

Impact of Ashtaang Yogic Exercise For Stress Relieving in The Student's Life

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Abstract

In our life many situations disturb our state of mind, harmony and well being. When a disturbance situation comes into life and our mind and body harmony is sufficiently intense, it is called stress. Stress is such a common problem in our society and it is brought about by trauma, threats to life obstacles to carrying out daily tasks, accomplishing life goals or achieving desired changes in life. A high level of stress to complete the work can be a serious threat to mental health problems. But stress managements is possible through yogic exercise. Some mental physical condition that can be psychometric or stress caused including high blood pressure, heart diseases and psychiatric disorders, such as depression & schizophrenia (mental illness a person becomes unable to link thought, emotions & behavior); indigestion; colitis; poor posture; headaches; insomnia; constipation; increased cholesterol concentration; low back pain & other serious diseases such as cancer leads to stress. Now stress has become a challenge in 21st century. People us variety of strategies to manage stressful situation. Many research literatures have suggested link between the management of stress and yogic exercises. Stress can be reduced by techniques that produce a peaceful state of being, such as image visualization, meditation, exercise but yogic exercise is most effective tools of managing stress.

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Introduction

Stress

There is no exaggeration to say that “today is the world of stress “ because everyone is in stress, may be student,housewives,working men women etc.

According to Ayurveda – While there is no exact parallel for the “ stress in Indian society and culture information, there are at list two approaches to the teaching at stress. In myth first approach one being with nature of human existense and move systematically to its disfunctioning .i.e, see how stress is generated under certain circumstances. (The Ramayana is the classical example of this approacha)

“Stress may be difined broadly as the external or internal stimulus, raxious or depriving which demand very difficult adjustment”: **Roser&Gregorsy (2003)**

Hans Selye (1976), *“Stress refers to nonspecific responses of the body to any demand made upon it”* **Carson R.C & Butcher J.N. (2006)**

Yogic exercise (Asana) and Pranayama:

Yoga is a science of right living and a significant force in the development of personal health. By introducing the Principles of yoga into our varied life style, a person can systematically balance the physical,mental& emotional dimensions of his being to arrive at true health. Five principles for perfect health which must be applied based on the life style and need of the people in both east and west are proper exercise,properbearthing,proper relaxation, proper diet and positive thinking and meditation.

Asans are very popular to keep body fit with least expenditure of energy; no equipment is required for yogic exercise.The yogic exercise makes us feel good. Asanas tone-up and strengthen the body, Pranayama fill us with ener gy and Meditation gives us insight. Regular practice of yogic exercise and pranayama can improve a body & Flexibility even in students with least exertion.

Objective: Impact of Ashtaang Yogic Exercise For Stress Relieving in the student's Life.

Hypothesis: Null hypothesis

There is no significant difference in the level of stress due to one month practice of yogic exercise and pranayaam

Thus the null hypothesis is rejected at significant level 0.01

Methods

In the present study, the single group pre-test and post- test design was used.

Sampling:

The sample of 30 students SMP GOVT.Girls(PG) College,Meerut (U.P) . The simple Random sampling has been used for collecting the sample.

Tool used:

In the present study the tools used was stress scale constructed by Dr.M.Singh(2002)

Statistical Analysis : t-test has been used for the result

Result and Discussion:

Hypothesis:

“There is no significant difference in stress due to 30 days of practice of yogic exercise and Pranayaam.”

Result Table

Group	Mean	SD	SED	N	r	df	t-value	Level of Significant
Pre	24.90	11.05	1.54	30	.62	29	5.51	0.01
Post	15.35	8.27						

Thus the null hypothesis is rejected at significant level 0.01

Statistical discussion of the result

From the table it is found that pre test mean and post test mean 24.90, 15.35, respectively standard deviation SD for both mean are 11.05, & 8.27 and coefficient r is 0.62 standard error of the difference SED is 1.54 and t ratio is 5.51 now for df=29. For the difference of the mean to be significant at 0.01 level our calculated t is 5.51 Hence it is exceeding from the standard value, so we can say that null hypotheses is rejected. It means there is significant effect of Yogic Exercise and pranayama on stress level in the student’s life.

Conclusion

The practice of yoga is tremendous gift from our Indian Culture. Only recently we have begun to understand the vast potential and health benefits of yoga. However, it has also become fashionable to talk about yoga rather indiscriminately and yoga is assuming a significant commercial potential. It can be argued that the benefits of yoga may be due to the dynamics of group activity and the mere fact that the person is engaged n any exercise. The psychological aspect influence the physiological state. Pranayama is the key to better living Regular practice of Yogic Exercise immunize the whole body. This action stimulates metabolic rate producing heat and flushing toxins and out of the body. This action stimulates metabolic rate producing heat and flushing toxins and out of the body Yogic Exercise promotes calmness of

mind and subsidizes stress level. So from this work it can be concluded that by the regular practice of Yogic Exercise the stress level of the college students can be reduced at remarkable level.

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