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## Effect of yogic practices in mental stress management of school teachers

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### Abstract

The purpose of the study was to find out the effect of yogic practices (suryanamaskar and meditation) in mental stress management of women school teachers of Coochbehar district, West Bengal. For the purpose of the study 60 high school teachers were purposefully selected as subject, their age ranged between 25 to 35 years. The selected subjects were divided into two equal groups, namely experimental and control groups. The experimental group gone through six week practice for suryanamaskar and meditation, whereas control group was not gone through to any training. Pre-test and post-test data were collected by the help of International stress management association questionnaire. The collected data were analyzed by the using of 't' test at 0.05 level. The regular yogic practices significantly helped in mental stress management of the school teachers.

**Keywords:** Suryanamaskar, meditation, stress management

### Introduction

Modern life become fully comfort and easy by the help of science revolution. But it impart negative effect on human life style, man de-touch from physical activity. As a result the world is filled with stress, tension, anxiety, unhappiness etc.

### Stress

According to Dr. Hans Selye "Stress is non-specific response of the body to any demands made on it". In medical term stress is define "As a disruption of Homeostasis" (internal balance).

"Nervous tension that results from internal conflicts from a wide range of external situations"- D'Souza

### Suryanamaskar

Suryanamaskar or Sun Salutation is a Yoga warm up routine based on a sequence of gracefully linked asanas. The nomenclature refers to the symbolism of Sun as the soul and the source of all life. Suryanamaskar is a well-known vital technique within the yogic practices. Its versatility and application make it one of the most useful method to induce a healthy, vigorous and active life and at the same time prepare for the spiritual awakening and the resultant expansion of awareness. Suryanamaskar salutation to the sun GOD is a series of 12 postures that can be performed as one complete exercise. Suryanamaskar is one of the most comprehensive and basic yogasanas. The exercise in stretch and flexes the different part of the body and removes stress and improve blood circulation.

### Meditation

Meditation is a practice where an individual trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself. The term meditation refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force and develop compassion, love, patience, generosity, and forgiveness. A particularly ambitious form of meditation aims at effortlessly sustained single-pointed concentration meant to enable its practitioner to enjoy an indestructible sense of well-being while engaging in any life activity.

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### Purpose of the study

The purpose of the present study was to determine the effect of regular yogic practices (suryanamaskar and meditation) on mental stress management of school teachers.

### Procedure and Methodology

Total sixty women high school teacher aged 25 to 35 years from Coochbehar district, West Bengal, were purposively selected as subject of the study. They were divided into two

equal groups, 30 in experimental group and 30 in control group. The experimental group had gone through a six week regular practices of suryanamaskar and meditation, whereas control group were not exposed to any types of training.

Stress level was determined by the help of International stress management association questionnaire. Pre-test and post-test data were collected and the data were statistically analyzed by using 't'-test at 0.05 level of significance.

**Table 1:** Procedure of training

Sl No.	Exercise	Number	Duration
1.	Forward and Backward bending	10 times	2 min.
2.	Suryanamaskar	3 times	15 min.(2 min. rest between sets)
3.	Shavasana	1 time	5 min.
4.	Meditation	1 time	10 min.

### Results & Findings

The collected data were classified and presented in tabular form. The raw scores were arranged according to design of the study. Appropriate statistical computations were made and computed scores were presented. The comparison of level of stress between control group and experimental group after six week training as follows.

**Table 2:** Result of pre-test and post-test of control group

Control Group	Mean	SD	't' test
Pre test	13.43	±1.75	0.029
Post test	13.7	±1.57	

Table-2 shows that pre-test and post-test stress level of control group. It shows that pre-test mean stress level  $13.43 \pm 1.75$  and post-test mean stress level  $13.7 \pm 1.57$ . It also shows that the 't' value was 0.029, which was not statistically significance difference at 0.05 level.

**Table 3:** Result of pre-test and post-test of Experimental group

Experimental Group	Mean	SD	't' test
Pre test	12.83	±2.1	3.2
Post test	10.96	±1.65	

Table-3 shows that pre-test and post-test stress level of experimental group. The pre-test mean stress level was  $12.83 \pm 2.1$  and post-test mean stress level was  $10.96 \pm 1.65$ . It also shows that the 't' value was 3.2, which was statistically significance difference at 0.05 level.

### Discussion on Findings

Finding from statistical analysis have revealed and established significant differential training effect of regular Yogic practices (Suryanamaskar & Meditation) on mental stress management of women high school teachers of Coochbehar district, West Bengal. As revealed by statistical analysis significant differences of pre and post training effect of six weeks regular yoga can be seen on experimental group, though there was no significant difference found in the control group.

Suryanamaskar is effective in leading to R-Dispositions like physical relaxation, mental quiet, at ease/peace, rested and refreshed, strength and awareness and joy and reduces sleepiness, somatic stress, worry and negative emotion at a dispositional level (Godse *et al.* 2015) which may be the reason that the practice of Suryanamaskar helped in stress management.

Meditation, a simple technique practiced for as few as 10 minutes per day can help you control stress, decrease anxiety, improve cardiovascular health, and achieve a greater capacity for relaxation (Melissa, 2014) that is why six weeks of meditation practice for 10 minutes/day have created significant effect on mental stress management.

### Conclusion

It is clear that suryanamaskar and Meditation help to manage the stress. Under the light of results following conclusions can drawn:

- Suryanamaskar and Meditation reduced the stress level of working women of Coochbehar district, West Bengal.
- Regular physical activity can reduce the stress level of working women of Coochbehar district, West Bengal.

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