



EFFECT OF YOGIC TRAINING ON STRESS AMONG PROFESSIONAL COLLEGE WOMEN

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ABSTRACT

The purpose of the study was to investigate the effect of yogic training on stress among engineering college students. It was expected that the effect of yogic training (asanas and pranayama practise) on stress would be considerable among engineering college students. Thirty Government Engineering College women students from Kozhikode, Kerala, were chosen for this study, with ages ranging from 18 to 24. The current study used a pre-test–post-test random group design with a control group and an experimental group. The participants were divided into two equal groups of fifteen, dubbed Group 'A' and Group 'B'. Group 'A' received 40 minutes of yogic training (asanas and pranayama practise) throughout a 12-week period, while Group 'B' received no training. Everlyn and Girdano's Questionnaire examined the stress questionnaire. With 15 subjects in each group, a true randomised experimental group design was used with two groups: yogic training and control. The experimental group received treatments for twelve weeks (asanas and pranayama practise), while the control group received no training. ANOVA was used to compare the two groups statistically. The experimental group had shown significant decrease in stress than the control group

KEYWORDS: Yoga, Training, Stress.

INTRODUCTION

Yoga's motto is "health." Many individuals still consider yoga to be a form of religion, while others consider it to be a form of magic. Yoga is, in reality, a system of physical, mental, and spiritual growth. Yoga is more than just body twisting and bending. It's a system for cultivating the entire body. It also secures a potent weapon for revealing man's underlying characteristics. Yoga may be the simplest and most scientific approach of maintaining physical and mental health. In both young and old people, spinal column deviations are common. Because no early treatment was provided, these problems usually start out as functional

and eventually develop structural. (Komathi & Kalimuthu, 2011).

METHODOLOGY

The purpose of the study was to investigate the effect of yogic training on stress among engineering college students. It was expected that the effect of yogic training (asanas and pranayama practise) on stress would be considerable among engineering college students. Thirty Government Engineering College women students from Kozhikode, Kerala, were chosen for this study, with ages ranging from 18 to 24. The current study used a pre-test–post-test random group design with a control group and an experimental

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RESULTS AND DISCUSSION

TABLE I

COMPUTATION OF ANALYSIS OF COVARIANCE OF MEAN OF YOGIC PRACTICES AND CONTROL GROUPS ON STRESS

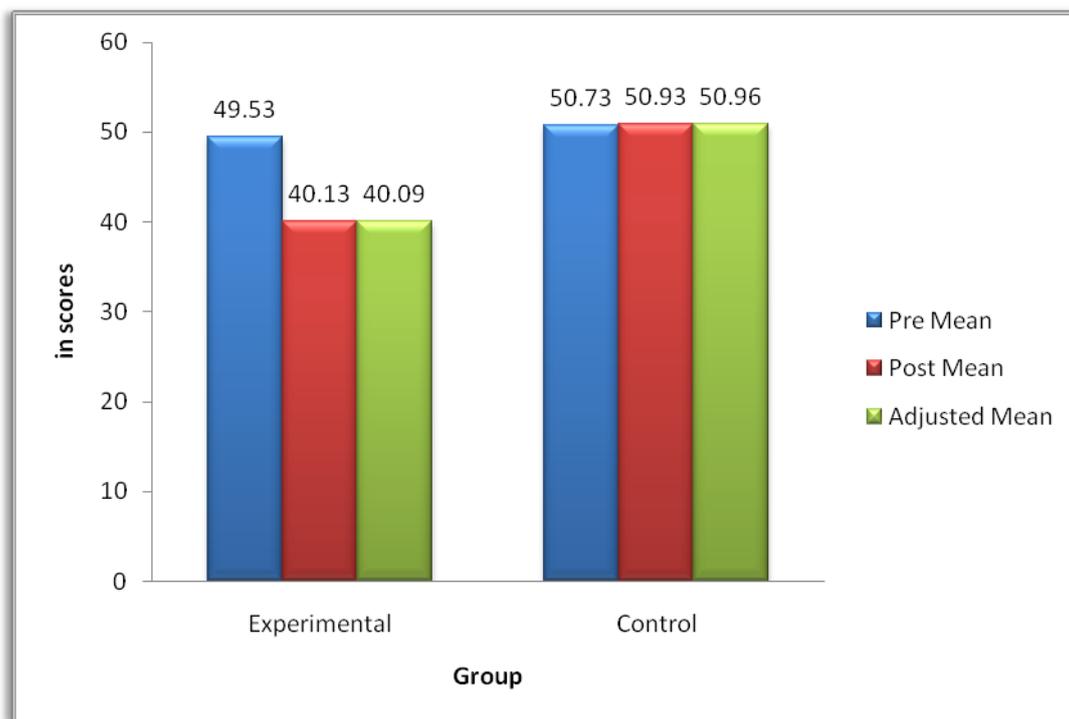
	Experimental	Control	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means ± SD	49.53 ± 1.92	50.73 ± 3.39	BG	10.80	1	10.80	1.42
			WG	212.66	28	7.59	
Post-Test Means ± SD	40.13 ± 2.99	50.93 ± 2.86	BG	874.80	1	874.80	101.77*
			WG	240.66	28	8.59	
Adjusted Post-Test Means	40.09	50.96	BG	843.28	1	843.28	94.88*
			WG	239.95	27	8.88	

(Table Value for 0.05 Level for df 1 & 28 = 4.19, for df 1 & 27 = 4.21)

An examination of table - I indicated that the pretest means of yogic practices and control groups were 49.53 and 50.73 respectively. The obtained F-ratio for the pre-test was 1.42 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was insignificant at 0.05 level of confidence for the degree of freedom 1 and 28. The post-test means of the yogic practices and control groups were 40.13 and 50.93 respectively. The obtained F-ratio for the post-test was 101.77 and the table F-ratio was 4.19. Hence the pre-test mean F-ratio was significant at 0.05 level of confidence

for the degree of freedom 1 and 28. The adjusted post-test means of the yogic practices and control groups were 40.09 and 50.96 respectively. The obtained F-ratio for the adjusted post-test means was 94.88 and the table F-ratio was 4.21. Hence the adjusted post-test mean F-ratio was significant at 0.05 level of confidence for the degree of freedom 1 and 27. The pre, post and adjusted post test mean values of yogic practices and control groups, on stress are graphically represented in the figure – 1

FIGURE 1
PRE AND POST TEST DIFFERENCES OF THE YOGIC PRACTICES AND CONTROL GROUPS ON STRESS



DISCUSSION

According to the conclusions of the study, 12 weeks of yoga practise on stress had a favourable effect on college women. The findings of the research demonstrate a link to the findings of a previous study (Sunil Kumar Yadav 2015). Yoga has been shown to have a beneficial effect on the parasympathetic nervous system, which can help to lower heart rate and blood pressure. The body's demand for oxygen is reduced as a result. This technique can also help to lessen the likelihood of stress leading to anxiety and despair. On the yogic influence of stress, (Davendra Kumar Taneja 2014) observed similar results.

CONCLUSION

The study concluded that after 12 weeks of yoga training, professional

college women in the experimental group had a significant reduction in stress compared to the control group. This demonstrates that yoga training for 12 weeks was beneficial in lowering stress among professional college women students.

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