



IMPACT OF YOGIC PRACTICES ON STRESS AMONG COLLEGE STUDENTS

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Abstract

The purpose of the present study was to find out the Impact of Yogic Practices on Stress among College Students. For this purpose, 40 subjects Govt. PUC College for Girls Vijayapura District, from Karnataka were selected as subjects and they were divided in to two equal groups with 10 each as experimental and control group. Experimental group underwent selected yogasana practice daily morning 60- minute included 10 minutes of warm-up and the control group not given any special training. The training period for this study was 8 weeks in a schedule of 5 days in a week. The pre and post test were conducted prior and after the training programme on the selected psychological variable of Stress. The mean, standard deviation and t-value were assessed both experimental and control group separately and thereby significant level were analyzed. The significant level was fixed at 0.05 levels. The result of the study revealed that the experimental group shown the significant improvement in selected variable where as in Stress and the Control group were not shown any improvement. The results revealed the Impact of Yogic Practices on Stress among College Students.

Keywords: *Yogic Practices, Psychological Variable, Stress, College Students.*

Introduction

Yoga is essentially a spiritual discipline based on an extremely subtle Science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root yuj meaning "to join", "to yoke" or "to unite".

According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be "in Yoga" and is termed as a yogi who has attained a state of freedom, referred to as Mukti, nirvāna, kaivalya or moksha.

"Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation. The aim of Yoga practice (sādhana) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

The science of Yoga has its origin thousands of years ago, long before the first religion or belief systems were born. According to Yogic lore, Shiva has seen as the first yogi or ādiyogi and the first guru or ādiguru. Several thousand years ago, on the banks of lake Kantisarovar in the Himalayas, ādiyogi poured his profound knowledge into the legendary saptarishis or "seven sages". These sages carried this powerful Yogic science to different parts of the world including Asia, the Middle East,



northern Africa and South America. Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe. However, it was in India that the Yogic system found its fullest expression. Agastya, the saptarishi who travelled across the Indian subcontinent, crafted this culture around a core Yogic way of life.

Yoga is widely considered as an "immortal cultural outcome" of the Indus Saraswati Valley Civilisation – dating back to 2700 BC – and has proven itself to cater to both material and spiritual uplift of humanity. A number of seals and fossil remains of Indus Saraswati Valley Civilisation with Yogic motifs and figures performing Yoga sādhanā suggest the presence of Yoga in ancient India. The seals and idols of mother Goddess are suggestive of Tantra Yoga. The presence of Yoga is also available in folk traditions, Vedic and Upanishadic heritage, Buddhist and Jain traditions, Darshanas, epics of Mahabharata including Bhagawadgita and Ramayana, theistic traditions of Shaivas, Vaishnavas and Tantric traditions. Though Yoga was being practiced in the pre-Vedic period, the great sage Maharishi Patanjali systematised and codified the then existing Yogic practices, its meaning and its related knowledge through Patanjali's Yoga Sutras.

After Patanjali, many sages and Yoga masters contributed greatly for the preservation and development of the field through well documented practices and literature. Yoga has spread all over the world by the teachings of eminent Yoga masters from ancient times to the present date. Today, everybody has conviction about Yoga practices towards the prevention of disease, maintenance and promotion of health. Millions and millions of people across the globe have benefitted by the practice of Yoga and the practice of Yoga is blossoming and growing more vibrant with each passing day.

Objectives of the study

The core aim of the present study was to find out the Impact of Yogic Practices on Stress among College Students.

Methodology

For the purpose of this study 40 college students were selected as subjects from Govt. PUC College for Girls Vijayapura District, from Karnataka. The subjects were divided in to two groups equally with 10 each as experimental and control group. Experimental group underwent Sixty minute in the morning yogasana training included 10 minutes of warm-up before the Yogic Practices. The one hour yoga training includes eleven Yogic Practices. The Yogic Practices are Padmasana, Sarvangasana, Halasana, Bhujangasana, Matsyasana, Chakrasana, Dhanurasana, Ardhamatsyenderasana, Vajrasana, Sirshasana and Savasana. The tests were carried out with standardized procedure. The pre and post test were conducted on selected Psychological variable of Stress. The Psychological parameters were assessed through standardized questionnaire.

Statistical procedure

The collected data of experimental and control groups were statistically analyzed by using mean standard deviation and t- test and presented in Table 1. The level of significance was fixed at 0 .05 level of confidence with the table value of 2.000. The t-values of 2.000 and above were considered significant in this study. In the tables it was denoted by star (*) which indicates 0.05 significant level.



Results and Discussions

Table No.1. Shows the Mean, Standard Deviation and ‘t’- value of Pre-test and Post-test for Yogic Practices Experimental Group and Control Group on Stress performance.

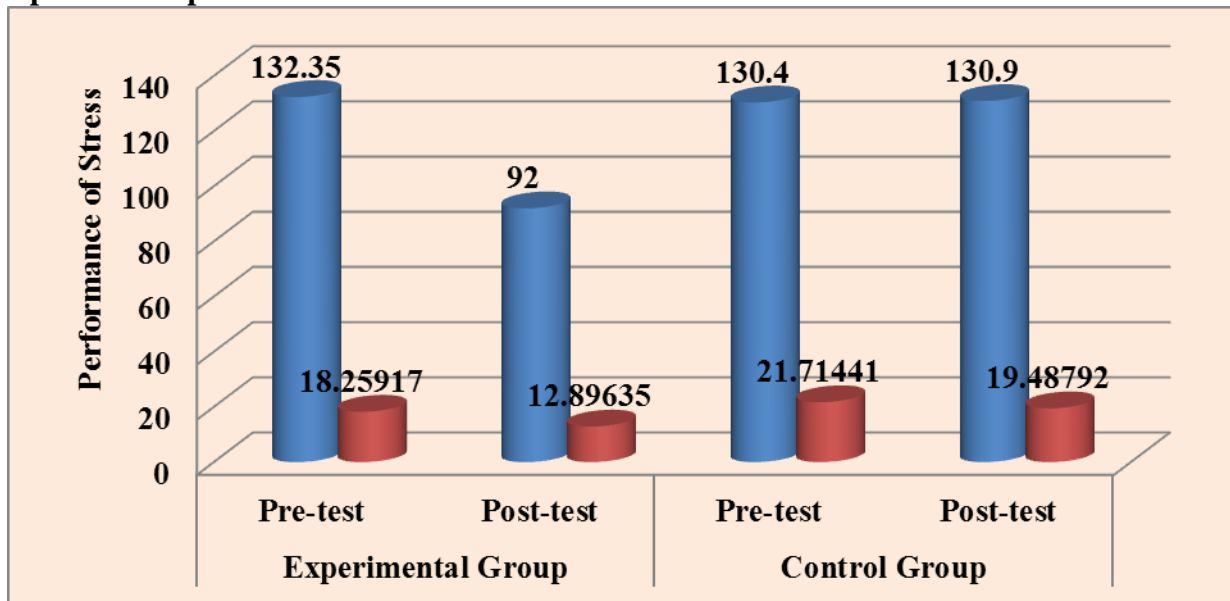
Variable	Group	Test	N	Mean	SD	t- Value
Stress	Experimental Group	Pre-test	10	132.3500	18.25917	8.765*
		Post-test	10	92.0000	12.89635	
	Control Group	Pre-test	10	130.4000	21.71441	.081
		Post-test	10	130.9000	19.48792	

The level of significant 0.05=Table value =2.000

Table No1. Indicates that the ‘t’- value is more than the table value that is 2.000, hence it is significant.

The pre-test mean value is 132.3500 and the post-test mean value 92.0000. The post-test mean value is less than pre-test mean value. It shows significant improvement in the Stress performance of College Students owing to the Six weeks Yogic Practices. The pre-test mean value is 130.4000 and the post-test mean value 130.9000. The post-test mean value is more than the pre-test mean value. It is shows no improvement in the Stress performance of College Students subjects control group did not undergo any kind of training Program me the same as displayed in the figure 1. (a)

Figure No.1. The Pre-test and Post-test for Yogic Practices Experimental Group and Control Group on Stress performance.



The above figure 1. (a) Indicates that the post test values of Experimental group significantly improved the performance of Stress and also the post test values of Stress were less than the pre test values due to 6 weeks of Yogic Practices. The Control group pre- test and post- test performance of Stress shows no improvement.



Conclusions

The results of the present study indicate the Impact of Yogic Practices on Stress among College Students. In the experimental group the selected variable were significantly improved in the teach us that yoga training is useful to everyone in particularly sports persons to achieve the higher performance level because the selected variables in the study were more related to the sports men too. Further the control group posttest means score indicates that the Yogic Practices not improvement.

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