

Effects of Yogic Exercises on Stress

^aSabzar Ahmad, ^bJeetender Kumar Thakur

^aResearch Scholar R. T.M .University Nagpur, MS, India

^bOfficating Principal Weinganga College of Physical Education Sakoli, India

Abstract

The purpose of this research was to study the effect of eight weeks yoga training on stress. In this study Miller and Allen questionnaire was used. 40 Kashmir university students were chosen as subjects for the study. The 20 subjects were randomly assigned into an experimental and a control group. The experimental group participated in twice weekly yoga classes of 60 minutes duration for two months. Both groups were evaluated again after two months study period. The data was analyzed using independent t test. Results revealed significant reduction in stress. It is suggested that yoga is a public, effective and suitable sport and can lead to positive mental and physical health.

KEYWORDS: - Yoga, Stress,

Introduction:- Mental difficulties are such problems which endanger human's mental health and consequently human's body. And they can affect different features of life if we don't seek a remedy for it. Stress is one of these problems and is a pervasive phenomenon and its main characteristic is the involvement of all psychological, physical, social, and family features in individuals. Most cases in mental health care centers don't have any obvious illness in their body. And they suffer from acute mental disease. However, they are stressful, upset, anxious, and depressed besides they have psycho-physical problems (Dadsetan, 2007). Moreover, individuals must have positive view about themselves and their environment in order to they can use their maximum mental capacity and potential ability. And they must have strong motivation for effort and trying so that they can learn issues and materials completely and in an applied way. And they should want to improve their knowledge and consequently they will be an effective and constructive one in practice (Emami, 2007; Amiri et al., 2005; Besharat & Abbasi, 2005; Noorbakhsh & Hassan pour, 2004).

It is necessary to identify and regulate emotions to encounter to life incidents and their consequences, this capacity can be an important factor in prediction about the adaptation among peoples (Esmail et al., 2007; Karami & Matin-Rad, 2005). Researchers think that the mental and physical diseases can be prevented and cured through program and regular exercise practices. One of that exercises that seems useful for this goal is yoga. In fact, the performance of yoga exercise is an effort to reverse the stressful mental effects. And it is a way from psycho-physical disease psycho-physical relaxation. There have been many extensive researches about yoga and its effects on human's physical and mental health in scientific centers in the past few years. The results show that we can reach to improve mind, body and totally our life quality and human mental practice by training and strengthening our body and moral (Cowen, 2010; Vadiraja et al., 2009; Telles et al., 2009).

Methodology:-

Subjects: - 40 subjects were selected randomly from the five departments of Kashmir University as subjects for the study. The age of the subjects ranged between 20 to 30 years.

Tools:- Miller and Allen questionnaire was used to measure the stress level among the subjects. The questionnaire consists of 25 questions. Every statement has two possible responses i.e. yes or no.

Procedure: - For the measurement of stress as pre test the subjects were divided into two equal groups i.e. 20 as experimental and 20 as control group. Stress was measured by Miller and Allen questionnaire. After assessment of pre test as experimental treatment yoga training was conducted for experimental group for two months and no training was given to control group. After the completion of two months yogic exercise programme the post test (stress Level) was conducted to know the significance difference.

Statistical technique:- the t test was used to determine the effect of yogic exercises on stress. Further the level of significance was set at 0.05 .

Results

Table 1

Significance difference in pre- test (stress score) between control and experimental Group.

Control group	Mean	S.D	T ratio
	33.70	2.88	0.88
Experimental group	34.58	2.33	

Significant at 0.05 level $t_{0.05}(38) = 2.03$

It is observed from table 1 that the calculated “t” (.88) is less than the tabulated value 2.03. Hence it is considered that there was no significance difference found between the control group and experimental group on the pre test scores of stress. The scores are also illustrated in the figure 1

Figure 1

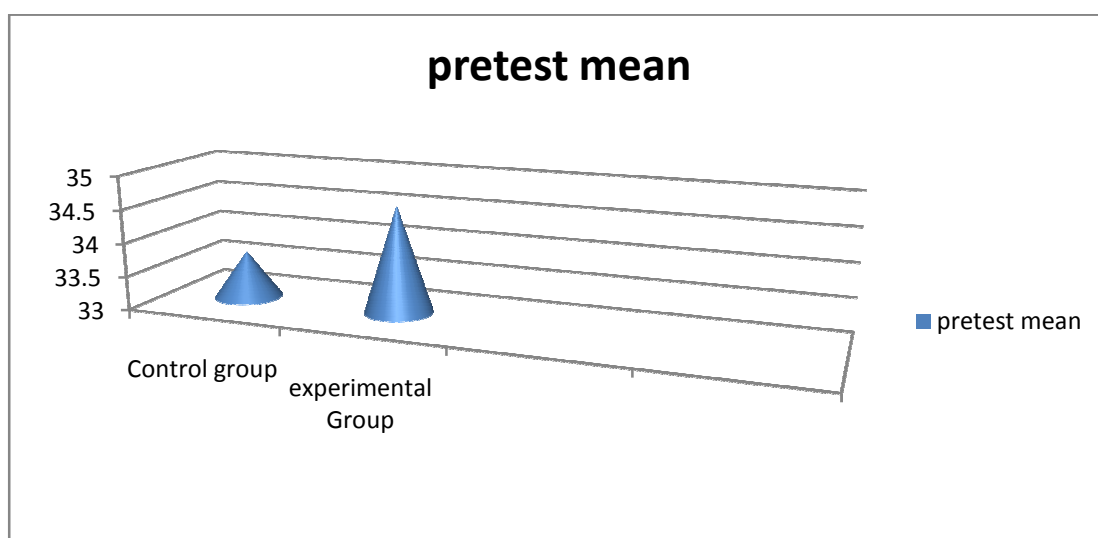


Table 2

Significance difference in post test (stress scores) between control and experimental group.

Control Group	mean	S.D	t. ratio
	33.91	3.04	
Experimental Group	29.27	2.02	

*significant at 0.05 level $t_{0.05} (38) = 2.03$

Table 2 reveals that there was a significant difference found between the control group and experimental group on the post test scores of stress level at 0.05 level of significance, because the calculated t (4.70) is greater than the tabulated t (2.03)

Above scores are depicted in figure 2

Figure 2

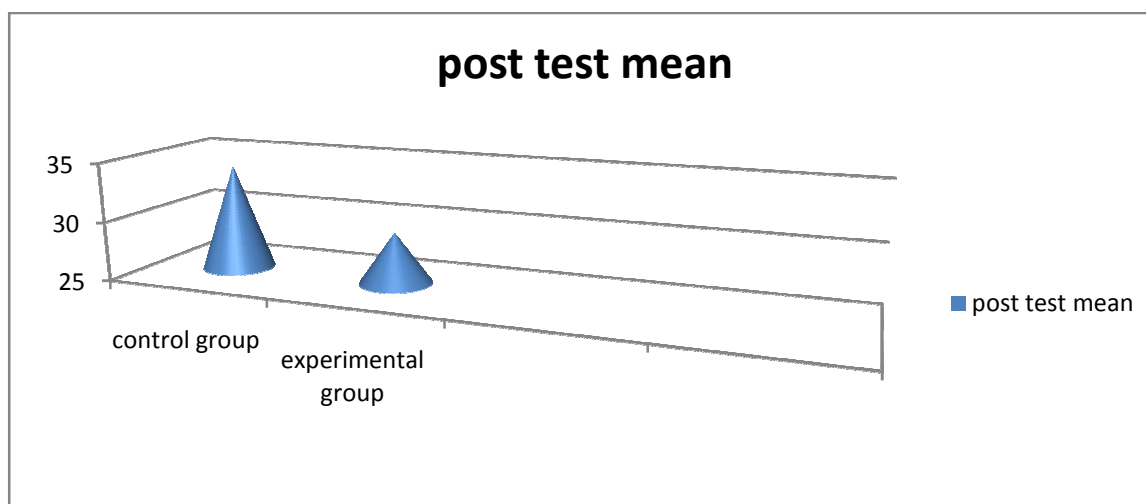


Table 3

Significance difference in stress score between pre-test and post-test of control group.

Pre-test stress control group	Mean	S.D	t. ratio
	33.70	2.88	
Post-test stress control group	33.91	3.04	

*significant at 0.05 level $t_{0.05} (38) = 2.03$

It is observed from table 3 that the calculated “t” (.28) is less than the tabulated value 2.03. Hence it is considered that there was no significance difference found between the pre test and post-test scores of control group. The scores are also illustrated in the figure 3

Figure 3

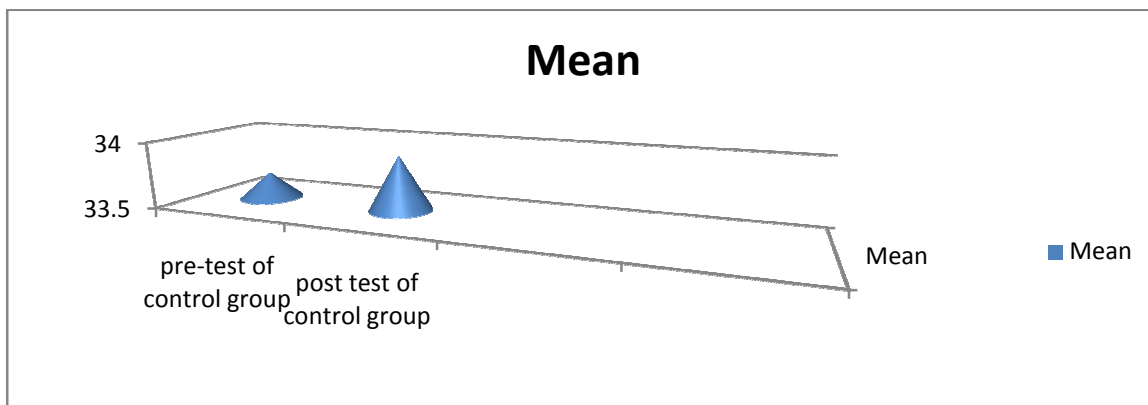


Table 4

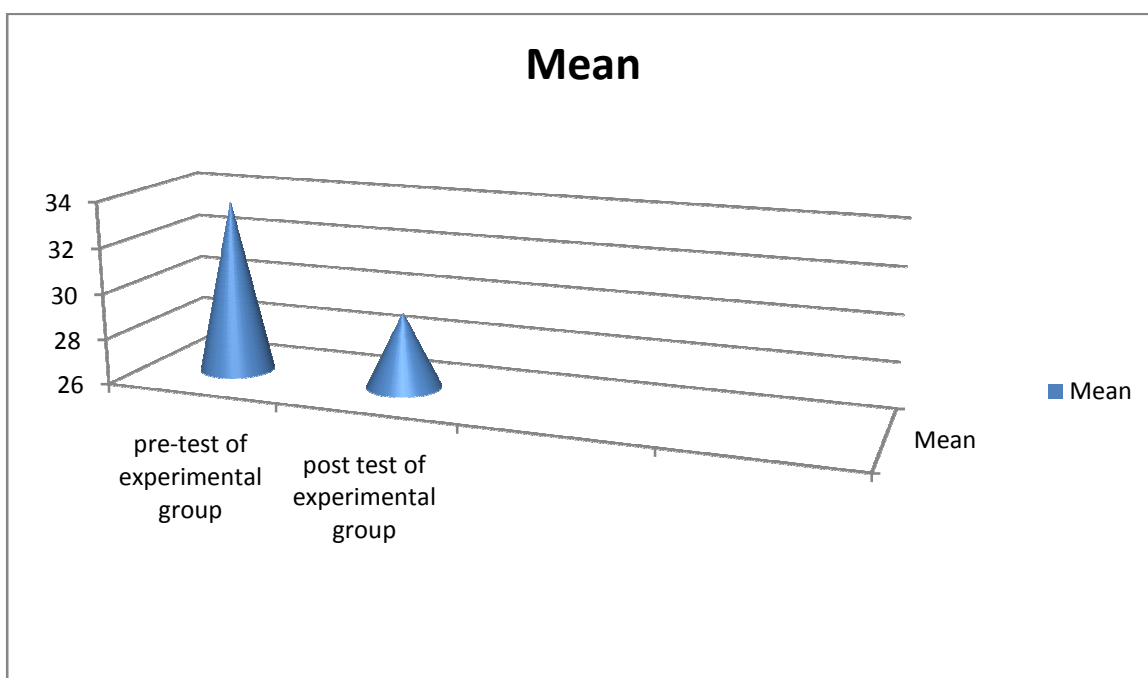
Significance difference in stress score between pre-test and post-test of Experimental group.

Pre-test stress experimental group	Mean	S.D	t. ratio
34.58	2.33	5.28*	
Post-test stress experimental group	Mean	S.D	
29.27	2.02		

*significant at 0.05 level $t_{0.05}(38) = 2.03$

It is observed from table 4 that the calculated “t” (5.28) is greater than the tabulated value 2.03. Hence it is considered that there was significance difference found between the pre test and post-test scores of experimental group. The scores are also illustrated in the figure 4

Figure 4



Discussion

On the basis of obtained results, it has been observed that there was no significant difference found between control group and experimental group on pre test scores as stress level. Results also revealed that there was no significant difference found in stress scores between pre test and post test of control group but as far as the two months yoga training (experimental training) is concern there was significant difference found in post test scores of stress between control and experimental group as well as in pre and post test of experimental group. According to this research yoga's exercise is affective in reduction of the stress among students according to their individual characteristics. Yoga's exercise in the researcher opinion is a way to reduce mental tension and to prevent the students' depression generally to enhance their mental health level According to the results, it is showed that yoga's exercises effect on student' stress, there is a significant difference after eight weeks between two control and experimental groups .consequently, yoga exercises affect the stress significantly and reduce this stress. These results is the same as the other research in this issue (Ghasemi, 2004; Bavaghar, 2003; Kiecolt et al., 2010; Chen et al., 2010, S.Cowen, 2010, Hafner-Holter et al., 2009; Telles et al., 2009; Vera et al., 2009; Vadiraja et al., 2009; Sanghani, 2008; Tang et al., 2007; S.Cowen & Adams, 2005). The reduction effect of stress can be probably because of the yoga's ability for decreasing and controlling the transmitting of destructive and irregular nervous message to the central nervous system. This characteristic of yoga exercises is mainly because of the accompaniment of every yoga' movement with mind concentration and tranquillity of the mind from disturbance thoughts.

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