the Effect of Yoga on the Stress yoga training reduces Stress performance.

Conclusion

The stress had reduces significantly for yoga training group when compared along with the control group

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