



## EFFECT OF YOGA ON STRESS MANAGEMENT

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### INTRODUCTION

Yoga is a systematic process for an all round personality development of physical mental, intellectual, emotional and spiritual level. The ultimate aim of yoga is to get liberation. It is a living experience of the knowledge of the Vedas.

“*Yoga Citta Vrtti Nirodah*” i.e. yoga is a process of gaining control over the mind. So by controlling the mind, we reach our original state. One of the best texts on yoga, ‘*Manah Prasamanopayah Yoga Itayabhidhiyata*’ i.e., Yoga is called a skill full trick to calm down the mind.

Yoga provides ability to be balanced in all situations of life. Yoga is discipline; a disciplined mind and disciplined body is the main achievement of yoga. Yoga is capable to bring about natural changes in every single individual in the world and that would-be a great revolution indeed. It offers us a conscious process to solve such problems as depression, unhappiness, restlessness, emotional conflicts, hyperactivity etc. it helps to evolve the hidden potentialities of human beings in a systematic and scientific way so that the human being can rise intellectually it makes the mind and the body so disciplined that one can effectively face the challenges of the modern technological era with its hectic speed and live happily without frustrations.

### STRESS MANAGEMENT Vs YOGA

The concept of stress was first introduced in the life sciences by Selye in 1936. It is a concept borrowed from the natural science. During the eighteenth and nineteenth centuries, stress was equated with ‘force, pressure of strain’ exerted on a material object or to maintain its original state. The use of the concept in this manner encourages physicist and engineers to adopt it to suit

their ends. Thus, stress in engineering is known as “the ration of the internal force brought in to play when a substance is distorted to the area over which the force acts”.

Generally stress is perceived as ‘the body’s response to anything we perceive as dangerous. According to Mediros<sup>1</sup> stress is a curious phenomenon. According to Selye<sup>2</sup> stress is ‘a generalized response to body to demand placed on it whether they are pleasant or unpleasant’, who has been considered as father of stress who tried to analyze that different dimension of stress such as its intensity and its impact on the stressed students.

In common parlance, however, the terms “stress” and “strain” are used synonymously in a non-scientific manner. The popularity of this concept has dwindled in the physiological field where it was first introduced, and the use of stress terminology continues to flourish in the psychological organizations. Mason (1975) reviewed literature on stress and concluded that there was confusion and a lack of consensus regarding its definition. The term stress has been used variously to refer to

- Stimulus (external force acting on the organism),
- Response (changes in the physiological functions),
- Interaction (interaction between and external force and the resistance opposed to it, as in biology), and
- More comprehensive combinations of the above factors.

Every individual can achieve the goal by the choice of the path; most suited to him. But for the modern society HATH YOGA is most suitable as it gives a comprehensive systematic approach for the development of the body and mind.

The exercises should be practiced every day. Yoga exercises tones up nerves and muscles of the body. Provide alertness of the body and mind. Yoga is capable of dealing with psychosomatic and psychiatric disorders very effectively.

### **OBJECTIVES OF THE STUDY**

The objectives of the study are to assess the stress level in the sample subgroups and to study the effect of yoga practice on stress management by considering the different demographic background was drawn from Gulbarga.

### **METHODOLOGY**

The research design in a 'Before and after' design, a sample of 31 respondents with different demographic background was drawn from Gulbarga. Attempts were made to select the respondents who do not practice yoga regularly. The respondents were administered stress test to determine the level of stress. Subsequently, they were subjected to yoga practice for 21 days. Soon after yoga once again the stress level was measured.

## TOOLS

The tools used for test are Biodata, in which questionnaire was used to gather information from the respondents with regard to demographic aspects. This information will help to classify the sample based on age, sex, yoga practice, etc.; Stress style test: developed by D.Goleman (1988). It consists of 14 items representing both of the manual. An individual is assessed in terms of the test scores obtained. The suitable statistical method like mean, SD and t-test are used to compare the differences between the sample subgroups.

## HYPOTHESIS

The following are the hypotheses of the study:

- There would be significant difference in stress level between sample subgroups.
- There is a significant impact of yoga practice on stress management.
- There would be significant difference in stress management between sample subgroups.

## RESULTS AND DISCUSSION

The major objective of the study has been to assess the effect of yoga on the management of stress. For the purpose the data were collected from Gulbarga city by administering the stress test. The study was conducted in two conditions: first, the stress was measured through test; second, the stress was measured after giving intervention of yoga exercises for a period of 21 days. Finally the stress in both the conditions was compared to examine whether the yoga has effected in managing the stress level. After statistical analysis, the results of the study are compiled and presented in the tables.

**Table -1 stress scores in before (pre) and after (post) Yoga**

Sex		Per yoga scores	Post yoga scores	t-values
Male	M	7.01	4.28	4.26**
	SD	1.46	1.81	
	N	14	14	
Female	M	7.52	3.64	10.77**
	SD	0.79	1.22	
	N	17	17	
t-values		1.13	1.10	

\* Significant at 0.05 level      \*\* Significant at 0.01 level

Results given in table- 1 clearly speak the effect of yoga exercises on management of stress of the sample. It is observed that mean scores of stress of male sample before yoga is higher (7.01) than that of after yoga (4.28) the t-value is (4.26) significant which speaks the impact of yoga which was given to the sample between two conditions of the study. The exercises like deep breathing, relaxations. Pranayama etc. are found to be effective in decreasing the stressful conditions of the male respondents. Similarly, the female respondents are found to have decreased their stress level when the yoga exercises were given as the scores clearly indicate. The t-value is also significant. However, there is no significant sex difference in the amount of stress experienced by the sample in both before and after yoga conditions. On these, the t-values are not significant.

**Table -2 Stress scores in before (pre) and after (post) Yoga**

Age		Pre yoga scores	Post yoga scores	t-values
Group-1(<25)	M	8.52	4.94	7.45**
	SD	1.38	1.54	
	N	19	19	
Group-2(>25)	M	7.91	4.91	6.12**
	SD	0.51	1.56	
	N	12	12	
t-values		1.74	0.05	

\* Significant at 0.05 level      \*\* Significant at 0.01 level

Finally, the sample was divided in to two groups on the basis of age below 25 years and above 25 years and the results are presented in the table- 2. It is observed that there is no inter age differences in both the conditions of the study. Both the groups have values for both the groups are significant which clearly indicate that there is significant effect of yoga on stress management. The stress is reduced prominently when yoga intervention is give.

## CONCLUSION

Now a day the world is full of stressful situations. Every person is in stress, as a result of which persons are becoming unhappy and sick. Stress not only makes one unhappy, but also creates a sense of apathy, senselessness, prosaic life, depression; etc. which make life boring. Stress generally produces diseases both physical and mental. With this objective, sample is selected for Gulbarga city and the stress of the sample was measured initially and subsequently, yoga exercises were given to the sample for a period of 15 days. Soon after yoga exercises, again the stress level of the sample was measured.

Result clearly indicated that yoga has significantly influenced the stress: stress scores were significantly lowered after yoga. Majority of demographic factors did not produce any significant differences within categorized sample groups. Yoga predominantly proved to be a strong dose of stress reduction in the present study. Thus, the conclusions of the study are that there is significant influence of yoga on stress management of various sample subgroups, both male and female have significantly lower stress scores after yoga exercises than before yoga and the sample of two age groups has significantly reduced their stress when yoga exercises were given.

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