



# COMPARATIVE STUDY OF THE LEVEL OF ANXIETY AMONG FEMALE YOGA PRACTITIONERS AND SEDENTARY FEMALES.

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## ABSTRACT

*The purpose of the study was to investigate the anxiety level of the female yoga practitioners and sedentary females. Total 30 subjects were taken for the study from Gwalior district and data were collected using Hamilton Anxiety Rating Scale (HAM-A) and then 't' test was used by using SPSS for the comparison of anxiety. Level of significance was set to 0.05. Significant difference was found in the level of anxiety on the basis of which it is concluded that female yoga practitioners have low level of anxiety as compared to sedentary females.*

**Keywords:** Anxiety, female yoga practitioners , sedentary females , Hamilton Anxiety Rating Scale.

## INTRODUCTION

*Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It the essential need of today and culture of tomorrow.*

**Sawami Satyananda Saraswati**

Yoga is a traditional and cultural science of India. Ayurveda includes yoga as a part of an ideal lifestyle and maintenance of health (swastha Hitta). Hatha yoga, ashtanga yoga, bhakti yoga, mantra yoga, dhyana yoga, karma yoga, raj yoga appear like different types of yoga due to their different methods and techniques but the main objective of all of them is liberation, salvation or to attain Samadhi, the highest state of chitta (consciousness) by controlling its vrittis (tendencies, desires) arising in it. out of attachment with materialistic world, so as to merge into the divine principle (absolute consciousness). Yoga is an experiential science

In Upanishads (800-500B.C.), yoga was thought of as a way of life that would allow and individual to achieve liberation from suffering. Through subsequent time period, texts, and the teachers, the definition of yoga has expanded to incorporate a wide range of discipline, philosophies, and practices. The most prominent and recognizable form of yoga, especially in the western's world is Hatha Yoga

According to swami Rama "yoga" is a Sanskrit word. It is derived from the root 'yuj' which means union, joining, harnessing, contact, or connection, in yoga the embodied spirit is made to become spirit is made to become one with atman by certain methods. The methods vary but the goal is one. Yoga means union with universal spirit. It is the union between the individual self and universal self. It is the fusion of healthy body with a disciplined mind for the purpose of spiritual development. Yoga is blissful contact with the supreme element, higher than the highest of the known elements. It is the harnessing of the one's inherent inner power as well as the vital natural forces from which has emerged. Yoga is inseparable part of Indian life and culture. It has come down to us from antiquity with unbroken tradition. Asanas are postured pattern and to be achieved slowly maintain for some time steadily and released again in as low and smooth manner to train the body and mind in a such a way that necessary equilibrium is established in overall function

Rishis and yogis are based on exact principles. There are no vague doctrines here. It impacts to every practitioner definite oratorical knowledge, fine health, longevity, vim and vitality. Human body can always be made healthy by means of proper yogic exercises. Asanas are capable of preserving the health not only of the brain and the spinal cord but also all the cranial and spinal nerves spreading throughout the body. Thus, we can say that ordinary muscular need of a civil life is entirely satisfied by yogic possess.

"Sa tu dheerghakala nairantharya sathkaara sevito dridha bhoomih"-The practice of Yoga should be done for a long time, without any gap and it should be done with honor and respect only then it becomes firmly established in an individual.

Psychology is the scientific study of the mind and behavior, according to the American Psychological Association. Psychology is a multifaceted discipline and includes many sub-fields of study such areas as human development, sports, health, clinical, social behavior and cognitive processes.

**Sport Psychology** is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors.<sup>[1]</sup> Sport psychologists teach cognitive and behavioral strategies to athletes in order to improve their experience and performance in sports.<sup>[2]</sup> In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions. Also closely associated with Sports psychiatry.

Anxiety is a **feeling of fear, dread, and uneasiness**. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress.

Anxiety disorders are real, serious medical conditions - just as real and serious as physical disorders such as heart disease or diabetes. Anxiety disorders are the most common and pervasive mental disorders in the United States. An estimated 264 million people worldwide have an anxiety disorder.<sup>5</sup> Women are nearly twice as likely as men to be diagnosed with an anxiety disorder in their lifetime. In the past year, prevalence of any anxiety disorder was higher for females (23.4%) than for males (14.3%).<sup>1</sup> The term "anxiety disorder" refers to specific psychiatric disorders that involve extreme fear or worry, and includes generalized anxiety disorder (GAD), panic disorder and panic attacks, agoraphobia, social anxiety disorder, selective mutism, separation anxiety, and specific phobias.

Anxiety is a very common problem which is faced by the women now days and lockdown period has been one of the causes of many psychological problems and anxiety is one of them. This research study is an attempt to compare the anxiety level among female yoga practitioners and sedentary females.

## MATERIAL AND METHODS

Total of 30 subjects were selected for the study out of which 15 were regular yoga female practitioners and 15 were sedentary females. The females were selected from the Gwalior district. All the 30 subjects lie in the age group of 18-25 years. Selection of the subjects was done by Random Sampling. For the measurement of the Anxiety of the regular yoga female practitioners and sedentary female the Hamilton Anxiety Rating Scale (HAM-A) was used which was prepared by M Hamilton and this anxiety inventory is highly reliable and highly valid. Prior to data collection, all subjects were instructed how to fill the inventory and inventory was filled by all the 30 subjects under the supervision to maintain the accuracy of results.

For the comparison of the level of anxiety of the regular female yoga practitioners and sedentary female's 't' test was used by using SPSS. Level of significance for the study was 0.05.

## RESULT AND DISCUSSION

The data collected from the Hamilton Anxiety Rating Scale (HAM-A) inventory was treated statistically and 't' test was employed to the data. The statistical analysis of the raw score is represented in tables below:

Group Statistics					
	group	N	Mean	Std. Deviation	Std. Error Mean
females	yoga practitioners	15	13.5333	2.82506	.72943
	sedentary females	15	19.6000	6.17368	1.59404

Table 1

Independent Samples Test											
		Levene's Test for Equality of Variances		t-test for Equality of Means							
										95% Confidence Interval of the Difference	
										Lower	Upper
F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference					
females	Equal variances assumed	7.653	.010	-3.461	28	.002	-6.06667	1.75300	-9.65753	-2.47580	
	Equal variances not assumed			-3.461	19.617	.003	-6.06667	1.75300	-9.72795	-2.40538	

Table 2

Table 1 depicts that the mean value of female yoga practitioners is 13.5333 and the mean value of sedentary females is 19.6000 and the standard deviations are 2.82 and 6.17 respectively. Table 2 depicts that t value is 3.461 which is found to be significant at 0.05 level

Results depicted that significant difference was found in the anxiety level of the female yoga practitioners and sedentary females. From table No 1; result showed that female yoga practitioners have low anxiety level ( $M = 13.53$   $SD = 2.82$ ) as compared to the sedentary females ( $M = 19.6$   $SD = 6.17$ ). The calculated value of 't' is 3.461 which shows that significance difference has been found at 0.05 levels.

This study was conducted to compare the level of anxiety of the female yoga practitioners and sedentary females. The root cause for this significant difference can be the sedentary lifestyle, no quality time devoted to physical activity, dietary habits, family disputes, medical issues, these can be the main reasons for the high level of anxiety in sedentary females.

## Conclusions

On the basis of the results of the present study it can be concluded that there is significant difference exist between the level of the anxiety of female yoga practitioners and sedentary females. Sedentary females have more level of anxiety as compared to the female yoga practitioners and reason for this can be the characteristics of lifestyle, dietary habits, behavioural patterns, personality type and quality time devoted to physical activity.

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