



## Effect of Suryanamaskar on stress level

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### Abstract

The present study is taken to assess the effect of suryanamaskar on stress level. This research is done by employing simple accidental sampling to select 30 students and patient's from dr.ganguly Hospital and research centre & yoga anusandhan parisad kotra, Bhopal(M.P)The single group pre test-post test experiment was conducted for 30 days with suryanamaskar regularly in the morning. After one month of yogic intervention(suryanamaskar) the statistical analysis reveals that the suryanamaskar is one of the best tool to manage the stress level especially among the students. This concludes that the yogic practices(suryanamaskar) provides the individual with refreshing experiences, and manage the stress to a great level and also the individual get rid of taking psychotic and mood refreshing drugs.

**Keywords:** Stress,Suryanamaskar.

## INTRODUCTION

### STRESS

There is no exaggeration to say that “today is the world of stress” because everyone is in stress, may be students,housewives,working men and women etc.

*“Stress may be defined broadly as the external or internal stimulus ,noxious or depriving, which demand very difficult adjustment” -Roser & Gregory (2003)*

**Hans Selye (1979):** Stress refers to nonspecific responses of the body *to any demand* made upon it.-**Carson R.C. & Butcher J.N. (2006)**

### *Concept of stress*

*It is difficult to define stress as it's meaning is different for different person. Some see stress as any external stimulus that causes wear and tear, such as the pressure to perform at work.*

“According to **Carson Butcher, (2003)**, “Stress is the consequence of person's appraisal processes that is the assessment of personal resources whether or not is sufficient to meet the demand of the environment. In another words we can say ‘stress is the degree of a person-environment fit’. When our resources are more that the adequate to deal with the difficult

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situation ,we may feel little stress. When perceive that our resources will probably be sufficient to meet an environment stressor , he may feel a great deal of stress.

So he concluded that stress is a process of assessing potential responses, and of responding to those events, responses may include physiological , cognitive, emotional and behavioral change.” **Zimbard,P.G(1988)**

Stress may be seen as the pattern of specific or non specific responses an organism makes to stimulus events that disturbs it’s equilibrium and tax or exceed it’s ability to cope. When events disrupt our usual level of our equilibrium then we experience stress.

### **Concept of stress in Indian tradition**

According to Ayurveda- While there is no exact parallel for the term “stress” in Indian society and culture information. There are at list two approaches to the teaching at stress. In myth first approach one being with the nature of human existence and move systematically to its disfunctioning.i.e, see how stress is generated under certain circumstances.( the Ramayana is the classical example at this approach).

The second approach is exemplified by the Bhagavad gita ; a approach is identified and the principle of dealing with it are woven around the problem and its resolution, e.g. dilemma faced by Arjun and Krishna discourse on how to resolve it. The base of all worries is desire and associated ego involvements called kleshas. Five types of kleshas have been enunciated ;- Avidhya (ignorance), Asmita(egoism), Raga(attraction),Dvesa(repulsion) and Abhinivesa(lust atlife), with the first living at the base at other future. It is when one gets caught betweenaries. In other Words, klesha leads to dukha.Various indeginious system( e.g. sankhya, yoga, and ayurveda) highlight these two conncept klesha and dukha through not exact parallel, as concepts which came closest to the word stress.As seen in the yoga frame work. Klesha refer largely to the stressor aspect, while dukha refer to the phenomenon at the stress response it self. From the psychological point at view. Indian literature is replete with minutely detailed texts. All at them attempt to integrate the individual’s personal and social life with stress and diseases through personal and mental mechanisms.

**Sign and symptoms of stress:** The sign and symptoms of stress progresses through many phases or stages, like warning signs, mild symptoms(physical disturbances) and entrenched cumulative stress(when carrier, job and family start affected).

### **SURYSNAMASKAR**

Surya namaskara means prayer of Sun God. The biggest and ultimate source energy on this planet, is only, the Sun-surya.

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The 'Riggveda' (the ancient scripture) the one of the earliest veda, devotees mainly verses to the praise of the Sun. Mainly Sun worship cults existed in India and some evidences in the form of Sun temples (the famous konark sun temple, Oddissa remain worshiped led to adoration adoration emulation. Scientist analysed that sun rays enters into the body by doing surya namaskar in the morning are very beneficial for the health.

According to 'Puranas' the sun put its ray in the sun rays and give birth to the world. Arnold Rickle – water is important, air is more important and light is most important. Our primary source of light is of course, the sun when we look at our closest star, we may see nothing more than big yellow ball. But for thousands of years the Hindus have versed the Sun, which they call Surya, as both the physical and spiritual heart of our world and the creator of all life itself.

Suryanamaskar is the package of twelve asanas which involves the breathing awerness ,physical postures and mantras. Twelve asanas are as follows-Pranamasana(prayer pose), Hastthothonasana(raised arm pose), Padhasthasana(hand to foot pose), Aswasanchalanasana(equestrian pose), Dandasana(stick pose), Astangnamaskar(salute with eight parts or points), Bhujanasana(cobra pose), paravatasana(mountain pose).

Suryanamaskar Immunised us physically, mentally and spiritually.

**Objective:** Effect of suryanamaskar on stress level.

**Hypothesis:** Null hypothesis

There is no significant difference in the level of stress due to one month practice of Suryanamaskar.

**Methods: Research Design:**

In the present study, the single group pre-test and post-test design was used.

**Sampling:**

The sample of 30 students and patient's from dr.ganguly Hospital and research centre \$ yoga anusandhan parisad kotra, Bhopal(M.P).The Simple Random sampling has been used for collecting the sample.

**Tool used:**

In the present study the Tools Stress scale constructed by Dr.M.Singh(2002).

**Intervention:**

1. First of all, all subjects sit in a particular place with open area and greenery.
2. The total time period of practice was of 30min.
3. The session was started with Gayatri Mantra 3 times for making mind calm & positive.
4. Then subjects are prepared for surya Namaskar
5. Then I instructed them for surya namaskara and told them this is done with breathing awareness.

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6. It is started with 3 rds. Then gradually increases according to their capacity.

7. End of session again with Gayatri mantra.

**Statistical Analysis:** t-test has been used for the results.

**Result and Discussion:**

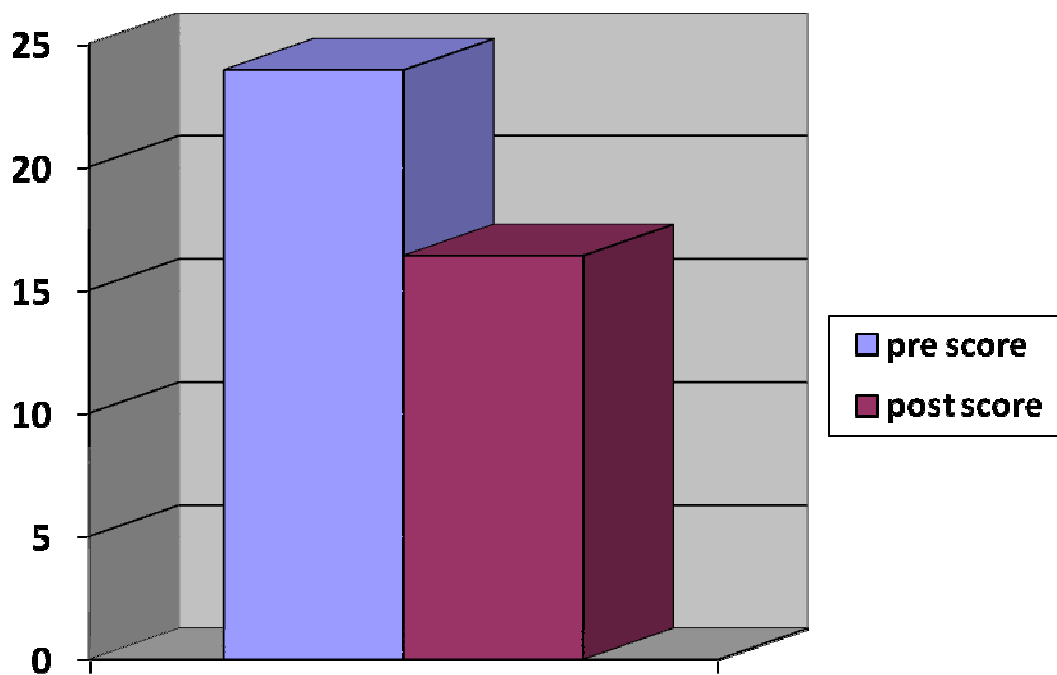
**Hypothesis:**

*“There is no significant difference in stress due to 30 days of practice of surya namaskara and pranakarshan pranayama.”*

*Result Table*

Group	Mean	SD	SED	N	r	df	t-value	Level of significant
Pre	23.93	10.64	1.58	30	.72	29	5.55	0.01
Post	16.40	8.47						

Thus the null hypothesis is rejected at significant level 0.01



**Graphical representation of stress scores**

**Statistical discussion of the result:**

From the table it is found that pre test mean and post test mean 23.93, 16.40, respectively. standard deviation SD for both mean are 11.09 & 8.32 and coefficient of correlation r is 0.63 standard error of the difference SED is 1.58 and t ratio is 5.55 now for df=29, For the difference of the mean to be significant at 0.01 level and our calculated t is 5.55 Hence it is exceeding from the standard value,

so we can say that null hypotheses is rejected. It means there is significant teffect of suryanamaskar on stress level.

### **Conclusion**

*The practice of yoga is a tremendous gift from our Indian Culture. Only recently we have of begun to understand the vast potential and health benefits of yoga. However, it has also become fashionable to talk about yoga rather indiscriminately and yoga is assuming a significant commercial potential. It can be argued that the benefits of yoga may be due to the dynamics of group activity and the mere fact that the person is engaged in any exercise. This psychological aspect can influence the physiological state.*

*Pranayama is the key to better living. Regular practice of suryanamaskar immunize the whole body. This action stimulates metabolic rate producing heat and flushing toxins and out of the body Surya namaskar promotes calmness of mind and subsidizes stress and anxiety level(Niranjananada,1997). So,from this work it can be concluded that by the regular practice of Surya namskar the stress level of the college student can be reduced to a remarkable level.*

*Rresearches conducted on stress level of Surya namskar concluded that it plays positive and significant role to decrease stress level of the subjects. **Kumar,S.,(2011)***

*Researches show that academic stress and its components has statistically significant reduction due to the yoga module. **Kumar,K.,(2009).***

***Vineeta, Sharma ,(2003)** shows the effect of Surya namskara on anxiety for this effect 5 samples and surya namskar for one month with mantras. She begins the practice either 5 rds and finally reaches to 10rds daily. The pre and post results of surya namskara on anxiety show the difference of 0.01 significant.*

*Thus the suryanamaskar effectively improves the stress level of the college students.*

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