



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## Mind–Body Balance: The Role Of Yoga In Stress Reduction And Mental Health

Rameshwari jha<sup>1</sup> Dr.Rajesh kumar Tiwari<sup>2</sup>

1.Research Scholar,university Department of Psychology.TMBU,Bhagalpur

2 Assistant Professor & Head Department of Psychology,T.N.B.College,Bhagalpur

### Abstract

The rising academic pressure and lifestyle challenges have significantly increased stress among college students. Stress negatively affects mental health, academic performance, and overall well-being. This study investigates the role of yoga as a stress management tool, emphasizing its effectiveness in reducing stress and enhancing mental health. Sixty college students were assessed using the Tiwari Stress Assessment Questionnaire (TSAQ) before and after an eight-week yoga intervention. Results revealed a significant reduction in stress levels for both male and female students. The findings are supported by concepts from “तनाव प्रबंधन : मनोवैज्ञानिक समाधान” (Tiwari,R.K. 2025), which highlight stress not only as a psychological challenge but also as an opportunity for adaptation when managed effectively.

**Keywords:-** Yoga, Stress Management, Mental Health, College Students, Psychological Well-being, Tiwari Stress Assessment Questionnaire (TSAQ)

### Introduction :

Stress is one of the most pervasive psychological challenges in modern society. Among college students, stress arises from academic workload, examinations, career uncertainty, and adjustment issues. Unmanaged stress contributes to psychological problems such as anxiety, depression, and burnout.

As discussed in “तनाव प्रबंधन : मनोवैज्ञानिक समाधान” (Tiwari, R.K.2025), stress is not only a negative experience but also a natural psychological signal that can motivate adaptation and resilience. However, chronic stress without coping strategies becomes destructive, resulting in physiological strain and impaired performance. The book emphasizes that psychological solutions—combined with holistic approaches like yoga, pranayama, and meditation—can transform stress into constructive energy, thereby enhancing both personal growth and mental health.

Yoga, with its integrative system of asanas, pranayama, and meditation, provides such a holistic framework. It balances the mind and body, lowers physiological arousal, and fosters psychological well-being.

**Objectives :**

1. To assess stress levels among college students before yoga intervention.
2. To examine the role of yoga in stress reduction.
3. To evaluate improvements in mental health following yoga practice.

**Methodology :**

Sample: 60 college students (30 males, 30 females) from T.N.B.College, Bhagalpur.

Design : Pre-test and post-test experimental design.

Tool Used : Tiwari Stress Assessment Questionnaire (TSAQ).

Intervention : 8-week yoga program (5 days/week, 45 minutes/session) including asanas, pranayama, and meditation.

Analysis : Mean, Standard Deviation (SD), and t-test.

**Results :**

**Table 1: Stress Scores Before and After Yoga Intervention (N = 60)**

| Group           | N  | Mean Stress Score (Pre-Test) | Mean Stress Score (Post-Test) | SD   | t-value | Significance |
|-----------------|----|------------------------------|-------------------------------|------|---------|--------------|
| Male Students   | 30 | 72.40                        | 54.20                         | 8.45 | 6.12    | $p < 0.01$   |
| Female Students | 30 | 75.10                        | 56.30                         | 9.12 | 6.34    | $p < 0.01$   |
| Total Sample    | 60 | 73.75                        | 55.25                         | 8.78 | 8.92    | $p < 0.01$   |

**Discussion :**

The results demonstrate a significant reduction in stress among both male and female students following the yoga intervention. Female students initially reported slightly higher stress levels, but the decline was comparable across genders after the program.

These findings resonate with the framework presented in “तनाव प्रबंधन : मनोवैज्ञानिक समाधान” (Tiwari, 2024), which stresses that psychological strategies such as self-awareness, emotional regulation, and adaptive coping work best when combined with holistic methods like yoga and meditation. By activating the parasympathetic nervous system and lowering cortisol levels, yoga directly counters the physiological effects of stress. Simultaneously, mindfulness and meditation cultivate resilience and emotional stability.

Thus, yoga represents not just a physical exercise, but a comprehensive psychological tool that aligns with the principles of stress transformation outlined in the book.

**Utility and Significance:**

For Students: Provides coping mechanisms against academic stress.

For Educational Institutions: Can be included in wellness and mental health programs.

For Professionals: Offers a sustainable stress management technique with long-term benefits.

For General Readers: The approach outlined in “तनाव प्रबंधन : मनोवैज्ञानिक समाधान” demonstrates that stress management is universally beneficial, bridging scientific psychology and traditional practices.

**Conclusion :**

Yoga is an effective mind–body intervention for stress management among college students. It reduces physiological strain, enhances emotional stability, and strengthens mental health. The integration of insights from “तनाव प्रबंधन : मनोवैज्ञानिक समाधान” reinforces the idea that stress can be managed not just as a clinical problem but as a transformative process leading to resilience and personal growth.

Educational institutions should actively include yoga and psychological stress management strategies in their curricula to nurture balanced and mentally healthy individuals prepared for life’s challenges.

**References :**

- 1.Cramer, H., et al. (2018). Yoga for Stress Reduction: A Systematic Review and Meta-analysis. *Journal of Behavioral Medicine*, 41(4), 1–12.
- 2.Jha, Rameswari & Tiwari, R. K. (2025).Effect of an 8-Week Yoga intervention on Perceived Stress Among Professionals: An Experimental Study, *International journal for multidisciplinary Research (IJFMR)*,vol.7,Issue 4,july-August 2025
3. Sharma, R., & Gupta, P. (2022). Yoga and Stress Reduction: A Psychological Study. *Indian Journal of Health Psychology*, 17(2), 45–56.
4. Streeter, C. C., et al. (2012). Effects of Yoga on the Autonomic Nervous System, GABA, and Stress. *Medical Hypotheses*, 78(5), 571–579.
- 5.Tiwari, R. K. (2025). तनाव प्रबंधन : मनोवैज्ञानिक समाधान.ISBN 978-93-48963-54-3,Rudra publication,New Delhi
- 6.Tiwari Stress Assessment Questionnaire (TSAQ).*International Journal for Multidisciplinary Research (IJFMR)* Vol.7 issue1,January-February 2025