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## Effect of yoga therapy and progressive muscle relaxation on stress level in college students

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### Abstract

Therapies involving in mind and body interventions are being used increasingly in stress reduction. Nowadays college students are under various stress factors that hinder their performance in the academics leading to physical and mental disorders. The aim of this study is find out the effect of yoga therapy and progressive muscle relaxation on stress levels in college students. The study was conducted with students of KG College of health sciences where fifty students were selected based on the selection criteria and divided in to two groups where Group A (n=25) received yoga therapy and Group B (n=25) received progressive muscle relaxation. Sessions for both groups were conducted simultaneously for six weeks with one session per day on alternative days in the evening. Depression, anxiety and stress scale (DASS 42) was used, in which the stress subscale is alone accounted to assess the stress levels in the individuals before and after the six weeks of therapy sessions. The pretest and post test data were collected before and after the therapy sessions and interpretation was done using student 't' test. The results of the study showed that there significant difference in the pretest and post test values of both groups but the group a showed superior mean difference than group B. The study concludes that there is significant reduction in applying yoga therapy and progressive muscle relaxation in college students in stress reduction but yoga therapy showed more significant improvement than progressive muscle relaxation.

**Keywords:** Yoga therapy, Progressive muscle relaxation, stress level, college students

### Introduction

Stress is experienced as response to a range of physical, occupational and emotional stimuli. Continued exposure to stress can lead to physical and mental disorders. Nowadays college students are under varied stress factors that hinder their physical and mental status which in turn reduces their academic performances. Therapies involving in mind and body interventions are being used increasingly in stress reduction. Yoga therapy is one among the interventions that includes breath awareness, internal centering to remove external concerns, achieve focus and become sensitive towards internal feelings, meditation and bodily postures to improve mental and emotional blockages, strength, coordination, flexibility and balance. Progressive muscle relaxation is another form of intervention to body and mind which involves in tensing and relaxing the muscles from head to toe achieving overall relaxation there by reducing stress. The aim of the study was to find out the effect of yoga therapy and progressive muscle relaxation on stress levels in college students.

### Methodology

#### Selection of Subjects

The study was conducted with college students of KG College of health sciences where fifty students were selected based on the selection criteria such as age of 18 – 24 years, both males and females, moderate stress levels, with normal BMI, unaffected from other psychological disorders, not participating in any other training procedures were selected and divided in to two groups a written consent was obtained from each of them. Group A (n=25) received yoga therapy and Group B (n=25) received progressive muscle relaxation.

#### Selection of variables

Stress level measured through Depression Anxiety stress scale (DASS 42).

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**Training procedure**

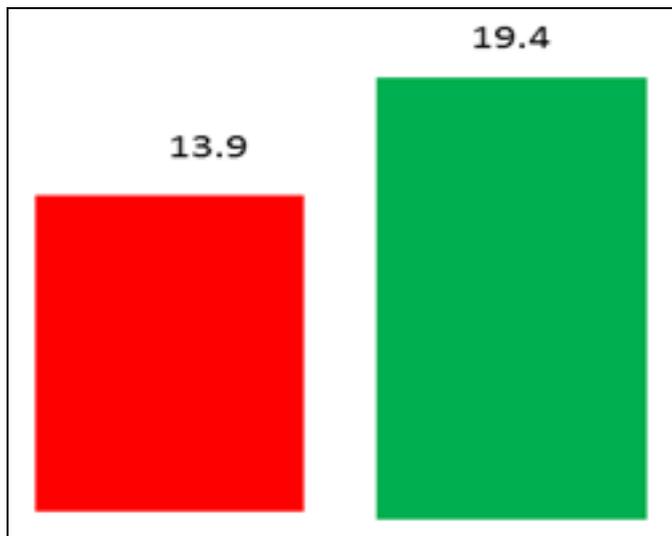
Yoga therapy consisted of asanas like Surya Namaskara, Triyak Tadasana, Kati Chakrasana, Uttanasana, Majariasana, ardhomukhasvanasana, Virabhadrasana, utthita Trikonasana, Badha Konasana, Utkatasana, Navasana, Vrksasana, Nauka Sanchalasan, utthita Lolasan and Savasana that was performed by the individuals on a mat initially started with five repetitions of each asana and progressed to ten repetitions with guidance of therapist. Progressive muscle relaxation is done by successive tensing and relaxation of the body muscle groups from the toe to head in supine lying position with eyes closed and gentle music played in the background for a time period of thirty minutes per session and guidance was given by the therapist. Sessions for both groups were conducted simultaneously for six weeks with one session per day on alternative days in the evening. Depression, anxiety and stress scale (DASS 42) was used, in which the stress subscale is alone accounted to assess the stress levels in the individuals before and after the six weeks of therapy sessions.

**Statistical Analysis**

Statistical analysis was done using student t test to estimate the effect of yoga therapy and progressive muscle relaxation on stress reduction in college students.

**Table 1:** Shows the Post Test Values of Group A and Group B

S. No	Groups	Mean value	Mean difference	SD	t value
1	Group A	13.9	5.5	0.898	6.1231
2	Group B	19.4			



**Fig 1:** Shows the Post Test Values

**Results**

The results were analyzed using student t test, the table I shows the post test mean values of both groups and the t value of 6.1231 which shows a significant reduction in stress levels in both groups but the group A received yoga therapy showed more significant improvement than the group B received progressive muscle relaxation.

**Conclusion**

The study concludes that both yoga therapy and progressive muscle relaxation reduces stress levels in college students but yoga therapy is better in reducing stress than progressive muscle relaxation in college students.

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