



EFFECT OF YOGIC EXERCISES ON STRESS LEVEL AMONG UNIVERSITY STUDENTS

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Abstract

The aim of this study was to analyse the Effect of Yogic Exercises on Stress Level among University Students. 40 male students in the age group 19-25 years studying in Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) were selected as subjects. To achieve this purpose 8 weeks yoga asanas training was given to selected male subjects. To know the Effect of yoga asanas training on the Stress level training reduces Stress level performance. 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 level of significance for the examination was picked as 0.05. Students 't' test was applied to find out the significant difference. Finally, the post-test Stress Level performance is less than pre-test Stress Level performance and also the t value is more than the table value. Hence it indicates significant development.

Keywords: Yogic exercises, Stress level, students.

1. Introduction

Consisting of activities such as relaxation, meditation, socialization, and exercise, yoga has been proven helpful in reducing your anxiety and stress. According to a Harvard University article, yoga is able to accomplish this by helping regulate a person's stress response system. With its ability to lower blood pressure and heart rate as well as improve respiration, yoga provides you with the means to deal with and resolve anxiety and stress without resorting to expensive medications. Adolescence is a stage in one's life when a variety of mental health problems are more likely to develop. With the many cases of psychological disorders diagnosed in teenagers, it has become imperative to find ways to prevent the onset of such mental health conditions.

Yoga, among others, has been seen as a helpful method that can be used to protect adolescents from mental illnesses. This is according to a study published in the Journal of Developmental and Behavioural Paediatrics. The said study had some of the subjects enrolled in Physical Education classes centred on Kripalu Yoga. This type of yoga involves physical postures, breathing, relaxation, and meditation. In comparison to the control group, the yogis displayed better moods, lower levels of anxiety and tension, better anger control, improved resilience, and enhanced mindfulness. These are just some of the many factors that are important in the prevention of psychological conditions in teenagers. The more sedentary your professional life gets, the higher is your anxiety. So, how do you combat such stress? The answer is inculcating yoga in your day-to-day life. Various research studies have assessed the efficacy of yoga in improving one's mental health, and have concluded that yoga does have an array of psychological benefits. Improve your memory Do you find it difficult to concentrate. Proven to be effectual in boosting your memory and concentration, Dharana is an ideal way to clear your mind of all the excesses and calm your nerves. By silencing the static noise running through your mind, you equip yourself to focus better, remember important things, and therefore, perform better in your life.

1.1 Objective of the Study:

The purpose of the study was to analyse the Effect of Yogic Exercises on Stress Level among University Students.

2. METHODOLOGY:

2.1 Selection of Subjects:

The present study consisted of 40 male students in the age group 19-25 years studying in Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) were selected as subjects.

2.2 Selection of Variables:

After reviewing through all the scientific literature, journals, magazine and keeping feasibility criteria in mind the content Stress status scale was selected for the purpose of the present study.

2.3 Criterion measures:

To achieve this purpose 8 weeks yoga asanas training was given to selected male subjects. To know the Effect of yoga asanas training on the Stress level training reduces Stress level performance. Stress status of the subjects the present study was estimated with the help of Stress status scale developed by Pallavi Bhatnagar manifest Stress scale.

2.4 Statistical analysis of data:

Statistical tool was used for accurate and systematic results. Independent t-test was use as Statistical Technique for comparative analysis. And the level of significant was set at 0.05 level.

3. RESULT AND DISCUSSION OF THE STUDY:

Table - 1

Showing the Pre-test and Post-test for Stress level performance

Groups	N	Mean	Standard Deviation	t-value
Experimental (Pre-test)	10	50.60	5.15	4.26*
Experimental (Post-test)	10	62.40	5.10	
Control (Pre-test)	10	56.20	5.31	0.53
Control (Post-test)	10	53.16	4.26	

*significant at 0.05 level.

Table 1 Shows that the experimental group's mean performance value of Stress Level of pre-test is 50.60 and the post test is 62.40, the post-test Stress Level performance is high than pre-test Stress Level performance and also the t value is more than the table value. Hence it indicates significant development of Stress Level performance. The control group's mean performance value of Stress Level of pre-test and post-test is 56.20 and 53.16 respectively. The t value is less than the table value. Hence the pre and post-test values indicate insignificant.

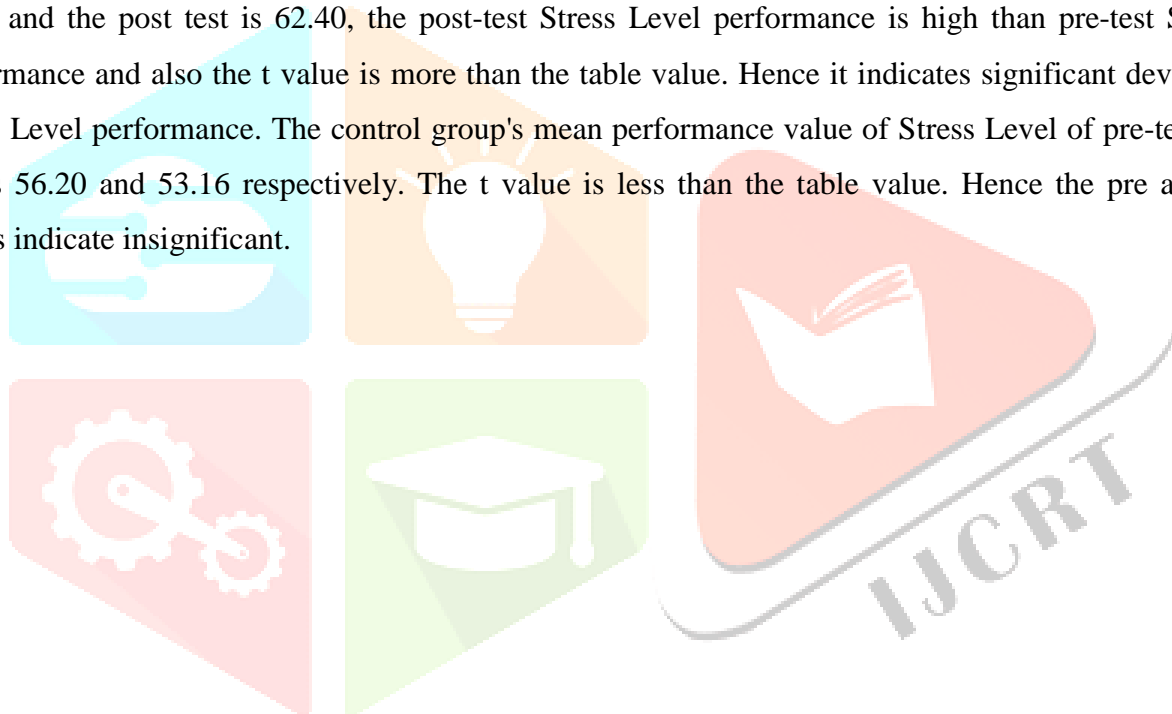


Figure 1

Graphical Representation of Pre-test and Post-test of Exp. Group

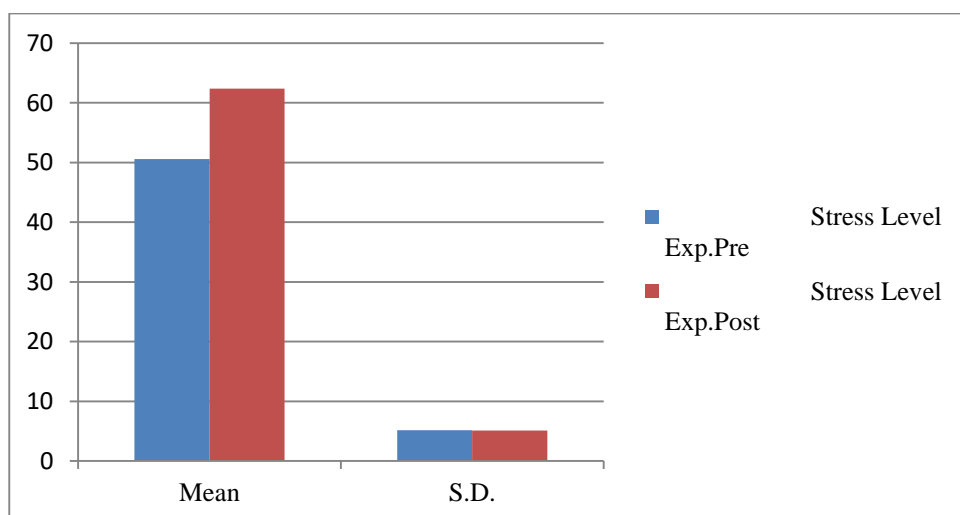
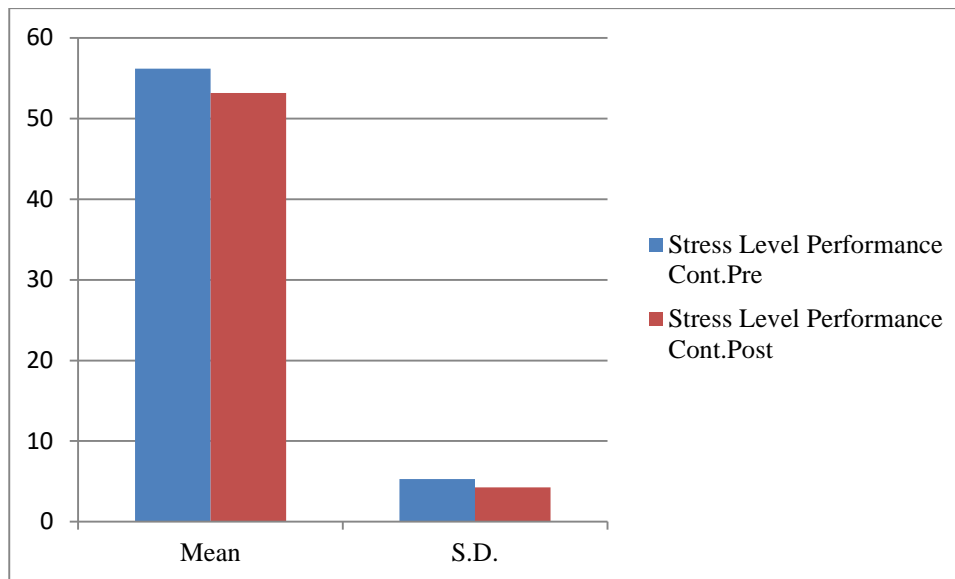


Figure 2

Graphical Representation of Pre-test and Post-test of Control Group

**4. CONCLUSION AND FINDING:**

It is documented from the table that the result of present study, the researcher might conclude that the yoga asanas training reduces the Stress level of Students.

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