



# PREVIEW ABOUT ANXIETY AMONG VOLLEBALL PLAYERS WITH NIDRA YOGA PRACTISE

**Harendrasinh P Solanki** , Asst.Professor,N S Patel Arts College , Anand District,Gujarat, India.

## **ABSTRACT**

The purpose of the study was find out the effect of nidra yoga on anxiety among college students. To achieve the purpose of this study, 30 male college students were randomly selected as subjects from the from Anand District, Gujarat, India. The age of subject's were ranged from 19 to 24 years. The selected participants were randomly divided into two groups such as Group 'I' nidra yoga practices (n=15) and Group 'II' acted as control group (n=15). Group 'I' underwent nidra yoga practices for five days per week and each session lasted for an hour for six week. Control group participants were not allowed do any physical yoga practices but they were participated in regular activities. The dependent variables were anxiety; Sport Concussion Assessment Tool Questionnaire test was used to measure the level of anxiety. The pre and post tests data were collected on selected variables before to and immediately after the training programme. The pre and post tests scores were statistically examined by the dependent't' test and Analysis of co-variance for each and every selected variables separately. It was concluded that the nidra yoga practices group had shown significantly reduced on anxiety. However the control group had not shown any significant improvement on the anxiety.

**Kew words:** yoga nidra Practices, Anxiety, College Students

## INTRODUCTION

Yoga is passing through growth and expansion with rapid integration into modern society, where some parts of it became mainstream. Yoga efforts should serve these on broad terms and within the long run: creating a far better future. Satyananda's teachings emphasize Integral Yoga (a synthesis of varied yoga) with a robust emphasis on Tantra. It incorporates the entire person, not just the body there's a stress on awareness [1].

Nidra yoga is perhaps the best-known technique to induce complete physical mental and emotional relaxation. Nidra yoga may be not a state of consciousness, which is, neither sleep nor awaken, neither is it concentration nor hypnotism [2].

Nidra yoga improves pulse variability, a measure of balance within the autonomic system nervosum, whether or not it's preceded by a session of yoga asanas [3].

The regular practice of yoga relaxation has been found to scale back tension and anxiety. The autonomic symptoms of high anxiety like headache, giddiness, pain, palpitations, sweating, and abdominal pain respond well. It's been wont to help soldiers from war deal with posttraumatic stress disorder [5].

Psychological preparation is that the development of the power to deal with the psychological stress that accompanies participation during this coping process, there's individual variability in people response to worry or pressure.[4]

Psychological state is defined as a state of well-being during which every individual realizes his or her own potential, can deal with the traditional stresses of life, can work productively and fruitfully, and makes a contribution to her or his community. The objectives specialise in effective leadership and governance, comprehensive psychological state for the community, promotion, and prevention of psychological state, use of IT systems, and research on psychological state [5].

Anxiety is key components of many mental disorders. The current treatment for them includes evidence-based therapeutic and pharmacological interventions [6].

Nidra yoga aims to focus the mind to achieve relaxation and increase wellness. The purpose of the study indicated that nidra yoga on anxiety among college students.

## PURPOSE OF THE STUDY

To find out the effect of nidra yoga on anxiety among college students. To achieve the purpose of this study, 30 male college students were randomly selected as subjects from the from Gujarat, India.

## Methodology

The purpose of the study was to find out the effect of nidra yoga on anxiety among college students. To achieve the purpose of this study, 30 male college students were randomly selected as subjects from the from Anand District, Gujarat, India. The age of subject's were ranged from 19 to 24 years .The selected participants were randomly divided into two groups such as Group 'I' nidra yoga practices (n=15) and Group

'II' acted as control group (n=15). Group 'A' underwent nidra yoga practices for five days per week and each session lasted for an hour for twelve week. Control group participants were not allowed do any physical yoga practices but they were participated in regular activities. The dependent variables were anxiety; test was used to measure the level of anxiety. The pre and post tests data were collected on selected criterion variables prior to and immediately after the training programme. The pre and post tests scores were statistically examined by the dependent 't' test and Analysis of co-variance for each and every selected variables separately. It was concluded that the nidra yoga practices group had shown significantly reduced on anxiety. However the control group had not shown any significant improvement on the anxiety.

### Analysis of Data

The results of analysis of covariance on the criterion measures were given in the following tables.

### Anxiety

**Table 1: Means and dependent 't'-test for the pre and post tests on anxiety of Experimental and control groups**

Criterion variables	Test	Experimental Group Mean	Control Group Mean
Anxiety	Pre test	20.93	20.90
	Post test	18.87	20.85
	't' test	9.77*	0.52

\*Significant at .05 level. (Table value required for significance at .05 level for 't'-test with df 9 is 2.26).

The table 1 show that the pre-test mean values of nidra yoga and control groups are 20.96 and 20.91 respectively and the post test means are 18.90 and 20.87 respectively. The obtained dependent t-ratio values between the pre and post tests mean of nidra yoga group and control group are 9.77 and 0.52 respectively. The table value required for significant difference with df 9 at 0.05 level is 2.26. Since, the obtained 't' ratio value of nidra yoga group was greater than the table value, it is understood that nidra yoga group had significantly improved on anxiety. The pre, post and adjusted mean values of anxiety of nidrayoga and control groups are graphically represented in the table 2.

### Computation of Analysis of Covariance

The descriptive measures and the results of analysis of covariance on the criterion measures were given in the following tables.

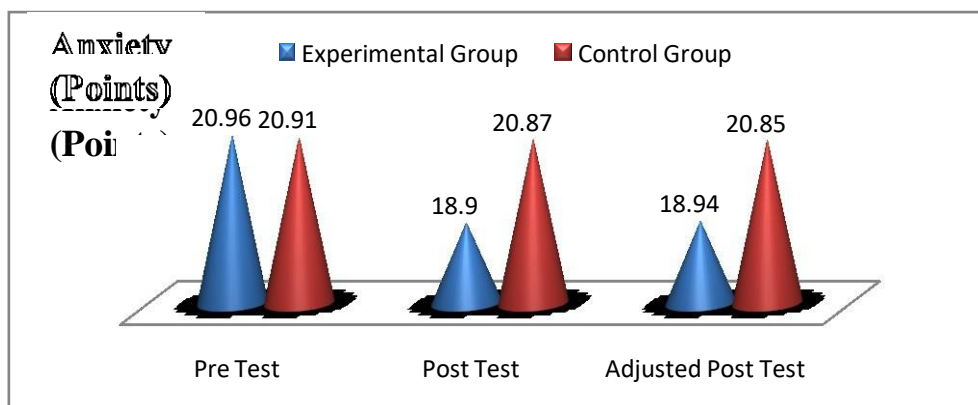
**Table 2**

**Computation of mean and analysis of covariance on anxiety of Experimental and control groups**

Anxiety	Experimental Group	Control Group	Source of Variance	Sum of Squares	df	Mean Square	F
	18.94	20.85	BG	95.14	1	95.14	14.75*
			WG	109.65	17	6.45	

\*Significant at 0.05 level. Table value for df 1, 17 was 4.45.

The above table 2 indicates the adjusted mean value on anxiety of nidra yoga and control groups were 18.94 & 20.85 respectively. The obtained F-ratio of 14.75 for adjusted post mean was greater than the table value 4.45 for the degrees of freedom 1 and 17 required for significance at 0.05 level of confidence. The result of the study indicates that there was a significant difference among nidra yoga and control groups on anxiety.



**Figure I: Pre Test, Post Test and Adjusted Post Test Mean Values of Experimental Group and Control Group on anxiety**

### Discussion on Findings

Nidra yoga it is commonly known is an immensely powerful meditation technique, and one of the easiest yoga practices to develop and maintain. The present studies found statistically significantly reduced the level of anxiety and gave stress mind with pleasant sleep and recovery which showed that positive training effect on nidra yoga practices on anxiety among college students. The findings of the study were also agreed with the findings of Joshi R(2020)., Esther N. Moszeik et.al (2020,)Erica Sharpe 2020, Sadhna Dadhore & Paran Gowda.2019,Ferguson, Kyla L (2016), Storch, E. A., Storch, J. B., Proctor, S. L., & Boan-Lenzo, C. (2010) and Armstrong, S., & Oomen-Early, J. (2009).

### Conclusions

1. The study discovered significant development in anxiety scores after twelve weeks of nidra yoga practices in comparison to control group among college students.
2. However the control group had not shown any significant difference on any of the selected variables.

### References

1. Babu.P, J.Thenmozhi., Dr. D. Ramesh., 2019., *International journal of multidisciplinary educational research* ISSN: 2277-7881, volume 8, issue 12(3), 2019 [www.ijmer.in](http://www.ijmer.in).
2. Saraswati Swami Satyananda (1963) *Yoga nidra, (Bihar School of Yoga, Munger)*.
3. Markil, Nina; Whitehurst, Michael; Jacobs, Patrick L.; Zoeller, Robert F. (2012). "nidra yoga Relaxation Increases Heart Rate Variability and is Unaffected by a Prior Bout of Hatha Yoga". *The Journal of Alternative and Complementary Medicine*. 18 (10): 953–958. doi:10.1089/acm.2011.0331.
4. Babu.P.,Dr.Gopinath.,Dr.A.S.Nageswaran .,2013.,*Anaylsis of Mental Toughness among University field hockey palyers.,vol.2 issue 6 ,ISSN 22787844.IJAIR*
5. Rivers, Eileen. *A Breath of Hope*. *Washington Post* Tuesday, May 6, 2008; Page HE01. <https://www.washingtonpost.com/wpdyn/content/article/2008/05/02/AR2008050203426.html>.

6. Smith C, Hancock H, Blake-Mortimer J, Eckert K. A randomised comparative trial of yoga and relaxation to reduce stress and anxiety. *Complement Ther Med* 2007;15:77-83.
7. Joshi R. Anxiety and depression related to yog nidra among professional students. *YogaMimamsa* 2020;52:29-33.
8. Ferguson, Kyla L., "The effects of a-yoga nidra practice on mental health clinicians' perceived stress" (2016). Master's Thesis, Smith College, Northampton, MA. <https://scholarworks.smith.edu/theses/1702>.
9. Erica Sharpe. Ryan Bradley., Matt Butler., 2020, *Digital Delivery of Yoga Nidra for Anxiety and Sleep: A Feasibility Study*, IRB #: ESRB41320.
10. Proctor, S. L., & Boan-Lenzo, C. (2010). Prevalence of depressive symptoms in male intercollegiate student-athletes and nonathletes. *Journal of Clinical Sport Psychology*, 4(3), 204-220.
11. Armstrong, S., & Oomen-Early, J. (2009). Social connectedness, self-esteem, and depression symptomatology among collegiate athletes versus nonathletes. *Journal of American College Health*, 57(5), 521-526.
12. Sadhna Dadhore, Prof. G. Paran Gowda.2019., *Positive Beliefs About Accepting Yoga Nidra: Implications On Academic Performance Among Adolescents' International Journal of Adapted Physical Education & Yoga*, Vol. 4, No. 1.,ijapey., ISSN: 2455-8958.
13. Esther N. Moszeik, Timo von Oertzen & Karl-Heinz Renner., *Effectiveness of a short Yoga Nidra meditation on stress, sleep, and well-being in a large and diverse sample*, 08 September 2020., *Current Psychology* .,springer.,<https://doi.org/10.1007/s12144-020-01042-2>.

