



# “Level of Anxiety among people of practitioner and non practitioner of yoga: A Comparative Study”

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## ABSTRACT:

The present study intended to assess the effect of yoga on anxiety level people. This study sought to evaluate the influence of yoga in relieving symptoms of the level of anxiety. Among the people who has doing yoga on regular basis compare to the people who are not doing yoga of Ahmadabad city, Gujarat, India. The sample collected for this study 60 people (30 male and 30 female) who used to doing yoga in early in the morning and same we collected 60 people (30 male and 30 female) from the others who were not used to doing yoga on daily base. The total samples in the population was 120 (N=120). For thus study Anxiety scale was used by Sinha and Sinha. Parametric ‘t’ tests was used for analysis. There was significant difference found between people of non-practitioners of yoga and practitioners of yoga, also significant result found between males and females groups.

**Keywords:** *Anxiety, Yoga, Gender*

## Introduction

Currently, anxiety disorders among youth are the most prevalent psychological disorder (Albano et al., 2003). The increase of youth who have an emotional impairment has risen to between three and five percent of the population in the United States (Robold, 2002). Youth are embodied by stress within their schools, homes, and communities, and this has a dramatic impact on their daily lives. A young person whom has an anxiety disorder are rated by peers as more shy and more withdrawn, than a student who does not have an anxiety disorder (Coplan et al., 2007). The result of anxious youth is that these students have a smaller social network and fewer peer relationships. Strauss, Frame, and Forehand (1987) reported teacher data collection, which revealed students with anxiety exhibit greater psychosocial difficulties and problems with adjustment. These factors play a role in the student’s academic functioning. A study investigating the effects of anxiety in the school domain was conducted by Ialongo, et al., (1994), revealed that children in the top quarter tile of anxiety in the fall of first grade were found to be nearly

eight times more likely to be in the lowest quarter tile of reading achievement and nearly two and a half times more likely to be in the lowest quarter tile in math by the spring of their first grade year.

Youth who have anxiety demonstrate a dysregulation of emotion, and poor ability to cope with their emotions, which results in poor self-esteem (Suveg et al., 2008). Youth are struggling with how to manage their stress and anxiety. More research has been done on the effects of yoga and other mindfulness techniques for all people, which is demonstrating the positive impact that yoga has on people who practice yoga. As stated by Palgi (2007), the goal of yoga is for youth to learn techniques to self regulate, gain awareness and control over emotional, cognitive, and behavioural processes. Youth are in need of tools to assist in managing their anxiety, so they can manage their emotions, perform better in school, maintain healthy relationships, and increase overall self esteem. Families and educators are in need of tools to assist youth in managing their anxiety.

The nature of the exact cause of anxiety continues to be explored. The amount of research that has been conducted on the impact that yoga has on youth is limited. There has been a significant amount of research conducted on adults with anxiety disorder, which contributes to the findings for the impact of yoga and overall wellness. This study is limited to youth within the United States. There have been various studies conducted in different environments within the United States, which detail the benefits of yoga and mindfulness techniques, but the data is limited to only the participants who have completed the entire study. This paper will limit the findings to students with anxiety and not the whole spectrum of mental health disorders.

It is hypothesized that yoga will have a positive effect on all children and youth with anxiety. It would be beneficial for youth who have anxiety to participate in yoga. The initial hypothesis is that a significant number of youth have a form of anxiety, and that they are in need of coping strategies.

### **Objective of the study:**

The main objectives of the study were as under:

- To measure the anxiety level of people among practitioners of yoga and non- practitioners of yoga.
- To measure the anxiety level in relation to their gender of practitioners of yoga and non-practitioners of yoga.
- To measure the anxiety level of people among practitioners of yoga in their daily routine life in relation to their gender.
- To measure the anxiety level of people among non-practitioners of yoga in their daily routine life in relation to their gender.

**Hypothesis:**

- There is no significant difference between anxiety level of practitioners of yoga and non-practitioners of yoga.
- There is no significant difference between anxiety level of practitioners of yoga and non-practitioners of yoga in relation to their gender.
- There is no significant difference between anxiety levels of practitioners of yoga in their daily routine life in relation to their gender.
- There is no significant difference between anxiety levels of non- practitioners of yoga in their daily routine life in relation to their gender.

**Method:**

**Sample:** We collected 120 samples for this present study. The sample was collected from variance places of Ahmadabad City, Gujarat; out of 120 people 60 were people who used to perform yoga in their daily routine life and 60 were those people who were not used to yoga in their daily routine life; 50 % were male and 50 % were female respectively from both the groups. Specifically people who used to practicing yoga more than 5 years they only select as a people as a group of practicing yoga.

**Tool:** In the present investigation measure the anxiety “Anxiety Scale” by Sinha and Sinha was used. The anxiety inventory consists 90 items with yes and no response pattern.

**Procedure:** People who were practicing yoga in various places of Ahmadabad were selected as a practicing yoga person and same non practicing yoga people were randomly selected & Singha and Singha's ‘Anxiety Scale’ was give & data was collected. The obtain data form 120 practicing and non Practicing yoga (male and females) were analyzed with the help of mean, SD and ‘t’ test.

**Results & Discussion:**

The main objective of present study was to find out anxiety level of practicing yoga and non practitioners of yoga. In it statistical ‘t’ method was used. Results discussions of present study are as under:

**Table No: 1**

**Showing the Mean, SD and 't' value of anxiety of practitioners of yoga and non practitioners of yoga**

Variable	No.	Mean	SD	SED	't'	Sig
Practitioners of Yoga	60	13.90	5.80	1.023	4.0372	0.01
N.P of Yoga	60	18.07	6.49			

Significant at 0.01 levels.

(N.P of Yoga = Non Practitioners of Yoga)

The above result Table No. 1 we can see that 't' test was used to know the level of anxiety of practitioners of yoga and non practitioners of yoga . Where practitioners of yoga's mean was 13.90 & SD was 5.80 and non practitioners of yoga mean was 18.07 & SD was 6.49 and difference between their 't' values was 4.0372 it was significance at 0.01 level. The result shows that non practitioners of yoga have more level of anxiety than practitioners of yoga. Thus the null hypothesis, I which states "there is no significant difference in the anxiety level of practitioners and non-practitioners of yoga" was rejected.

**Table No: 2**

**Showing the Mean, SD and 't' value of anxiety scores of male and female of both the groups.**

Variable	No.	Mean	SD	SED	't'	Sig
Male	60	13.57	5.69	1.010	4.7832	0.01
Female	60	18.40	6.35			

Significant at 0.01 levels.

The above result Table No.2 we can see that 't' test was used to know the level of anxiety among male and female of both practitioner and non- practitioner of yoga. Where male mean was 13.57 & SD was 5.69 and female mean was 18.40 & SD was 6.35 and difference between their 't' values was 4.7832 it was significance at 0.01 level. The result shows that there is significant mean difference in anxiety between male and female of anxiety of practitioner and non practitioner of yoga. Thus the null hypothesis, which I states "There is no significant difference between anxiety level of practitioners of yoga and non- practitioners of yoga in relation to their gender" was rejected. Female has more level of anxiety than males of both the groups.

**Table No: 3****Showing the Mean, SD and 't' value of anxiety level of yoga practitioners**

Variable	No.	Mean	SD	SED	't'	Sig
Male	30	10.90	4.71	1.042	5.7600	0.01
Female	30	16.90	5.25			

Significant at 0.01 levels.

The above result Table No.3 we can see that 't' test was used to know the level of anxiety level of male and female of yoga practitioners. Where male mean was 10.90 & SD was 4.71 and female mean was 16.90 & SD was 5.25 and difference between their 't' values was 5.7600 it was significance at 0.01 level. Thus, the null hypothesis, I which sates "There is no significant difference between anxiety levels of practitioners of yoga in their daily routine life in relation to their gender." Here null hypothesis was rejected and result shows that the anxiety level is high in female than males of yoga practitioners.

**Table No: 4****Showing the Mean, SD and 't' value of anxiety of non practitioners of yoga**

Variable	No.	Mean	SD	SED	't'	Sig
Male	30	16.23	5.38	1.725	2.1257	0.05
Female	30	19.90	7.05			

Significant at 0.05 levels.

The above result Table No.4 we can see that 't' test was used to know the level of anxiety level of male and female of yoga non-practitioners. Where male mean was 16.23 & SD was 5.38 and female mean was 19.90 & SD was 7.05 and difference between their 't' values was 2.1257 it was significance at 0.05 level. Thus the null hypothesis, I which sates "There is no significant difference between anxiety levels of non-practitioners of yoga in their daily routine life in relation to their gender." Here null hypothesis was rejected and result shows that the anxiety level is high in female than males of yoga non-practitioners.

**Conclusion:**

We can conclude by data analysis as follows:

- There is significant difference between anxiety level of practitioners of yoga and non-practitioners of yoga. It means non-practitioners of yoga have more anxiety than practitioners of yoga.
- There is significant difference between anxiety level of practitioners of yoga and non-practitioners of yoga in relation to their gender. It shows that females have more level of anxiety than males of both groups.
- There is significant difference between anxiety levels of practitioners of yoga in their daily routine life in relation to their gender. Result shows that females have more level of anxiety than males of practitioners of yoga.
- There is significant difference between anxiety level of non- practitioners of yoga in their daily routine life in relation to their gender. Result indicates that females have more level of anxiety than males of non-practitioners of yoga.

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