



## EFFECT OF YOGIC PRACTICES ON ANGER, STRESS AND ANXIETY OF COLLEGE STUDENTS

**PROF. VAISHALI S. KENE**

ASSISTANT PROFESSOR, HVPMANDAL'S DCPE., AMRAVATI, M.S., INDIA.

### ABSTRACT:

The objective of the study was to determine the impact of yogic practices on a variety of psychological variables that are relevant to college students. 40 college post graduate girls from D.C.P.E., Amravati were chosen at random to fulfill the objective of the study. They were between the ages of 18 and 22. On the basis of pre test the subjects randomly divided into two groups. For 8 weeks, Experimental Group engaged in yogic practices. As the control group did not participate in any training programs other than their work. While there was no dropout during the study, the participants were free to withdraw their consent if they experienced any discomfort while participating. Anger was measured using the Anger Inventory, and stress and anxiety were measured using the DASS Inventory. All of the variables were subjected to pre and post testing. The experimental group received yogic practices for a total of 8 weeks. The significant difference between the treatment means was determined using the dependent 't' test. Anger, stress, and anxiety were significantly reduced in the Yogic practice group, whereas none of the variables were significantly reduced in the control group.

### KEYWORDS:

**YOGIC PRACTICES, ANGER, STRESS, ANXIETY, COLLEGE STUDENTS.**

### INTRODUCTION

As a means of stress management and exercise and fitness training, yogic practices have gained popularity in Western countries. Yogic practices are an ancient way of being that were developed to help people become more aware of who they really are and to improve their physical health. It encourages a healthy balance between a person's physical, mental/emotional, and spiritual aspects through a series of postures called asanas and breathing exercises called pranayama. In a nutshell, yogic practices aid in health. Yoga, like other forms of yoga, is said to help people focus and quiet their minds. Yoga has been practiced for thousands of years. It is based on ancient mental-body connections theories, observations, and principles. The health benefits of yoga postures (asanas), yoga breathing (pranayama), and meditation have been the subject of extensive research. Yoga practices may be bringing about therapeutic effects by interacting with various somatic and neuroendocrine mechanisms. The practice of yoga has long been regarded as having positive effects on physical and mental well-being. The science of yoga has many subfields. One of the most well-known and influential divisions is Yogic practices; 2) Yoga Raja; 3) Yoga of Karma; 4) Yoga of Gnana Although we will have something to say about all of these great branches of yoga in subsequent writings, this book is only devoted to the first named, and we will not attempt to describe the others at this time. The branch of yoga philosophy known as yogic practices deals with the physical body, its care, well-being, health, and

strength—all of which work to maintain its natural and normal state of health. It teaches a natural way of life and raises the cry that many Westerners have taken up: " Let us return to Nature," with the caveat that the Yogi is already there because he has always clung to nature and her ways and has not been dazzled or fooled by the mad rush toward externals that has made modern civilized races forget that nature exists.

### METHODOLOGY:

In this study, the researcher used a random design before and after the tests. The subjects divided into two groups using random selection in this method. The 40 subjects that were and divided into two groups of 20 each, as experimental group and control group. 8 weeks yoga practice were given to the experimental group and no treatment was given to the control group.

Anger was measured using the Anger Inventory, and stress and anxiety were measured using the DASS Inventory. All of the variables were subjected to pre and post testing i.e. before and after yogic practice. In the yogic practice Meditation, prayer, Nadisodhana, Nama-Rupa Meditation, Yogasana - Loosing exercise, Vrksasana, Trikonasana, Ardachakarasana, Sugasana, Padmasan, Yoga Mudra & Matsyasana were conducted in the morning session.

### ANALYSIS OF DATA:

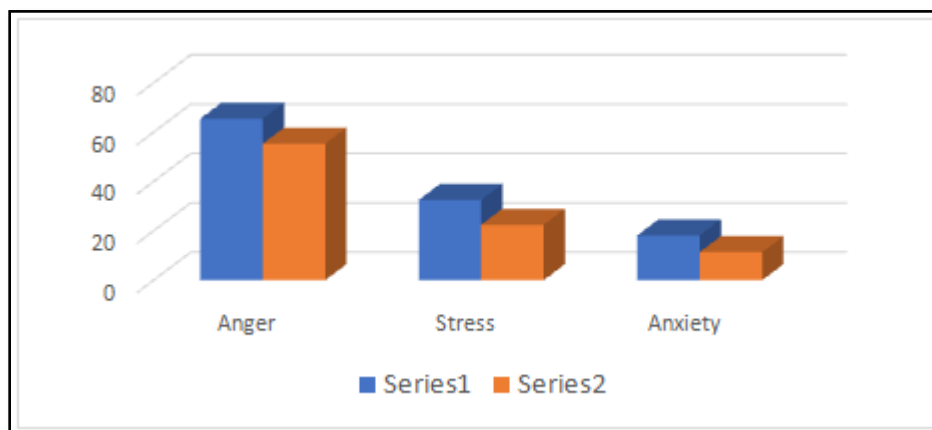
The significant difference between the pre- and post-tests was determined using the dependent 't' test.

**TABLE 1: MEAN, SD AND 'T' RATIO OF PRE AND POST TEST OF CONTROL GROUP IN ANGER, STRESS AND ANXIETY.**

	Mean		Standard Deviation		Mean Difference	't' ratio
	Pre test	Post test	Pre test	Post test		
Anger	65.95	64.80	5.27	4.84	1.15	0.83@
Stress	32.80	34.50	7.66	4.68	1.70	1.07@
Anxiety	18.85	19.00	5.30	4.97	0.15	0.08@

@ Not Significant

Tab  $t_{0.05(19)} = 2.093$



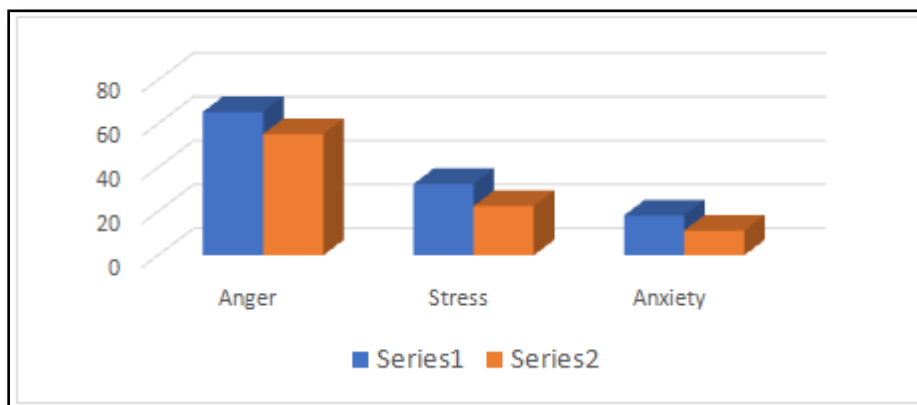
**FIGURE 1: MEANS OF PRE AND POST TEST OF CONTROL GROUP IN ANGER, STRESS AND ANXIETY.**

**TABLE 2: MEAN, SD AND 'T' RATIO OF PRE AND POST TEST OF EXPERIMENTAL GROUP IN ANGER, STRESS AND ANXIETY.**

	Mean		Standard Deviation		Mean Difference	't' ratio
	Pre test	Post test	Pre test	Post test		
Anger	65.50	55.35	4.50	3.52	10.15	7.72*
Stress	32.60	22.50	5.99	4.27	10.10	6.88*
Anxiety	18.20	11.35	4.71	2.43	6.85	7.67*

\* Significant

Tab  $t_{0.05(19)} = 2.093$



**FIGURE 2: MEANS OF PRE AND POST TEST OF EXPERIMENTAL GROUP IN ANGER, STRESS AND ANXIETY.**

**DISCUSSION:**

Yoga can assist in determining any muscular development imbalances and improve individual mental and physical

performance. Yogasanas improve concentration, poise, and muscle relaxation while strengthening the muscles. Yoga

balances, strengthens, and relaxes the limbs. Standing poses make it easier to balance and stretch your muscles. After long games, yogic practice can help players relax and get back on their feet. It also encourages calm and clear thinking, even in situations requiring quick responses. Yoga stretches and strengthens all of the body's muscles, and it calms the mind and spirit.

**CONCLUSION:**

it was very clear that college student's anger, stress, and anxiety significantly changed after yogic practices.

**REFERENCES**

1. Bernardi, Luciano., Peter Sleight., Gabriele Bandinelli, Simone Cencetti., Lamberto Fattorini., Johanna Wdowczyc-Szulc., & Alfonso Lagi. (2001). Effect of rosary prayer and yoga mantras on autonomic cardiovascular rhythms: British comparative Medical 323:1446-1449. study. Journal,

2. Birkel, D. A., & L. Edgren. (2000). Hatha yoga: Improved vital capacity of college students. Alternative Therapies in Health and Medicine, 6(6):55-56.

3. Chen, T. L., Mao, H. C., Lai, C. H., Li, C. Y., & Kuo, C. H. (2009). The effect of yoga exercise intervention on health related physical fitness in school-age asthmatic children.

4. Ellie Whitney., Linda Kelly., De Bruyne., & Ka Ganong, WJ. (2005). Nutrition for Health & Health Care. New York: McGraw Hill.

5. Herbert Benson ,(1979). Mind/ Body Effect. New York: Berklerly books.

6. Herbert Benson. (1979). Mind and Body Effect. New York: Berklerly books.

7. Joshi, L. N., V. D. Joshi., & L. V. Gokhale. (1992). Effect of short term Pranayama practice onbreathing rate and ventilatory functions of lung. Indian Journal of Physiology &Pharmacology, 36(2):105-108.

8. Ray, U. S., Mukhopadhyaya, S., Purkayastha, S. S., Asnani, V., Tomer, O. S., Prashad, R., Thakur, L., & Selvamurthy, W. (2001). Effect of yogic exercises on physical and mental health of young fellowship course trainees. Indian Journal of Physiology and Pharmacology.

9. Swamy Sivananda. (1982). The Complete books of yoga: Harmony of body and mind Orient. Vision Book pvt. Ltd.,