



## A STUDY OF THE EFFECT OF YOGIC EXERCISES ON STRESS LEVEL OF COLLEGE STUDENTS

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### **Abstract**

The purpose of the study was to find out the effect of yogic exercises on the stress level of college students and to improve their psychological level. 30 females were selected randomly from Padmavati College Defence Enclave, Meerut (UP) as a subject. The subjects were divided into two groups and designated as the experimental group and control group. The experimental group was given a training program of yogic exercises for eight weeks in the morning for six days a week. Sunday was the weekly rest of the experimental group. Whereas the control group was rather than their routine physical activities. The stress status of the subjects in the present study was estimated with the help of a stress status scale developed by Pallavi Bhatnagar manifest stress scale. The data was collected before and after the training program and statistically analyzed by using the "t" test. The results showed that yogic exercises can be an effective training program to reduce the stress level of college students.

**Keywords:** Yogic Exercises, Stress and Psychological level.

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### **Introduction**

Yoga is a physical and spiritual science that has been practiced for thousands of years. It consists of ancient theories, observations, and principles about the mind and body connection

which is now being proven by modern medicine. Substantial research has been conducted to look at the health benefits of yogic exercises from breathing (Pranayam) and meditation. The information is grouped into two categories physiological and psychological effect. Furthermore, scientists have laid these results against the benefits of regular exercise Yoga is a way of life, which can be practiced by any human being regardless of age, sex, and condition of health, thus it is based on general physical and spiritual laws which operate all mankind alike. Yogic exercises are the bodily movement with mental concentration, which can help a person to develop his health with control at various emotions like love, affection, anger and provide firm control over the body and mind especially to overcome most of the dangerous diseases and mental illness. This is according to a study published in the Journal of Developmental and Behavioral Pediatrics. The said study had some of the subjects in physical education classes centered on Kripalu yoga. This type of yoga involves physical posture, breathing, relaxation, and meditation, in comparison to the control group, the yogic displayed better moods, lower level of anxiety and tension, better anger control, and enhanced mindfulness. These are just some of the main factors that are important in the prevention of psychological conditions in teenagers. The more sedentary our



professional life gets a higher level of anxiety. So how do you combat such stress? The answer is inculcating yoga in day to day life. Various research studies have assessed the efficacy of yoga in improving one's mental health and have concluded that yoga does have an array of psychological benefits. For improvement in memory and concentration 'Dhyana' is an ideal way to clear the mind of all the excesses and calm the moves. So it's now being realized in all parts of the globe that yoga is not only the better development of mind, social control, spiritual and moral aspects but also therapy.

### Methodology

30 female college students were randomly selected from Padmavati College Defence Enclave, Meerut (UP) for the study. The age of the subjects ranged from 20-25 years. The randomly selected subjects were divided into two groups (Experimental – 15 and Control – 15). The duration of the yogic exercises program was of 8 weeks in which college students were trained for 6 days per week for 45 to 60 minutes daily. Keeping in mind the objective of the study the yogic exercise program was prepared in such a way that helps to improve the yogic exercise program, the exercises that are Sukhasana, Balasana, Paschimotanasana, Dhanurasana, Bhujangasana, Dhyana, and Shavasana were included in this study.

The experimental group underwent a specified eight-week yogic exercise program in the morning. The control group did not participate in any training program. The duration of the training period was eight weeks with six days a week on each day the subjects exercised appropriately for 45 to 60 minutes under the supervision of the investigator.

To find out the effect of yogic exercises on the stress level of college students the 't' test was applied at 0.05 level of significance.

### Results

To find out the significance between the pre-test and post-test means of the experimental group and control group on the stress level the 't' test was applied. The 't' ratio was tested for the significant difference at the 0.05 level of confidence. The findings to it are presented in Tables 1 & 2.

**TABLE 1**  
COMPARISON OF STRESS LEVEL BETWEEN PRE AND POST-TEST OF THE EXPERIMENTAL GROUP.

Test	Mean	SD	't' ratio
Pre-Test	63.70	6.30	4.82*
Post-Test	57.70	6.35	

\*Significant at 0.05 level 't' 0.05 (29) = 2.045

It is observed from Table – 1 that the calculated 't' (4.82) is more than the tabulated 't' (2.045). Hence, it may be considered that there was a significant difference found between pre-test and post-test means of the stress level of the experimental group.

**TABLE 2**  
COMPARISON OF STRESS LEVEL BETWEEN PRE AND POST-TEST OF THE CONTROL GROUP.

Test	Mean	SD	't' ratio
Pre-Test	55.10	5.41	0.773
Post-Test	52.46	4.64	

Significant at 0.05 level 't' 0.05 (29) = 2.045

It is observed from Table – 2 that the calculated 't' (0.773) is less than the tabulated 't' (2.045). Hence it may be considered that there was no significant difference was found between pre-test and post-test means of the stress level of the control group.



## Discussion of Findings

The purpose of this study was to find out the “Effect of Yogic Exercises on Stress Level of College Students”. To achieve this purpose 8 weeks of yogic exercises training was given to selected subjects. The results of this study have explored that the experimental group had shown significant changes in stress level. The findings of this study are in agreement with the finding of **Dawood N. (1955)** who proved that the stress level of school students are reduced through exercises.

## Conclusion

Based on the results of the present investigation it may be concluded that a well designated and systematically administered eight weeks training program of yogic exercises may help to reduce the level of stress.

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