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**Manjit**  
Research Scholar, Maharshi  
Dayanand University, Rohtak,  
Haryana, India

## Effect of yogasanas on anxiety level among on college students

**Manjit**

### Abstract

Yoga is the art of living. It is all things to all people. It is about getting to know yourself. Integrating the many aspects of ourselves and putting us in control of our minds; the effects are holistic, bringing about health awareness and a change of attitude towards ourselves and the world around us. We cannot practice Yoga without changes happening within ourselves, becoming more aware that it influences our life and the way we live. Hatred of any kind gets abolished from the surface of life by the very fact of the unity of procedure and purpose involved in the structure and programs me of creation. Human history can transfigure itself into a saga of the dramatic evolution of the particulars to the Universal through the various levels and degrees of its manifestation. What people have been dreaming of as the glorified ideal of *Rama-Raja*, or the Golden Age of *Satya-Yuga* of divine and eternal perfection, would not, indeed, be a far-off object to be realized. It was a perennial message which Plato proclaimed with the conviction of a genius when he declared that no peace on earth can ever prevail unless philosophy goes with administration, and administration with philosophy.

**Keywords:** yogasanas, students, anxiety, college

### Introduction

Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'. Yoga is an art and takes into purview the mind, the body and the soul of the man in its aim of reaching Divinity. The body must be purified and strengthened through various practices. The mind must be cleansed of all gross and the soul should turn inwards if a man should become a yogic adept. Study purifies the mind and surrender takes the soul towards God. Yoga asana (postures) and breathing deal with the physical body, but due to their effect on the brain, they also affect the mind.

All the wonders of modern science will not bring happiness, peace of mind, health or a long life. Although wonders have been achieved in our external environment – space travel, computers, etc. our internal environment has been neglected. Thousands of years ago the ancient yogis turned their minds inwards and discovered their true nature. This allowed them to work out a system of body and breathing exercises which results in vitality, rejuvenation and peace of mind.

### Yogasana and Anxiety

The word anxiety is defined as a vague unpleasant emotion that is experienced in anticipation of some misfortune. It is the fear or apprehension about the uncertainties of present and future. It is advised that yoga for anxiety deals better than any mode of therapy. In fact yoga poses for anxiety has been in practice for long time. Characteristically yoga is a slow paced, slow breathing exercising technique, which is in sharp contrast to the symptoms and characters of the anxiety and our reaction to it. Driven by its characteristic prolonged breathing yoga helps dampen the causes of anxiety within one's mind. The hormonal reactions in the blood are neutralized by determined and forceful self-restraint. The shortness of breath, rapid pulses and heartbeats get soothed by steady but gradual supply of oxygen and reduction in circulation due to yoga.

**Correspondence**  
**Manjit**  
Research Scholar, Maharshi  
Dayanand University, Rohtak,  
Haryana, India

**Methodology**

The methodology adopted in the present study related with selection of subjects, selection of variable, and selection of test.

**Selection of subjects**

The purpose of the study was to find out” Effect of yogasanas on anxiety level among on college students” To achieve this purpose 30 male and female students studying in department of physical education, CBLU, Bhiwani were selected as subjects.

**Anxiety status scale:** Anxiety status of the subjects the present study was estimated with the help of anxiety status scale developed by Taylor’s manifest anxiety scale. The response categories are true or false. The responses are scored with the help of manual.

**Selection of variables**

- Vakrasana, vajrasan, paschimottanasana
- Trikoasana, Tadasana, Vrikshasana
- Chakrasana, Naukasana, Halasana,
- Dhanurasana, Bhujangasana, Shalabhasana

**Alsys and interpretation of data**

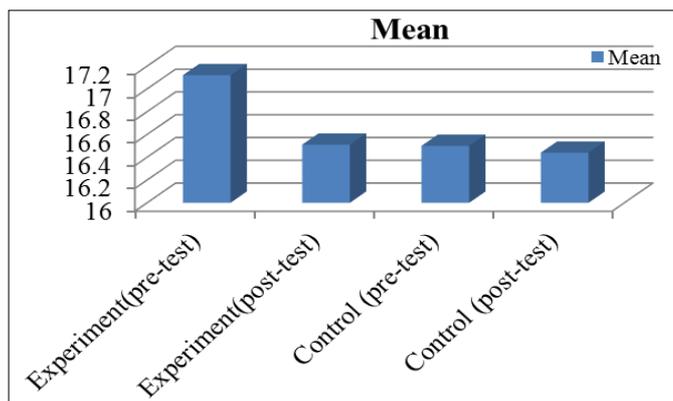
The purpose of the study was to find out “Effect of Yogasanas on Anxiety Level among on College Students”. To achieve this purpose the date collected for the study were put into analysis and results of which are presented in the Table.

**Table 1:** Showing the pre-test and post-test for Anxiety level performance.

Group	Number	Mean	S.D	‘t’ Value
Experiment(pre-test)	15	17.12	1.41	14.81
Experiment(post-test)	15	16.51	1.25	
Control (pre-test)	15	16.50	1.43	0.24
Control (post-test)	15	16.44	1.64	

**The level of significant is 0.05**

Table No 1.1 Shows that the experimental group’s mean performance value of Anxiety Level of pre-test is 17.12 and the post-test is 16.51 the post-test Anxiety Level performance is less than pre-test Anxiety Level performance and also the t value is more than the table value. Hence it indicates significant development of Anxiety Level performance of pre and post-test values are 16.50 and16.44 respectively. The t value is less than the table value. Hence the pre and post-test values indicate insignificant.



**Fig 1:** Showing the pre-test and post improved the Anxiety performance of girls

1.1 (a) The above figure clearly indicates that the 6 weeks yoga training performance is drastically improvement is the anxiety of the girls.

**Summary**

The purpose of this study was to find out the “Effect of Yogasanas on Anxiety Level among on College Students”. To achieve this purpose 6 weeks yogasanas training was given to selected male & female subjects. To know the Effect of yogasanas training on the Anxiety level training reduces Anxiety Level performance.

**Conclusion**

The yogasanas training reduces Anxiety.

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