

Covid -19 Management of Stress amongst Aspirants of NET/JRF

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Abstract

The Purpose of the Study was to study the effect of Covid -19 lockdown period on psychological variables of aspirants of NET/JRF. As all of us know as soon lockdown I was declared by Government every one Including Aspirants of NET/JRF who are preparing started taking preventive and precautionary measure maintaining social distancing and staying in confines of home.It was found that anxiety and stress started increasing among them. It was decided to find out the increasing anxiety and stress and it was decided to suggest measure to reduce anxiety and stress by giving them a programme based on Indian school of yoga.

Fifty subjects were selected out of the registered students from class to follow yoga programme pre and post test was conducted and data was analysed to find out the result.

KEYWORDS:-Covid -19,Anxiety , Stress , Yoga Social Distancing

INTRODUCTION

People say they are overstress or stressed out, they may try to combat stress with Yoga classes, Aerobic Classes.

Most people associate stress with negative events, financial problems or other unpleasant life changes that create nervous tension.

But stress is not merely nervous tension and it is not something to be avoided at all costs. In fact, complete freedom from stress is death.

Obviously, stress does not arise just from unpleasant situation. Stress can be associated with physical challenges and the achievement of personal goals. What is crucial is how the individual responds, whether in positive life – enhancing ways or in negative counterproductive ways.

As an aspirant of NET/JRF it may be one of the most stressful periods of the life as the result of NET/ JRF by NTA is only six percent to come into merit in particular Category. Big Syllables of Paper II and new syllabus of paper I brings extra stress over the mind of aspirants otherwise also very limited facilities to get good material from libraries and to get good coaching's available in our country. Covid-19 has brought extra stress because government of Indian declared lockdown 1 and every one was bound to confine at home only. with very little resource it brought extra stress to all aspirants.

Lockdown has brought significant change in their life style. this stress started influencing the preparation for NET / JRF. Research Scholar decided to study this situation and decided to take up this study which is beneficial and fruitful also in the field of preparation of NET/JRF Preparation.

NEED OF STUDY

All of us know that covid-19 has brought significant change in our life style and create lot of anxiety and stress. More pressure come to students who were preparing for examination either entrance or competitive because they were not getting permission to sit in library and not able to attend guidance classes.

Therefore, research scholars wanted to study the amount of stress NET/JRF Aspirant suffered and counsel them to cope up with this stress

AIM

The Major aim of the study was to study the stress level of NET/JRF Aspirants and trained them to cope up with the level of specific plan.

OBJECTIVES

1. To identify the NET/JRF Aspirants.
2. To measure NET/JRF Aspirants Stress level during Covid-19
3. To Prepare a training plan to cope up this stress.
4. To study the effort of the training plan on the stress of NET/JRF Aspirants.

MATERIAL AND METHODOLOGY

- **Study type: Experimental type**
- **Sample: Purposive sampling method**
- **Sample Size:50**
- **Place of Study:NET /JRF own residence (online group)**
- **Duration of Study:15 days**
- **Criteria of Study:Stress and Anxiety during lockdown period**
- **Observation pre and**

PROCEDURE OF STUDY

For the Investigation of The Research N= (50) Subjects were randomly selected from the Group of registered aspirants for Free Online classes, run by Dr Anil Karwande and Mrs. Sangita Khare for preparation Of Paper-1. All these aspirants were attending regular Online Classes on WhatsApp Mode Every day.

A Questionnaire to measure anxiety and stress level was served through WhatsApp Mode to these selected fifty subjects. Pre-Test Score was calculated for anxiety and stress. A programme was developed by research scholars of Yoga. This Programme was served to all the subject the programme Included selected ten Yoga Sana and the pranayama. Subjects were Instructed to follow this programme at their own. A video was served to everyone to learn the Yoga Sana and Pranayama. A three days orientation programme was taken.

The experimental period was of 15 days. Post Test followed the experimental period. The Selected 50 aspirants were divided into two groups experimental group and control group each group consisted of 25 aspirants. Aspirants were advised to follow programme between 6 am To 7 am. After 15 Days experiment Period the Post Test was conducted.

TABLE -01
PROGRAMME OF YOGASANA AND PRANAYAMA

YOGASANA	DURATION PERDAY
1. SHAVASANA	10 SECOND
2. TADASANA	5 SECOND
3. PADMASANA	5 SECOND
4. BHUJANGASANA	5 SECOND
5. PASCHIMOTTANASANA	5 SECOND
6. ARDHA SHALABHASANA	5 SECOND
7. VAKRASANA	5 SECOND
8. VRUKSHASANA	5 SECOND
9. SARVANGSANA	3 SECOND
10. DHANURASANA	3 SECOND
11. ANULOM AN VILOM	2 MINUTES
12. BHASTRIKA	2 MINUTES

DATA ANALYSIS AND DATA INTERPRETATION

on the basis of the data of pre-test and post-test, mean and standard deviation calculated and 'T' ratio was calculated which is given in table below

table 2 shows the group mean decreases after two weeks of asana and pranayama training.

GROUP	M1	M2	D	SE	'T' RATIO
EXPERIMENTAL GROUP	16	14.2	1.8	0.032	2.07
CONTROLLED GROUP	16.2	15.9	0.3	0.041	1.06

Significant at 0.5 level

DISCUSSION AND CONCLUSION

With the limitation of present Study, where (aspirants) suffered some amount of stress due to covid-19 situation but as and when they were exposed to practice of training of yoga Sana and pranayama, it has been observed that the distress amongst the samples (aspirants) reduced considerably because as we know that yoga is the method for diverting the distracted mind into planned and constructed channels when we participate in yogasana, it brings psycho-physiological benefits and thus helping us to reduce and manage stress, specially when one take part in the practice of pranayama it allows to improve more amount of air to our body thus more amount of oxygen to our body and brain and it helps letting our mind to become still focused for specific period of time. It is the process that help us to discover the treasure of potential lacked up within our self it is the process that needs to restoration of one's well being and that is the reason we are able to reduce stress when to take part in yoga and pranayama.

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