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Effect of six week yogic practice on stress among female students of university of Delhi

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Abstract

The purpose of the study was to determine the Effect of Six Week Yogic Practice on Stress among College Going female Students. For the purpose of the study 30 female subjects were selected randomly from Shyama Prasad Mukherji College (University of Delhi), Punjabi Bagh, New Delhi. The duration of total practice was six weeks, 45 minutes a day in the morning. The pre data was collected from the selected subjects before giving yogic training and post data after the training. The data was collected by using Stress was measured by ISMA Stress questionnaire which is made by ISMA. The collected data was analysed by computing descriptive statistics followed by paired sample 't' test. The results indicated that there was a significant effect of Six weeks yoga training on Stress in college going female students. The level of the significance was set at 0.05 level.

Keywords: yoga, stress

Introduction

Research into the role of yoga in certain disease states and in improving overall health is ongoing. The specific focus of this review is the use of yogic principles and exercises for reducing stress. A review of human trials on the relationship between yoga and reduction in stress was performed, and the validity of these findings is presented in an effort to determine whether the existing primary literature supports the incorporation of yoga into the cognitive behaviour therapy plan for stress, or whether additional research in the field is warranted. Moreover, compliance with yoga practice is evaluated. If deemed beneficial, yoga could be a potential alternative or adjunctive option to pharmacologic therapy for patients with stress disorders.

Stress is a feeling of strain and pressure. Small amounts of stress may be desired, beneficial, and even healthy. Positive stress helps improve athletic performance. It also plays factor in motivation, adaptation, and reaction to the environment. Excessive amounts of stress however, may lead to many problems in the body that could be harmful.

Objectives of the study

The purpose of the study to find out the effect of Yogic Practice on Stress of College going students

Experimental protocol

Total 30 (thirty) college going female students were selected randomly as subjects from the Shyama Prasad Mukherji College (University of Delhi), Punjabi Bagh, New Delhi.. To achieve the aim of the study fifteen (15) experimental and (15) control female college going students were randomly included. The age of the subjects was ranged between 16 to 19 years. The scholar selected stress as the dependent variable. The pre test data were collected from the selected subjects before giving the training and post test data after the giving training. 't' test was employed to find the effect on the stress. The level of the significance was set at 0.05 level.

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Tool used

The data was collected by using ISMA Stress questionnaire which is made by ISMA

Almost all the instruction was given to the students prior to the filling the questionnaire. There are 25 questions in which they have 2 option like yes, no.

Training protocol

The training programme was executed only for treatment group for six weeks, Monday to Friday onwards for 45 minutes in the morning and control group did not receive any training programme but continued with their daily schedule.

Tadasana, Vrikshasana, TiryakTadasana, Padahatasana, Ardh-Chandrasana, Trikonasana, Paschimotanasa, Vajarasana, Ardh- Matsendrasana, Gomukhasana, Bhujanagasana, Dhanurasana, Naukasana, Pawanmuktasana, Ardh-Halasana, Anuloma Viloma, Bhastrika, Kapalbhati, Shavasana and Meditation which were practiced daily.

Results and discussion

Table 1: (Pre and Post test result of stress among female college going students)

Group (N=15)	Pre test (Mean±Std)	Post test (Mean±Std)	t	Df	Sig. (two-Tailed)
Experimental group	13.60±2.09	8.86±1.24	8.06	14	.000
Control group	13.46±1.30	14.00±1.19	-1.33	14	.205

Table 1. In the above table indicates that the pre and post –test values (mean & standard deviation) of stress of female college going students. The stress of female college going students decreased from 13.60 ± 2.09 to 8.86 ± 1.24 respectively. The study also supported by the previous study of Kumar

Arun, Kumar Muchhal Mahesh (2009) they were found that Academic stress and its components showed statistically significant reduction due to the yoga module.

Graphical presentation of mean value

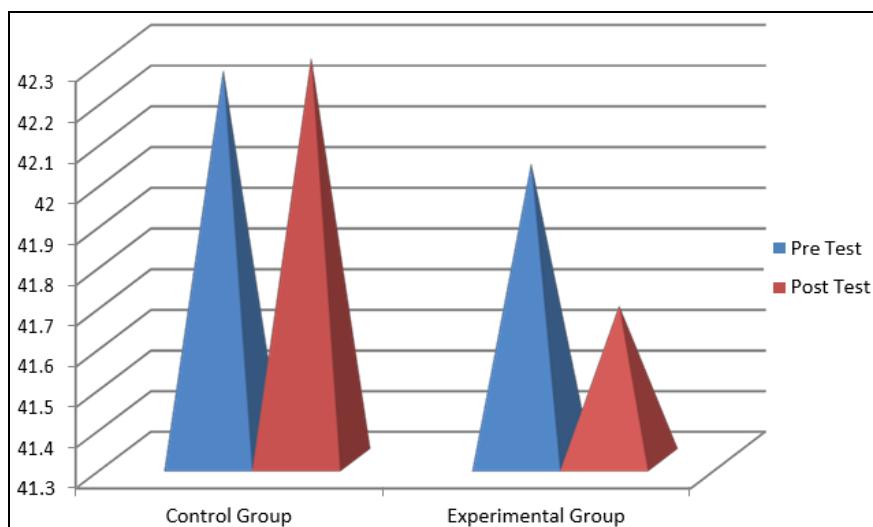


Fig 1: displays the mean values of all the selected variables for the study

Discussion of findings

This study has been conducted with the purpose to find the effect of Six week yogic practice on stress on college going female students. From the study we have found that there was a significant effect on stress. In order to reduce stress in students asanas, pranayama and meditation can be applied. Yoga can be beneficial in achieving a tranquil state of mind during routine activities and yet providing the concentration and arousal essential in demanding or stressful situations like examinations.

Conclusion

From this study we have found there was a substantial impact on stress is still in realization due to the short term training. Further the research study strongly recommended for long period of yogic training.

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