

# **The Effect of Yoga training on stress Variables of Secondary School Children of Vijayapur Districts in Karnataka**

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## **Abstract**

*The purpose of the study was intended to assess the Effect of Yogic training on stress Variable among Secondary children, for this purpose hundred children studying in various classes of Rampur Government high school belong to Sindagi Taluka of Vijayapura District in Karnataka state have been selected for the present study, the age group ranging of 14-16 years were selected. They were divided into two equal groups, each group consist of 50 subjects, in which group-I belong to yoga is underwent yoga practices and training, The group –II acted as control group who were not allowed to participated and receive any special treatment apart from their regular curriculum classes' The training period for this study was six days a week for twelve weeks, the before and after the training period, the subjects were tested for stress behaviour. The assess significant effect of yoga on stress Variables on subgroup's' test was applied and discussion was made in the below table. It was drawn concluded that due to the yoga training, the yoga i.e. experimental group has shown significant decreases in exhibiting level of stress behaviour comparing to their counterpart control group.*

## **Introduction:**

Yoga is the art and science of maintaining physical and mental wellbeing that has its origin in India, yoga is most ancient art, which has been practiced by Indian traditional society, being a vibrant technique and drawing maximum people attention and that is getting increasingly popular today. A potent stress buster, yoga is an instrument of self-evolution and enlightenment through physical and mental well-being, multi-dimensional it enhances the quality of our lives at so many levels. One aspect of yoga's benefits is to explore the bond between health and beauty

The word Yoga derived from Sanskrit word "YUJ" meaning to yoke, join or unite. This implies joining or integrating all aspects of the individual body with mind with soul- to achieve a happy, balanced and useful life, and spiritually, uniting the individual with the supreme,

Regular practices of asana maintain the physical body in an optimum condition and promote health even in an unhealthy body. Through asana practice, the dormant energy potential is released and experienced as increased confidence in all areas of life, yoga has a deeper significance value in the development of the physical, mental, and spiritual personality, whereas pure exercise only has physical effect on muscles and bones

Schools are dynamic settings for promoting health and wellness through various correlated areas such as physical education and sports. There is a growing awareness that the health and psycho-social wellbeing of young children is of paramount importance and schools can provide a strategic means of children's health, self-esteem, life skills and behaviour.

## **Stress:**

*Man is going through experience and passes by various types of stress in every stage of their life, Mr Hans Selye states that " stress is non-specific response of the body and need demand" behavioral sciences opined that stress is "perception of threat, with resulting anxiety discomfort, emotional tension and difficulty in*

adjustment” a yoga treatment consisting of yoga Asans, pranayama, meditation, sury namasakar and value orientation programming was administered on experimental group of 21 days, the experimental and control groups were post-tested for their performance on stress, the results show that the children who practiced yoga had reduced stress. The application and usage of stress in our day to day life has increased, our life gets many stress provoking situation, but our perception, thoughts and beliefs determine the weather that situation are problem to us or not. How we observed that and perceive a stress inducing event and how we react to that determine its impact on our health, if we respond in a negative way than our health and happiness suffer, when we understand ourselves and our reactions to stress provoking situation, we can learn to handle stress more effectively. With the background of these reviewed studies and experience of field scholar has chosen a study entitled **“The Effect of Yoga training on stress Variables among the control and experimental group of Secondary School Children of Vijayapur Districts in Karnataka”** this study was carried out in the background of experimental design with single group factor.

### **Hypothesis:**

1. There would be significant effect of yoga practice and training on stress behaviour of secondary school children.
2. There is no effect of yoga training on level of stress variable of secondary school children.

### **Objective:**

1. To assess the significant effect of yoga training on stress variable of secondary school children

### **Methodology:**

#### **Selection of subjects:**

*The one hundred sample* Children from for this purpose hundred children studying in various classes of Rampur Government high school belong to Sindagi Taluka of Vijayapur District in Karnataka state have been selected for the present study, the age group ranging of 14-16 years were selected. They were divided into two equal groups, each group consist of 50 subjects, in which group-I belong to yoga is underwent yoga practices and training, The group –II acted as control group who were not allowed to participated and receive any special treatment apart from their regular curriculum classes’ The training period for this study was six days a week for twelve weeks, the before and after the training period, the subjects were tested for emotional intelligence. The assess significant effect of yoga on stress Variables on subgroup’s’ test was applied and discussion was made in the below table. It was drawn conclusions that after the training of yoga, the experimental group has shown significant decreases in exhibiting level of stress behavior comparing to their counterpart control group.

#### **Selection of variables:**

The selected psychological variable is stress. The selected biochemical variables. Level of stress was measured by using standard questionnaire and recorded in points scored.

### **Statistical technique:**

To assess the significant difference of stress behaviour between control and yoga group ‘t’ test was applied to data

### **Discussion and interpretation of result:**

In the following Para the formulated hypothesis was tested with 0.5 level of significant and analysed in the following manner.

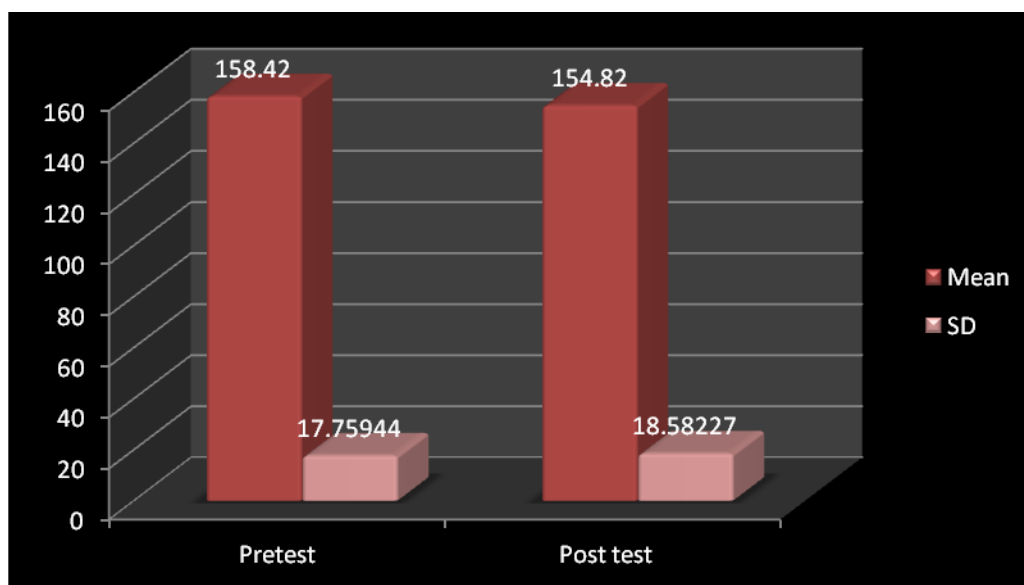
The hypothesis was formulated that the practices of yoga leads to relief in the stress and improve the patience and concentration of the students, it was formulated on the rationale that regular practices of asana and meditative techniques of yoga is going develop peace and calm in the mind of practitioners and it also develop the adjustment nature discipline and smooth behaviour, hence it was rationalized that academic work load and expectation leads to stress and anxiety, so here yoga can acts as instrument to decrease the stress level of students comparing to non practitioners. Results and analyses of the data has presented in the following tables.

**Table No.-1: Results of Mean, SD and t-test between pre test and post test with respect to stress of children**

Test	Mean	SD	N	t-value	df	p-value	Signi
Pretest	158.4200	17.75944	100	13.55	49	.000	S
Post test	154.8200	18.58227	100				

**Table-:** Shows that the pre-test means scores of Stress of Experiment group of children. It is observed that mean scores of pre-tests of Experiment group of children are 158.42 and their standard deviation is 17.75944 respectively. The obtained “t” value is 13.55 at 5% level of significance, which is less than the table value hence the null hypothesis is accepted. and alternative hypothesis is rejected. It indicates that the Stress among the Experiment and Control Group of children is found almost similar,

**The graph Table-2-showing the trend and effect of yoga training on stress behaviour of experimental group**



**Conclusion:**

The study reveals that the regular practices of yoga and mediation techniques lead to regulate the brain system systematically and monitor the regulation of brain activities and control the emotion, stress and pressure of brain in critical situation, provides calm and relaxation to brain, which indirectly results in decreasing the stress and emotional activities of the brain, the results supports the facts with showing the difference in mean and ‘t’ value between control and experimental group. The study recommends and emphasised that yoga should be part and parcel of school curricula and time table; it would develop harmonious relation in working condition and functional style of mind and body. It can used as positive medicine for preventing and maintain the mental health.

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