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## The impact of specific asana on the stress of 12 to 16 years school children

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### Abstract

The main aim of this study is to find the effect of Specific asanas on the Stress of 12 to 16 years school children. Considering the mentioned objective, 40 students of BIPS, Bagalkot, Karnataka State are selected as cases for this study and they are randomly divided into training group and controlling group. The first group, participated in Specific asanas training process that continued 8 weeks, while; the latter group did not participate in any exercise programs and continued with their daily activities.

**Keywords:** Specific asanas, stress

### Introduction

Yoga is one such alternative form of physical activity that is used mainly for the purpose of health promotion. Yoga comprises mainly body postures (asanas), breathing exercises (pranayama), and meditation (dhyana). Yoga is also gaining increasing popularity as a therapeutic measure. Some 80% of persons practicing yoga in the US (more than 16 million people) reported that they had taken up the practice with the explicit goal of improving their health. In this setting, the hope to maintain stress, was one of the most important reasons for taking up yoga. Current researches have also suggested that with the physical activity including specific asanas, an improvement of management of Stress.

### Meaning of Specific asana

An asana is a body posture, originally a sitting pose for meditation, and later in hatha yoga and modern yoga, adding reclining, standing, inverted, twisting, and balancing poses to the meditation seats. The Yoga Sutras of Patanjali define "asana" as "[a position that] is steady and comfortable". Patanjali mentions the ability to sit for extended periods as one of the eight limbs of his system. Asanas are also called yoga poses or yoga postures in English.

### Meaning of Stress

Everybody has to overcome stresses. Every time there is a stress situation. A mature individual mobilizes the available resource and utilize. Then to best of his ability to overcome the stress. a state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

### The aim of this study

The aim of this study is to find the effect of 8 weeks of Specific Asanas on the Stress of 12 to 16 years school children.

### Subjects and Methods

In order to gather the required data, 40 students between 12 to 16 years old of Bagalkot are selected. After calls in all BIPS, Bagalkot, Karnataka State, some families have accepted to participate in the study. The selected cases are divided into two groups (20 for each) which are training and controlling groups. The demographic characteristics of the subjects are presented in Table. The results of t-test have shown that the two groups have homogeneous age, Stress.

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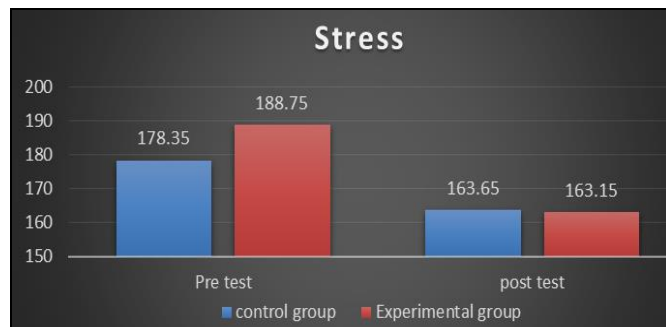
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**Table 1:** Analysis of mean Standard deviation and 't'- value for Stress among control and experimental group of specific asanas training group

| Variable | Group        | No | Mean     |           | Std. deviation |           | Df | t-value | Sig.  |
|----------|--------------|----|----------|-----------|----------------|-----------|----|---------|-------|
|          |              |    | Pre test | Post test | Pre test       | Post test |    |         |       |
| stress   | Control      | 20 | 178.35   | 163.65    | 15.52          | 16.78     | 19 | 3.125   | .006  |
|          | Experimental | 20 | 188.75   | 163.15    | 11.85          | 13.74     | 19 | 8.618   | .000* |

Significant at 0.05 level, df=19, 't' 0.05=2.09

From the above table is clearly indicates that there was a highly significance difference in Stress between pre-test and post-test among Experimental group of school children as calculated t-value 8.61 > table value 2.09 at 0.05 level, in control group also shows there was slight significance stress index Pre-test and post-test among control as calculated t-value 3.12>table value 2.09 at 0.05 group of specific asanas training.



**Fig:** Bar graph representation of the mean values of Stress of the Control and Experimental groups in pre-test and post-test of specific asanas training group.

## Discussion

Based on the findings of this study, 8 weeks of specific asanas improvement in managing stress of 12 to 16 years school children. This study also confirms the findings of the effect of specific asanas on these Stress measurements were conducted 8 weeks after the experiment concluded. The experimental group and control group showed significant differences in Stress. Therefore, the results of this study suggest that specific asanas is effective for the improvement of the management of stress, and this asanas can help maintain the physical fitness. However, this study has some limitations: The research subjects included only school children, and the experiment was implemented using only specific asanas. This fact can be the result of a slight change in managing Stress of the students after specific asanas.

## Results and Conclusion

This study indicates that there was a highly significance difference in Stress between pre-test and post-test among Experimental group of school children as calculated t-value 8.61 > table value 2.09 at 0.05 level, in control group also shows there was slight significance stress index Pre-test and post-test among control as calculated t-value 3.12>table value 2.09 at 0.05 group of specific asanas training.

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