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EFFECT OF YOGA PRACTICE ON STRESS AND ANXIETY AMONG YOGA PRACTICE PERSONS AND NON-YOGA PRACTICE PERSONS.

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Abstract:-Aim- To examine the stress and anxiety effect on yoga practice and non-yoga practice persons. Hypothesis- There is a significant difference between stress and anxiety on yoga practice persons and non-yoga practice persons. Sampling- For the study there was 150 Sample were selected from Ahmednagar District, Maharashtra State. Tools:- Singh Personal Stress Source Inventory (SPSSI) of Arun Kumar Singh and Comprehensive Anxiety Test of H. Sharma, R. L. Bharadwaj and M. Bhargava test was used for this study. Result:- Results also indicated that yoga practice persons level of stress and anxiety is lower than non-yoga practice person.

Keywords:stress, anxiety, Yoga practice persons and non-yoga persons.

INTRODUCTION

Yoga is a general term that encompasses breathing techniques, postures, strengthening exercises, and meditation. Many types of yoga exist. One of the more popular forms in the is Hathayoga, that is expressed by Swatmaram, which incorporates postures, breathing techniques and meditation to benefit physical and mental well-being. Yoga is considered to be one of the most consequential, efficacious and valuable implements available for man to overcome physical and psychological problems. According to Kavalayananda and Vinekar (1968) yoga includes cultivation of correct postures and reconditioning of the neuromuscular systems. Yoga avails the whole body to enable it to withstand more stress and strain. Yoga proposes salubrious diet and inspirits the natural process of elimination, whenever it is indispensable. Yoga aims at an integrated and harmonious development of all the potentialities of man. Anxiety and stress are the major quandaries of the modern world particularly of the youth and college going students who are loosing their health and well-being. Good health is one of the greatest resources for vitality, ingenuity and wealth, in contrast to poor health and negative feelings, which lead to sundry physical and psychological quandaries. Solicitousness is an emotional state of mind where an apprehension of peril or loss or suffering is a prominent feature. It generally arises as a result of apprehension of something unknown, which seems to engender conflicts, tension and disturbance in the primitive urges. Spielberger (1966) has placed solicitousness into two categories, i.e. State apprehensiveness and Trait solicitousness. State apprehensiveness is a circumstantial, which develops on account of astringent authoritatively mandating situation and this is transitory; whereas Trait solicitousness has deeper roots and it refers to inherent solicitousness proneness developed due to defective socialization.

Many studies support yoga's benefits beyond introspection and rumination. Engagement in yoga has been shown to ameliorate phrenic disorders, such as melancholy and apprehensiveness (Javnakhtet al., 2009). Thus, it seems that the practice of yoga or relaxation may be very subsidiary in controlling the mind and keeping it in a state of tranquility and tranquility, even under the stressful situations and, therefore, perhaps avails an individual to adequately cope with the competitive environment. Students are conventionally under stress due to a variety of reasons like astronomical curriculum, academic competition, examinations etc. During these stressful situations there is a possibility to increment in apprehensiveness level and sympathetic discharge. This may, in turn, interfere with their performance and make them more prone to develop psychosomatic quandaries prior to the examination. This might led to cerebrate that conventional practice of yoga and relaxation may be utilizable in attenuating the incrementation in solicitousness level and sympathetic discharge in students. This, in turn, may ameliorate their

academic performance and make them less vulnerably susceptible to psychosomatic quandaries. Even though there are numerous research studies denoting salutary effects of yoga on psychological well being; however, very few studies are conducted so far on adolescent students.

Jadhav, S. G. and Havalappanavar, N. B. Karnatak he probed that the Effect of Yoga Intervention on Apprehensiveness and Subjective wellbeing. The present study is an endeavor to ascertain whether Yoga Intervention has any effect on State and Trait Solicitousness and withal on the Subjective wellbeing. Fifty, first year students were culled from Naturopathy and Yogic Sciences Course; on whom; Spielberger's State Trait Solicitousness Inventory and Nagpal and Sell's Subjective wellbeing Inventory were administered in the commencement of the academic year and second time after a gap of one year. The data were analyzed by employing mean, SD and 't' ratio. Results reveal a paramount decrease in both State and Trait Apprehensiveness levels and positive transmutation in the Subjective Well-being of the students.

Pant Gaurav, Bera T. K, Shete Sanjay Uddhav (2013) those investigated the melancholy and academic stress are prevalent quandaries in students across the country. A student under a certain level of apprehensiveness and stress does bring out his or her best in examination, however an extreme level can result into stress induced disorders and deteriorating the academic performance. Since past studies revealed that yoga can avail to reduce stress, this study aims to record the efficacy of yoga on examination apprehensiveness, despondence and academic stress among students appearing for board examination. Sixty 10 Th standard male students aged 16–17 years were arbitrarily assigned to experimental (n=30) and control (n=30) groups. The experimental subjects, along with daily school schedule, underwent a Yoga program comprising of sundry Asanas (isometric type exercises) and Pranayamas (breathing exercises) whereas control group participated in their conventional school schedule only. At the baseline and after training intervention standard psychological questionnaires were habituated to assess the calibers of examination solicitousness, depression and stress. Data were analyzed by utilizing $2 \times 2 \times 3$ Factorial ANOVA followed by Scheffe's posthoc test. The results revealed that Yoga-training availed to reduce examination apprehensiveness, dejection and academic stress, as compared to control group. The findings conclude that Yoga-training has availed to reduce examination solicitousness, melancholy as well as academic stress among school students appearing for the board examination.

METHODOLOGY:-

Aim of the study:

To examine the effect of yoga practice on anxiety and stress among yoga practice persons and non-yoga practice persons.

HYPOTHESES:-

The following hypotheses were formulated for the present study.

- 1) There is a significant difference between anxiety on yoga practice persons and non-yoga practice persons.
- 2) There is a significant difference between stress on yoga practice persons and non-yoga practice persons.

Sample:-

For the present study 150 Sample were selected from Ahmednagar District, Maharashtra State. The effective sample consisted of 150 subjects, out of which 75 subjects were regular yoga practice doing last one year. Remaining 75 subjects were non-yoga practice. The age range of subjects where 22 to 40 years.

Tools:-

Singh Personal Stress Source Inventory (SPSSI):-

This test is developed and standardized by Arun Kumar Singh. The test consisted of 35 Items. The subjects were required to respond to each item in terms of 'Seldom', sometimes, and fluently. Internal Consistency Reliability by odd – even method was found to be .784 which was highly significant.

Comprehensive Anxiety Test:-

H. Sharma, R. L. Bharadwaj and M. Bhargava. The final form of the test has 90 items relating to the symptoms of the anxiety, a highly reliable and valid instrument to assess manifest anxiety. It is useful for 18 to 50 years males and females.

Procedures of data collection:-

The researcher has adopted a descriptive research design to describe and compare the problems of stress and anxiety effect of yoga practice persons and non yoga practice persons. While collecting the data for the study the later approaches was Adopted. The subjects were called in a small group of 20 to 25 and there seating arrangements was made in Aradhana colony, Ahmednagar. Prior to administration of test, through informal talk appropriate rapport form. Following the instructions and procedure suggested by the author of the tests. The test was administered and a field copy of each test was collected. Following the same procedure, the whole data were collected.

Statistical Treatment of Data:-

Table-1 : Mean, S.D. and 't' Values of the stress variable.

Group	Mean	SD	t Value	Sig. Level
Non-yoga practice persons.	23.26	4.29	6.4480	P< 0.01
Yoga practice persons.	18.10	3.69		

Table-2 : Mean, S.D. and 't' Values of the Anxiety variable.

Group	Mean	SD	T Value	Sig. Level
Non-yoga practice persons.	26.12	4.91	7.8991	P< 0.01
Yoga practice persons.	19.41	3.46		

Table 1 shows the mean, SD and t-value of stress for the non-yoga practice persons and the yoga practice persons. It is observed the non-yoga practice persons and yoga practice persons are significantly different from each other. Non-yoga practice persons mean is 23.26 and SD is 4.29. Yoga practice persons mean is 18.10 and SD is 3.69. The mean difference is 5.16, t- value 6.4480. The results indicate that the average stress of non-yoga practice persons is significantly higher than yoga practice persons.

Table 2 shows the mean, SD and t-value of anxiety for the non-yoga practice persons and the yoga practice persons. It reveals that the non-yoga practice persons mean is 26.12 and SD is 4.91. Yoga practice persons mean is 19.41 and SD is 3.46. Non-yoga practice and yoga practice persons result found to be significantly different on anxiety. Mean difference is 6.71, and t-value is 7.8991. It concluded that non-yoga practice persons have more anxiety problems as comparison to yoga practice persons.

RESULT:-

Results conclude that the non-yoga practice persons have more stress and anxiety as compare to yoga practice persons. This yoga practice persons support system may helpful for the reducing stress and anxiety. Probably the reason may be yoga practice, meditation, relaxation technique help to the yoga practice persons to control or reduce the stress and anxiety problems as compare to the non-yoga practice persons.

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