

Influence of Selected Yogic Practices on Stress Management of School Girls

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Abstract

Yoga controls one's senses resulting in an integrated personality. Behavior can also be moulded properly leading to balanced personalities. Stress is a physical, mental or emotional response to events that has an effect on our body or mind. The purpose of the study was to find out the influence of selected yogic practices on stress management of school girls. The study was conducted on 30 Higher Secondary School girls, aged between 14 to 16 years. Subjects were randomly assigned equally in to two groups, Group –I underwent yogic practices and Group II acted as a control group. The training period was limited to 12 weeks. Stress level was measured before and after the experimentation using the stressful life event questionnaire. Collected data were statistically examined with analysis of covariance (ANCOVA). Results clearly indicated that the yogic practices group had significantly influenced the stress.

Key words: Yoga practices, Stress management.

Introduction

Stress is a feeling that is created when we react to particular events. It is the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina and heightened alertness. A little stress or the right kind of positive stress can help keep you on your toes, ready to rise to a challenge.

The word stress means a state or affair involving demand on physical or mental energy. A condition or circumstance, (not always adverse), which can disturb the normal physical and mental health of an individual. In medical parlance stress is defined as a perturbation of the body's homeostasis. This demand on mind-body occurs when it tries to cope with incessant changes in life. The concept of stress was first introduced in the life sciences by Hans Selye in 1936. He first wrote about it in the British Journal Nature in the summer of 1936. ("Stress is the non-specific response of the body to any demands") It is a concept borrowed from the natural science. During the 18th and 19th centuries stress was equated with force, pressure or strain exerted on a material object or to maintain its original state.

The use of the concept in this manner encourages physicist and engineers to adopt it to suit their ends. Thus stress in engineering is known as "the ratio of the internal force brought in to play when a substance is distorted to the area over which the force acts"

Stress is an integral part of our lives. It is a natural byproduct of all our activities. Life is a dynamic process and thus forever changing and stressful. Our body responds to acute stress by liberation of chemicals. This is known as the fight or flight response of the body, which is mediated by adrenaline and other stress hormones, and is comprised of such physiologic changes as increased heart rate and blood pressure, faster breathing, muscle tension, dilated pupils, dry mouth and increased blood sugar. In other words, stress is the

state of increased arousal necessary for an organism to defend itself at a time of danger. Alterations of hormones in the body include not only adrenaline, but also substances like testosterone and human growth hormone. Up to a certain point stress is beneficial. It performs with greater energy and increased awareness with the influx of excitatory hormones that release immediate energy.

Yoga is a wonderful tool for calming the mind and promoting psychosomatic health. It is an effective vaccine against stress mental stress and psychosomatic disorders. Our body and mind are intricately interrelated and constantly influence one another. Asanas and Dhyana influence our mind and there by body. Yoga can play an important role in decreasing tensions and produce positive results.

Yoga is an ancient art based on a harmonizing system of development for the body, mind and spirit. The word comes from the Sanskrit root "You" which means, "to joint" or "to yoke". It is a practical aid; Yoga is one of the six systems of Indian philosophy. Yogic practices in their less extreme forms are believed to be conducive to health, clarity of intellect, and long life.

Yoga is a scientific process to reach the ultimate state of perfection. However yoga is defined also to be the states of higher powers and potentialities and even as the ultimate state of silence. Further yoga is also described as the power of creation. In various yoga texts, yoga is defined as a state through the practice of yoga, man leaps into higher states of consciousness and learns to stay peacefully and to act tuned to these states.

Purpose of the Study

The purpose of the study was to investigate the influences of selected yogic exercise on stress management of school girls.

Review of Literature

This paper reviews the empirical literature on psychological stress in sport, and the effects that such stress may have upon performance, vulnerability to injury, and rehabilitation from injury. It also examines the strategies that sports performers could use to over some these effects. The major sources of stress that have been reported by sports performers include fear of failure, concerns about social evaluation by others (particularly the coach), lack of readiness to perform, and loss of internal control over one's environment. Various models and theories of the effects of such stress upon performance and vulnerability to injury are reviewed, including multidimensional anxiety theory and a catastrophe model of anxiety and performance. The cognitive and physiological processes which are thought to underlay these effects are also reviewed, together with the intervention strategies that are implied by these processes. Research on the psychological stress that appears to be experienced by performers when they are injured is very limited. However, that which is available suggests that many of the same psychological skills that are thought to enhance performance can also used to reduce the risk of injury, and promote a speedy recovery from injury. These include goal-setting, imagery, self talk, and relaxation skills. (L.Hardy, 1992).

Methodology

The study was conducted on 30 school girls who were studying Government Girls Higher Secondary school, Melur, Madurai District. Subjects were randomly assigned equally in to two groups. Group I underwent Yogic practice group (n=15) and group II acted as a control group (n=15). The training period was limited to 12 weeks (5 working days per week). Stress level was measured “before and after” the experimentation using the stressful life event questionnaire. The relative stressfulness of each event in is indicated by the number on the left. The most stressful life event was assigned a value of 100, and other events were assigned lower values in proportion to their effects on stress). The data collected from the Yogic practices Group and control group prior and after experimentation on stress was statistically examined by analysis of covariance. The level of significance was fixed at 0.05 level of confidence. The following asanas were practiced by yogic group such as

- a) Tadasana (Tree pose)
- b) Yoga Mudrasana (Psychic union pose)
- c) Shankha Mudra (Conch hand gesture)
- d) Belly Breathing
- e) Makarasana (Crocodile pose)

Results and Discussion

The major objective of the study has been assessing the effect of yoga on the management of stress. Result clearly indicated that the Yogic practices group improved significantly on stressful life event when compared to the control group. After statistical analysis the results of the study are compiled and presented in the table.

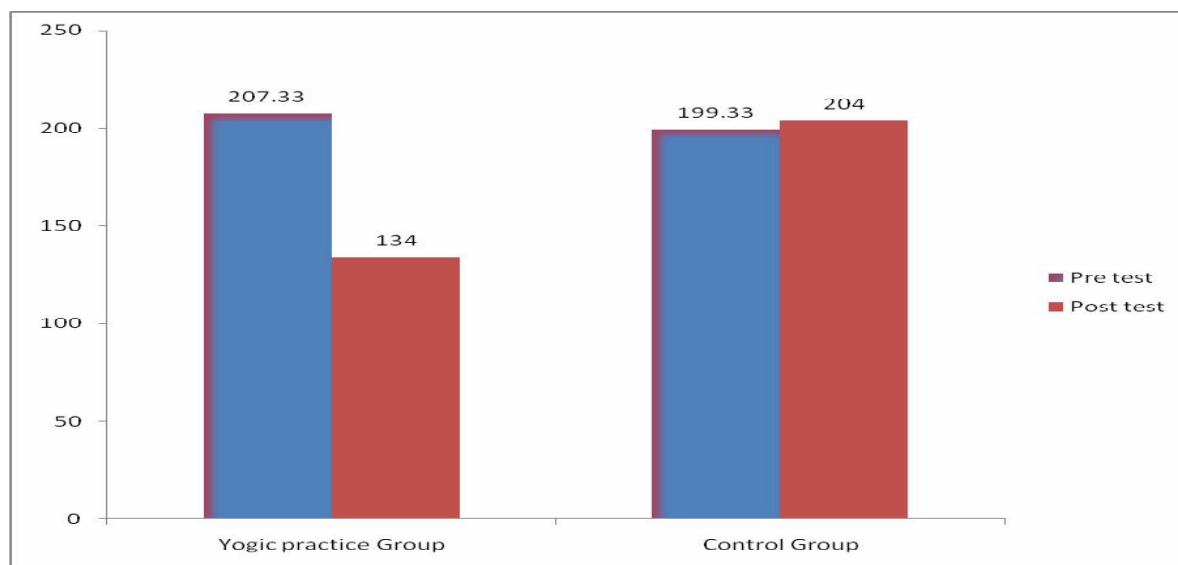
Table-I

Summary of Pre and Post Test Mean on Stressful Life Event of Yogic Practice Group and Control Group

Criterion variables	Mean	Yogic practice group	Control group
Stressful life Event	Pre test	207.33	199.33
	Post test	134	204

Table-I shows that pre and post test mean of stressful Life Event Yogic practices Group and Control group. It was concluded that yogic practices group had significant improvement in the performance of stressful life event. However control group had no significant improvement in the performance of selected variables.

Figure-1
Mean Values of Yogic Practice Group and Control Group on Stressful Life Event



The analysis of covariance of stressful life event of Yogic practices Group and Control Group have been analysed and presented in table –II.

Table-II
Analysis of Covariance on Criterion Variables of Yogic Practices Group and Control Group

Criterion variable	Adjusted Post test means		Sum of square	df	Mean squares	F Ratio
	Yogic practice group	Control group				
Stressful life event	132.12	205.88	40013.02	1	40013.02	186.38*
			5796.63	27	214.69	

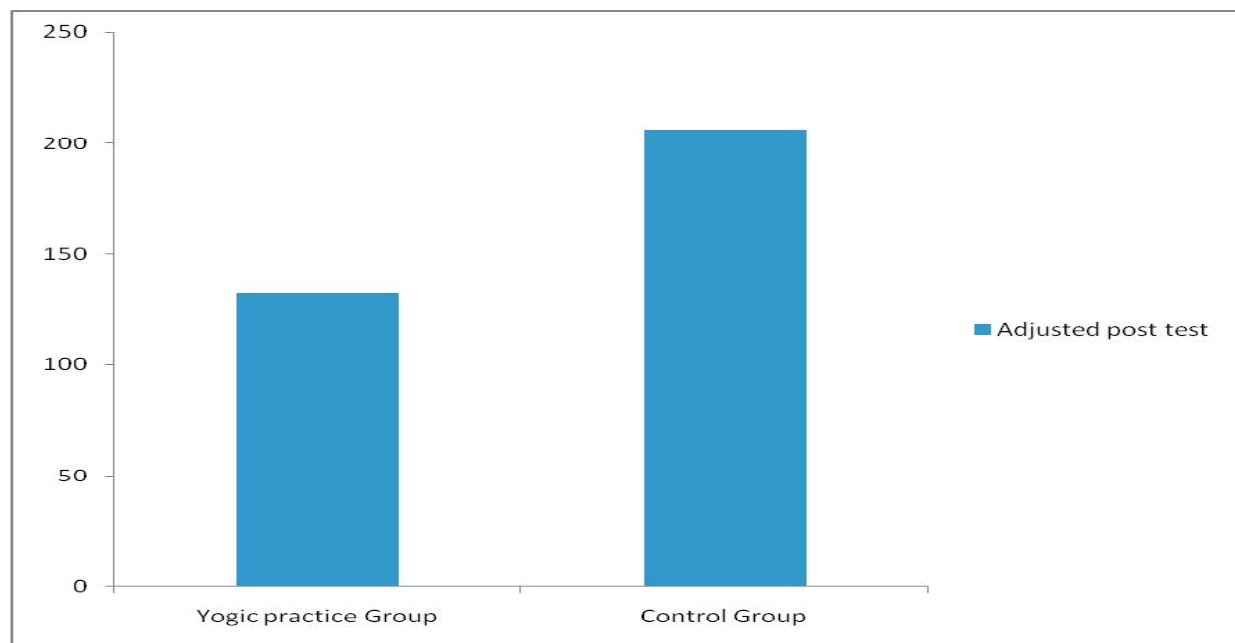
Significant at 0.05 level of confident

Table value required for significance at 0.05 levels with df 1 and 27 is 4.21

From table – II, the obtained value of ‘f’ ratio for stressful life event, for adjusted post test means were more than the table value of 4.21 for df 1 and 27 required for significant at 0.05 level of confidence. The results of the study indicated that significant differences exist among the adjusted post test means of yogic practice group and control group on the development of stressful life event.

The mean values of yogic practice group and control group on the stressful life event were graphically represented in Figure I and II respectively.

Figure-2
Adjusted Mean Values of Yogic Practice Group and Control Group on Stressful Life Event



Conclusions

Now a day the world is full of stressful situations. Every person is in stress as a result of which person are becoming unhappy and sick. Stress not only makes one unhappy, but also creates a sense of apathy, senselessness, prosaic life, depression, etc., Which make life boring, stress generally produces diseases both physical and mental. Therefore it is necessary to reduce stress and manage it in order to make life ill ness it is assumed that stress can easily and effectively be measured by adopting yogic exercises.

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