



A STUDY ON STRESS LEVEL BETWEEN YOGA PRACTITIONERS AND NON-YOGA PRACTITIONERS

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ABSTRACT:

The aim of the study is to compare stress among young adults who are yoga practitioners, to those who do not practice yoga. In this study 60 young-adult people of 17-22 years were selected for research. Among them 30 subjects were yoga practitioners and other 30 subjects do not practice yoga. Participants were administered Dr. M singh of Institute of research and development, Andheri, Mumbai. To know the stress levels. The analysis revealed significant difference was obtained in case of stress for those who do not practice yoga. The study reveals that yoga can be a significant technique to improve stress levels in people suffering from psychological disturbances.

KEYWORDS:

YOGA, STRESS, STRESS MANAGEMENT.

INTRODUCTION

"If health is lost everything is lost"

The quality of modern man is no doubt a massive improvement upon his forefathers but the modern civilization with all its advancement has made the life of the man more complex and full of hazards of his own creations which in turn has produced more stress for him. There have been many studies on yoga and its effect on physical function but with the phenomena and ever increasing popularity of pranayama and yogic techniques in the past few years in this project it has been studied on the level of stress between yoga practitioners and non-yoga practitioners. We all know that stress is a normal physical and psychological reaction to the ever increasing demands of life. At the present youth is going on the modern life style and much use of luxury life style divert youth from their own goals and ambitions. In this time youth suffers from many problems such as: stress, anxiety, frustration, depression, suicidal tendency.

All psychological problems which is not only harmful for them but for the whole nation. Therefore in this time there must be need of any techniques which provide guideline to them in their personal development. Today man must explore the yogic way of life if he has to resolve his many baffling problems of psychological lives the modification of habit mechanism and the transformation of mind deal respectively with the form and the speed of man's spiritual life. In present investigation we have checked the "stress level among yoga practitioners and non-yoga practitioners". Stress is a part of day today living of every individual. The college student may experience stress in meeting the academic demand and many problems like home and demand and many problems like home and family also. The reason for the stress differs from person to

person. The stress youth experience should not be necessarily treated harmful for optimum amount of stress can always act as an energizer or motivator and people to apply the efforts and complete the work but a high level of stress can be a serious threat to the personality traits of the individual and can cause physiological and social problems. We generally believe that stress is caused by the external events and the dynamics of environment. But we need to emphasize the fact that the stress is caused by our reaction to the external environment. The manners in which we perceive and understand the chains or the particular events, create the particular response to stress. Same event can bring happiness and cause stress in two different people depending upon how they react to it. When students are asked to some may take it to be an opportunity to reveal their talents and to improve upon their weakness while the others students may be perturbed by it for the fear of office weakness. So, stress is our reaction to external events and it can be positive or negative depending upon how we react. Indian culture is abundantly filled with a plenty of gems of treasure "Yoga science is one of them, knowledge which gives training to individual to ascend from high to highest staircase in life."

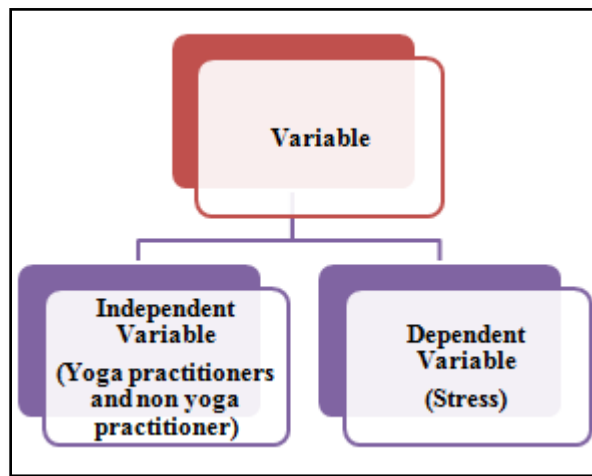
The beginning of yoga was for spiritual evolution with the human culture development. Indian saint-sages developed this vidya slowly and gradually, during that period there were changes in the system time to time. In present era, the era of "globalization of world", no doubt science & technology is rapidly developing & has added a lot to the comfort & luxuries of life of modern man, but at the same time has robbed of his physical health, emotional stability, mental peace & ultimately the spiritual growth, which is leading imbalance in environment i.e., Natural disaster, violence, crime in society & global warming, unscrupulous

manufacture of the dreaded weapons, which is severely deteriorating the nature (world). Yoga was the vital part of Indian culture in past & most valuable inheritance of present era & now yoga is becoming wide spectrum which influencing the whole world, and emerging as the solution for all problems.

"Yoga is the essential need of today & the culture of tomorrow." -Swami Satyanand Saraswati (1995) Yoga practicing can help to unlock and release this tension before they Can accumulate over time and become chronic physical and psychological conditions. As release the physical blockage toxins and limitations from body we also do in mind spirit and emotions. yog has direct bearing on the integrated growth and fulfilment of the human at all level that is physical , emotional ,intellectual, spiritual. yog emphasis on breathing and the mind/body ,spirit connection also yields strong emotional benefits. people who practice yoga frequently report that they sleeps better

DESCRIPTION OF VARIABLES:

For this research work researcher choose Stress as a dependent variable. The details of the variables concerned to this study are mentioned below:



METHODOLOGY:

The purpose of research is to discover answers to the questions through the application of the scientific procedures. The research methodology is the detailed plan of the investigation. Thus the research design helps the researcher in testing the hypothesis by reaching valid and objective conclusion regarding the relationship between independent and dependent variables. so methodology requires a scientific insight for selection of problem terming hypothesis variables and their control. The problem in the present study was taken to be" A comparative study of stress level between yoga practitioners and non-yoga practitioners" sampling. The samples was collected in the Dev Sanskriti vishwavidhyalaya,Haridwar .

NUMBER OF SAMPLE:

The total number of the subjects included were 60. Out of which 30 were included in the experimental group and 30 were included in the control group.

and feel less stressed, it helps you learn not to concentrated on things you can't control, to live in the present ,it seeks into the rest of your life. You will notice you are handling a stressful event more easily, whether it's family or work.

AIM & OBJECTIVES:

- "A study on stress level between yoga practitioners and non-yoga practitioners".

The objectives of the present study are as follows:-

- To measure the stress level between yoga practitioners and non yoga practitioners students.

HYPOTHESIS:

In the present study research has formed hypothesis:

"There is no significant differences on the level of stress among yoga practitioners and non-yoga practitioners."

RESEARCH DESIGN

Research design is a making strategy which is based on sampling technique. It essentially includes objectives, sampling research strategy, tools and techniques for collecting the data and reports the findings. A design also suggests what type of statistical analysis is to use what may be the inferences of the particular technique applied.

RESEARCH DESIGN USED IN THIS PROJECT:

Ex-post facto research design used in present investigation.

USED RESEARCH DESIGN:

In the present experiment t-test between two groups has been used and samples were selected by the use of quota sampling.

SAMPLE & SAMPLING:

In the present research study we have used the quota sampling method as a means for selecting the sample.

SAMPLE SIZE

The sample of 60 students was selected on the basis of quota sampling

All the subjects were the students of Dev Sanskriti Vishwavidyalaya.

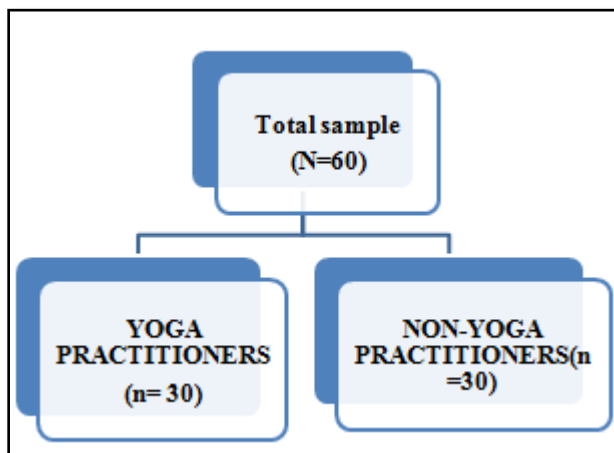
AGE RANGE

The age range of the subjects was from 17 to 22.

DIVISION OF GROUPS:

Sample size was kept only 60.

Out of which 30 were in the experimental group 30 were in the control group.

**RESEARCH TOOL:****STRESS SCALE OR QUESTIONNAIRE:**

In the present study the consumable booklet of stress scale questionnaire was used by the experimenter for measuring the stress level of the subjects both before and after the study. The Hindi questionnaire was used which was prepared by Dr. M Singh of Institute of research and development, Andheri, Mumbai.

RELIABILITY-

Reliability co-efficient of the scale was estimate by split-half & test-retest method & correlation was found 0.82&0.79 respectively.

VALIDITY-

0.61 validity coefficient was computed with Bist battery of stress scale (Abha rani bist)

DATA COLLECTION PROCEDURE:

Firstly, stress and yoga were chosen as the variable. Research reviews were taken to understand the relation between the two variables. A questionnaire was selected i.e., Stress Scale Sample of 60 was selected using Quota sampling. Yoga Practitioner and Non Yoga Practitioner were selected for doing comparative study. The questionnaire was provided to them by the offline mode. After completion of data collection, Scoring of the questionnaires was done and the result was formulated with the help of t-test statistical analysis tools. After calculating t-test, level of confidence was checked and Interpretation and Discussion were done and Conclusion was given.

STATISTICAL TECHNIQUES:

In this research did a study over a variable i.e. stress. The work is conducted on yoga practitioner and non yoga practitioner. Researcher used t-test for statistical analysis.

RESULT & INTERPRETATION:

Now we are reached at the peak point from which we can find out the direction of the above research. As earlier it was discussed about the problem i.e "A comparative study of stress level between yoga practitioners and non-yoga practitioners"

In present study, we study the stress level of yoga and non yoga practitioners. From the result table mean obtained for stress in the yoga practitioner mean is 31.60 and in non yoga is 39.50. For the DF 58 t-value is 1.497 and is found significant is 0.05. Hence the positive hypothesis is accepted. So, we can say that yoga practicing significantly reduces the level of stress.

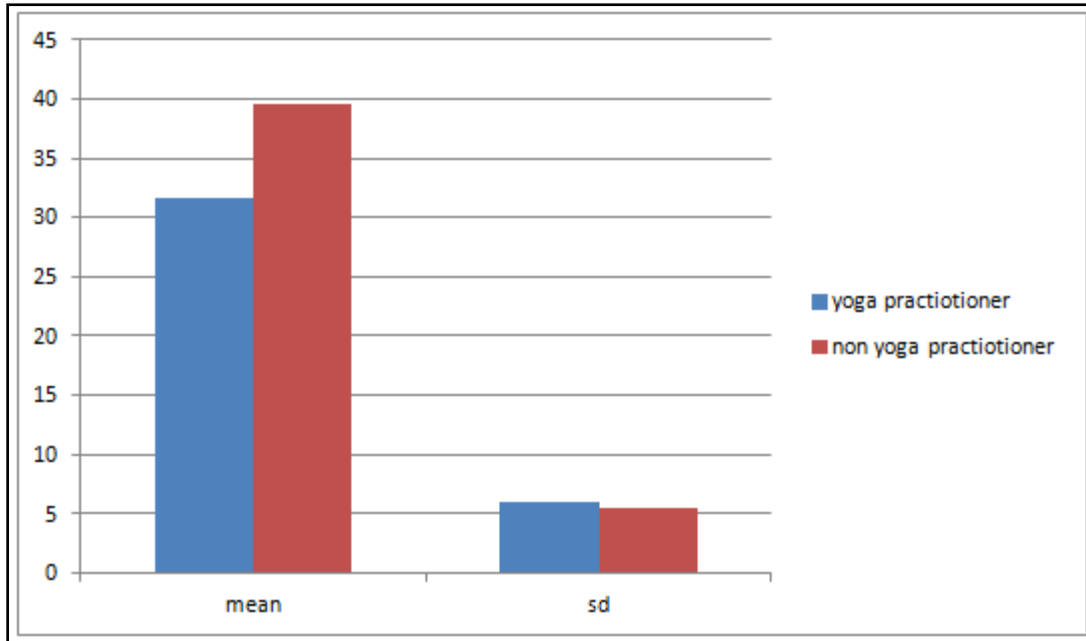
Since evidence suggests that yoga can tone down maladaptive nervous system arousal, researchers are exploring whether or not yoga can be a helpful practice for patients with post-traumatic stress disorder (PTSD). The scientific study of yoga demonstrates that mental and physical health are not just closely allied, but are essentially equivalent. The evidence is growing that yoga practice is a relatively low-risk, high-yield approach to improving overall health.

But stress, many people turn to yoga practicing or other mental relief summary if the comparison between yoga practitioners and non-yoga practicing students the level of stress is very low. In this age

COMPARISON THE LEVEL OF STRESS BETWEEN YOGA PRACTITIONER AND NON YOGA PRACTITIONER

Groups	N	Stress Scores		SE _D	t-value	Significance Level
		Mean	SD			
YOGA PRACTITIONER	30	31.60	6.04	5.2758	1.497	At 0.05 level
NON YOGA PRACTITIONER	30	39.50	5.54			

$df = (n_1+n_2 - 2) = (30+30-2) = 58$



lots of pressure like academic achievement, competition and parents demands. These factors are very harmful for youth they are creating many psychological and physiological problems. Therefore at the present time yoga practicing is very good technique for students for physical mental social and spiritual development education tools. But stress also creates physical response in the body and, as such, can be managed with exercise - in particular, with yoga. Yoga isn't as simple as taking a pill, but mounting evidence suggests it's worth the investment of time and effort. Ultimately, in order to benefit from the positive health effects of yoga, we need to be mindful of the present: this moment, now. In such a non-stop world, that, surely, has to be a Instead, yoga offers something else: reconnecting with ourselves and learning to see ourselves, and our reactions to the world around us, from a different perspective. It takes emotional and spiritual strength to reflect inwardly and directly address personal conflicts, anxieties, hopes and fears, and understand how we respond to them. It also takes time to learn how these states of mind impact directly on physical wellbeing, and how we can change this. good thing.

CONCLUSION:

Over all studies show that yoga practitioners persons have less stress level in comparison to non yoga practitioner's persons. It means that yoga is very beneficial for our

psychological and spiritual growth as well as holistic development of the person. It is also affecting our physiological health also. This study shows that those person practice yoga in daily life they have more not only psychologically stable as well as they are very successful in every aspects of life. This study work on students but yoga is also useful for all age group. The yoga practicing provide spiritual point of view of our life. And it also provides a right direction to every person specially youth. This technique is given by our sages and saints they feel its important in living and growth of mankind. But currently this technique used for only stress level. At this time we need to realize its importance in our daily life because yoga gives us a spiritual energy and that energy provide us happiness, lovingness, hopefulness, positive attitude and also helpful to survive and solving the conflicts in our life. This research proved the importance of meditation on every aspect of life physical mental social and spiritual.

SUGGESTIONS AND LIMITATION:

Apart from the suffered several suggestions can be put forward for the further researches in the field.

1. Researcher could increase the size of the sample for better generalization of the result.
2. The effect of the exercise should be studied better on the non yoga students.
3. The new researcher can do the study on male

candidates; the present study was done on female candidates.

4. Exercises should be conducted regularly.
5. Before starting experiment full knowledge of the process should be given to the candidates.
6. Further researches on stress can be done on people of different sector such as corporate sector, education sector, and teaching staffs of the schools and colleges.

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