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A REVIEW ON YOGIC MANAGEMENT OF ACADEMIC STRESS AMONG TEENAGERS

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Abstract: Education is a lifetime progression, that begins from womb of mother and keep going throughout life. Education is the training of untrained minds. Training of mind, in which parents, instructors, peers, and society play a vital role. In recent time students are very sensitive towards their academic performance that is why they suffer from academic stress. A student under optimum stress performs his or her best, though excesses of stress may cause stress induced disorders and worsening his progress. Yogic practices cause decrease in basal anxiety level and decreases the anxiety level in distressing condition like examinations. Many yoga's like savasana, yoga mudra, child pose, Marjariasana bhujangasana, vrishtasana and breathing practices like Bhambri pranayama, nadisodhan, om chanting, ujjayi pranayama, shitali pranayama etc. are help full to overcome from stress.

Index Term: Academic stress, anxiety asana, pranayama, om chanting, stress management

I. INTRODUCTION

Stress is a famous word with powerful impact on every body. It is very commonly using by everyone and any time. We can say it is a part of life or can say nobody can live without it. Stress is our body's reaction to whatever that need attention or action. Everybody undergoes stress to some extent. Everybody reacts in a different way to stressful situations. A. Malathi and A. Damodaran (1999) reported that the effect of stress and the handling the stress differ among different persons. Stress may be defined as any type of change that causes physical, emotional, or psychological strain.

Stress can also be defined as the feeling of being overawed or inept to manage the cerebral or emotional pressure. It may have mental and physical consequences. Anoushka Thakkar 2018

stress is the activity of autonomic nervous system and central nervous system. Stress may be external (environmental), internal (sentiments) or occasionally there can be combinations of two interacting with each other.

Stress affects both the brain and body. A minimum level of stress is desirable for a person to accomplish and safeguard himself however too much stress can devastate him resulting in fight, flight or freeze response. Hence, knowing how to manage the stress is vital for the mental and physical wellbeing. **WHO magazine (2017)**

Prabhu (2015) reported that there are two types of stress viz. positive and negative stress, according to effect on mental and physical state of body. It is significant to mention that stress may have both positive and negative impact on people i.e., the stress can be a normal, adaptive reaction to threat. Its purpose is to give indication and warn the person to take corrective action. For instance, fear of something that poses threats persuades a person to deal with them or evade them.

Positive stress-It is known as Eustress. It causes our body to have virtuous feelings. It raises adrenal hormone which is known as happy hormone. It is fun and exciting. It keeps energized. It motivates to person. It is helpful in growth. It is very necessary to achieve something or complete desire target. Complete the deadline of work, to reach the target, marriage, buying home, etc. are some examples of positive stress.

Negative stress – It is known as Distress. Which affect our body in badway.it increases cortisol on our body which causes bad situation in our body and mind. Extensive stress results in anxiety and depression. Prolonged negative stress is known as chronic stress. Childhood trauma, chronic diseases, unemployment, failure in competition etc. are some examples of distress.

According to frequency of time there are some other stresses like -acute, episodic, chronic. All types of stress are positive and negative in nature. Acute stress is usually short-term, chronic stress is prolonged, and episodic acute stress is temporary but frequent. We can find stress according to some sign like-

- **Psychological signs** like struggling for concentration, perturbing, anxiety, fatigue, and difficulty in remembering.
- **Emotional signs** like anger, horror and indecision, hesitation, irritation, mood swing, or frustration,
- **Physical signs** like high blood pressure, weight loss or weight gain, headache, stomach problem, sleep disorder, irregular heartbeat, recurrent colds or infections, and changes in the catamenial cycle and libido.
- **Behavioural signs** like deprived self-care, unable to have time for enjoyment, or addiction to drugs and alcohol, loneliness, Sudden angry outbursts, etc

These are some common signs in which one can identify the stress.

II. CAUSES OF STRESS

There are some main causes of stress:



2.1 Academic stress

School education is a significant part in a person's life and is also a crucial part of their academic life. The performance of student at this stage plays an important role in their future career of the life.

academic stress is the **anxiety and stress which a student encounter during their school and college education**. Often there is a lot of pressure that comes while pursuing a degree and one's education.

Geeta Jain and Manisha Singhai (2013) reported that in today's highly competitive world, students encounter huge academic glitches including exam stress, apathy in attending classes and failure to comprehend the subject. Examination stress is the feeling of anxiety or apprehension in the students' performance in the exams. It may cause the students inability to perform superlative in exams.

Academic stress is the prime cause of stress among adolescents and it can lead to low self-esteem. Many psychological issues such as depression and suicide arise from the low self-esteem (Nikitha, et al, 2014).

Academic pressure has amplified since the last two decades, there are examinations, assignments, and so many diverse activities that a student must undergo. Not only the curriculum design but teachers and parents also force the students to obtain good marks. These pressures cause the students to work excessively which result more and more stress. In addition to academics, the parents and the teachers forces the students to participate in extracurricular activities, expecting the student to be an all-rounder. Peer pressure is another reason of the added stress among the teenagers. Excessive academic workloads and closer deadlines for homework and assignment submission are intimidating (Snehlata D. Ghatol Ph.D. 2017).

Parbhu (2015) observed that students whose parent's education is of moderate level, academic stress is more than their counter part. Razia (2016) observed that students in private schools have more academic stress than those in government schools. Kumar et al., (2011) reported that stress level varies among boys and girls, excessive stress in short-term academic circumstances, such as giving a high-stakes college admission exam, can impair information processing and execution (Beilock, 2008). Academic stress may also cause unhealthy coping mechanisms such as smartphone usage, particularly in students with lower levels of problem-focused coping (Xu et al., 2019). This result in poor academic performance, with subsequently shoddier academic stress. Stress tolerance varies among individuals - a healthy level of stress for one person could be devastating for another. Hence, it is vital to know that how much stress is too much and how to manage it accordingly. Continued stress may lead to physical and emotional disorders, resulting in anxiety and depression. It is significant to have a network to relieve the anxiety. Mckean et al. (2000) believed that the stressors are not the only reason of anxiety, tension, or depression, rather synergy among stressors and the individual's approach and attitude to these stressors causes stress. Although stress is often represented as bad, but there is always the other side of the coin. The right kind of stress aids to sharpen the mind and reflexes, thus serving to boost the memory. Mild stress is always important for effective and resourceful working. It assists in meeting the challenges and encourage the students to achieve their goals. A moderate level of temporary stress can be advantageous, improving attention and memory and improving immune function, however a continued or excess stress impairs both cognition and immune function. An excess of academic stress during school education result in hostile effects that are far-reaching and prolonged.

2.2 Cause of academic stress

Prenatal pressor, peer pressure, high expectations, neglect the capacity of student, high ambitions, cut throat competition, High ambitions, Lack of patience, Lack of spirituality, Pancha klesha, Dissatisfaction, Social status, Emotional and mental tension, comparison nature etc. are the prime reasons of academic stress in the students.

III. MANAGEMENT OF ACADEMIC STRESS

In stressful states with majority of sympathetic activity, yogic asanas and pranayama may result in reduced sympathetic activity shifting the autonomic balance towards relative parasympathetic dominance. Yoga with physical, emotional, mental, personality development and holistic understanding offers to cope with stressful states. Yoga helps to relieve the symptoms of stress, such as muscle tension, headaches, and insomnia. Which will reduce stress. Yoga helps to manage feelings of stress by giving an escape, because doing yoga one has to focus on body not on mind. Yoga just interrupts the cycle of worry that builds into anxiety. This is the first step in managing anxiety problems. Om chanting is very effective in stress management.

A crucial key to yoga's success against anxiety is breathing techniques. You can use Ujjayi (victory) breath, deep, yogic, belly breathing, Bhramari pranayama alternate nostril breathing anytime. They are simple to learn and so effective when used as needed. There are some yoga asanas for reducing stress level of students-

- Child pose (Shishuasana). Gain the ultimate rest and relaxation in the child's position. Relieve tension in your head by massaging your forehead on your yoga mat. Stretch your arms out in front of you for added relief in the shoulders and neck.
- Neck rolls (Kantha Sanchalana). With gentleness, take the kinks of tension out of your neck. Every workday gives your cervical spine a reason to stress out. So, attend to it with soft stretching and flexing!
- Cat and Cow Stretch (Marjariasana). Flexing and extending your torso can energize your spine. The intentional shifting helps you breathe in sync with your movement. That gentle motion releases and relaxes your cyclical pattern of worry!
- Downward Dog (Adhomukha Svanasana). A stronger upper body and more blood circulation to the brain help you relieve stress in this pose. With alternating lower leg movements, you can stop worrying and feel the stretch in your legs.
- One-legged forward bend (Janu Sirsasana). This seated head-to-knee pose helps you start to twist your spine and stretch your entire body. Allow the anxiety to flow out through one extended leg at a time!
- Two-legged forward bend (Paschimottasana). A two-legged forward bend is a relaxing, seated forward fold. It helps to calm your nervous system (and your nerves)!
- Bow Pose (Dhanurasana). You can open up the chest and the front of the body with this deep backbend. Immediate relief from stress washes over you! Starting prone on your tummy, hold your ankles, and energize yourself!
- Shoulder stand (Sarvangasana). This inverted posture will strengthen your heart muscles, arms, and shoulders. It will increase blood flow to the brain. With your body weight off your neck, relax your anxiety in this pose often!
- Bridge Pose (Setu Bandhasana). This energizing backbend resembles a bridge. It calms the nervous system and expands the lungs. You can stretch the tension out of your neck and shoulders in this pose.
- Fish Pose (Matsyasana). This pose opens the chest and encourages deep breathing. It relieves tension in the neck and shoulders and strengthens the upper back. Your whole upper body will be too relaxed to worry!
- Corpse Pose (Shavasana). The ultimate restorative posture is the best way to finish a relaxing yoga session. By tensing and releasing all your muscles one by one, and then letting go, you absorb the benefits of your practice.

3.1 How Yoga Help in Reducing Stress Level

- Yoga helps to connect the breath to body movements. The breath is always with body, to help in the of stressful situations. By practicing yoga, one becomes more cognizant of breath and how the body is feeling. This means become more aware of signals which, our body is sending in the beginning of stress so that one can retort to these signals in a wiser way, rather than habitually reacting to them.
- Yoga helps us to ignite our parasympathetic nervous system. This is the system that relaxes and calms the body and mind. In recent times, people are living in automatic pilot mode, that means that they are oblivious of what they are doing, how they are feeling or how they are being expended by their own thoughts. By being more aware, one can feel when the body is getting stressed and then realise that it was from a thought or imagination, not actual reality. Therefore, sympathetic nervous system (fight, flight, freeze) may have been sending unnecessary signals, which would cause stress in the body and the mind.
- Yoga practices reduces stress hormone cortisol levels, and stretches and relaxes the muscles.
- By yoga practices one learns to breathe properly because in stressed or anxiety, one tend to take fast shallow breaths. This type of rapid breathing increases bad feelings. yoga, helps to learn how to use diaphragm and intercostal muscles to breathe deeply and slowly. This style of breathing reduces tension and anxiety.
- Breathing exercises are enormously important in yoga for stress management. The slow breath patterns along with inhaling and exhaling techniques bring more positive energy to our body. Scientifically, it helps the oxygen to pass through organs by making one feel relaxed.
- Stress leads to a jumbled state of mind. Yoga asanas relax your body by overcoming stress. Yoga brings an improved concentration to deal with situations with a calm mind.
- Meditation is an important factor in yoga for stress management. One of the essential things expected during stress management is the ease of mind. Yoga with meditation balances those alpha waves that are needed to relax your mind. While you do the breathing exercises, your heart rate tends to become normal and blood pressure normalizes. meditation techniques help to be mindful develop a better awareness of thoughts and feeling which allow to take control of stress.
- Stress often breaks us and tears us apart from taking decisions in life with confidence. We start feeling confused and indecisive in everything and seek others' support. Yoga for stress management is the best alternative for bringing back inner confidence. (Assan yoga journal 2015) Dr. Anjhana Priya, BAMS(Aug 7th, 2015)

IV. CONCLUSIONS

The aspect of relaxation and detachment is missing in our education system and it is this new dimension that needs to be added to the curriculum. Thus, yoga can be helpful in accomplishing a calm and peaceful state of mind during routine activities and yet providing the concentration and arousal crucial in demanding or stressful situations like examinations. Yogic practices in daily life are very help full for student to overcome from academic stress and perform good in examination as well as in daily life and live a balance life.

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