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## Impact of yoga on educational stress of college students

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### Abstract

This study is an attempt to find out whether yoga has any effect on the educational stress of the college students. For the purpose of this study hundred students from the NSS College, Vazhoor were selected as subjects. These students were randomly divided into experimental and control groups of fifty each. After taking the pretest for the selected variable, a twelve week training programme was given to the experimental group. The control group did not involve in any type of training. After the training programme, a post test was conducted for both groups. The data were analysed by using mean, standard deviation and t-test. The result reveals a significant decrease in educational stress of college students due to yoga

**Keywords:** Yoga, Educational Stress

### Introduction

Yoga is an ancient Indian way of life which includes many asana and breathing exercises. It is a life of self-discipline. It balances, harmonizes, purifies and strengthens the body, mind and soul. Yoga shows the way to perfect health, perfect mind control and perfect peace with one's own self. Practicing yoga has shown beneficial for the mental and physical aspects of children. Stress is the major problem of the modern world particularly of the youth and college going students who are losing their health and well-being. Educators and families need to be aware of the stressors in children's lives and help children learn how to cope and manage them appropriately (Bagdi & Pfister, 2006) <sup>[1]</sup>. The present investigation is an attempt to find out whether yoga has any effect on educational stress of students.

### Objectives

The objectives of this study is

To find out the effect of yoga on educational stress of college students.

### Delimitations

This study is delimited to degree students of NSS College, Vazhoor.

The study is further delimited to male students.

### Limitations

No motivational techniques were employed for this study.

The personal behavioural styles of students were beyond the control of the investigator is also considered as a limitation of the study.

### Hypotheses

There will be significant change in the stress level of students due to yoga training.

### Methodology

#### Selection of Subjects

For the purpose of this study, 100 students from NSS College, Vazhoor were selected as subjects. The average age of the subjects was 20 years.

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**Design of the Study**

Randomly selected 100 subjects were divided into two equal groups as 'A' and 'B'. After taking the pre-test for the selected variable, the training programme was given to the experimental group 'A', and 'B' served as the control group. The experimental group 'A' had undergone the training programme in yoga for five days in a week for 12 weeks. After twelve weeks of training as per the schedule, a post-test was conducted for the same variable to both groups.

**Tool used**

Stress questionnaire for students developed by ministry of social security, national solidarity and reform institutions were used for assessing the educational stress. It consists of 20 statements. Sum of 20 items gives the stress score.

**Administration of Training Programme**

The experimental group was given an organised training programme for 12 weeks. The programme was of 40 minutes duration for five days in a week. This was monitored and controlled by the investigator. The control group did not involve in any session of training.

**Statistical Technique for Analysis of Data**

To find out the significance of difference between the pre-test and post-test data on the selected variable for the experimental and control groups, the 't'-test was applied.

**Analysis of Data and Discussion of Findings**

The t-test was employed to analyse the significant difference between pre-test and post-test on the selected variables.

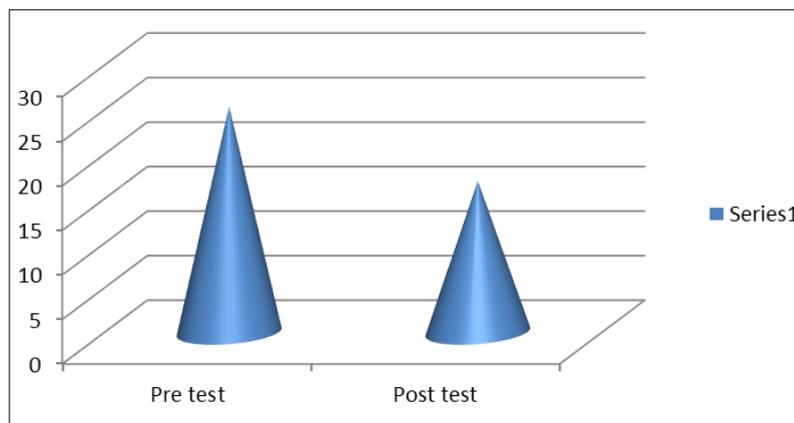
**Table 1:** The Significance of Differences between the Pre-Test and Post-Test Means of Educational Stress of the Experimental and Control Groups.

Groups	Means		MD	SD	SE	't' value
	Pre-test	Post-test				
Experimental Group (N=50)	25.32	16.96	8.36	7.23	0.569	7.95*
Control group (N=50)	29.58	33.13	3.55	8.16	0.042	1.58

\* Significant at 0.05 level. 't' value required at 0.05 level = 2.01 (DF 49)

The statistical results shown in table 1 indicate that the experimental group exhibits significant decrease in educational stress with pre-test mean score being 25.32 and the post-test mean score being 16.96. Further, it shows that the obtained 't' value (7.95) is much higher than the tabulated 't' value (2.01) at 49 degrees of freedom. Hence the obtained 't' value is found to be highly significant at 0.05 level. On the

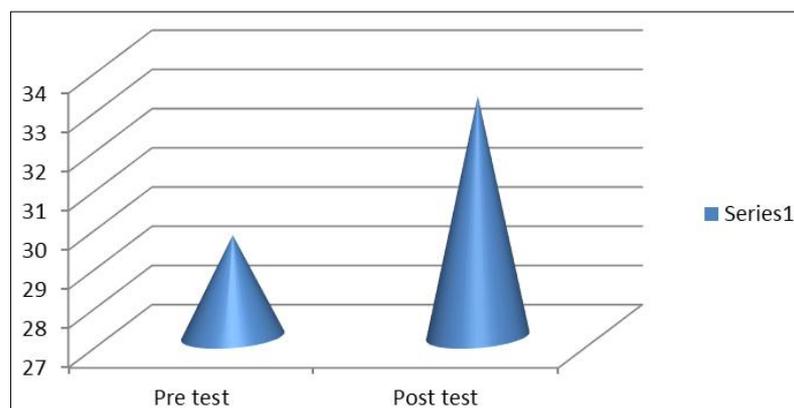
contrary, the pre-test value (29.58) and post-test value (33.13) of the control group shows negligible difference. Further the obtained 't' value (1.58) is less than the required 't' value (2.01) at 0.05 level. Hence it shows that there is no significant difference in the educational stress of the control group. The pre-test and post-test means of educational stress of experimental group is diagrammatically shown in figure 1.



**Fig 1**

The pre-test and post-test means of educational stress of

control group is diagrammatically shown in figure 2



**Fig 2**

### **Conclusion**

The analysis of data seemed to have permitted to the following result. Experimental group showed significant reduction in educational stress due to the yoga training.

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