

## **Anxiety among Youth and its Management through Yoga**

Dr. Aparna Ashtaputre- Sisode<sup>1</sup>

### **ABSTRACT**

**Background:** The College going students experience a lot of stress and anxiety in their life. Yoga can be a tool in anxiety reduction which has been practiced over centuries in India. **Aim:** The present study aims to observe the effect of Yogic intervention over anxiety level among college going students. **Method:** A pre- post research study was conducted at a inter college Aurangabad. Fifty students were selected through random sampling for the Yogic intervention and were exposed to yogic practice daily for half an hour for 45 days. **Results:** The statistical results showed a significant reduction in the anxiety level of the subjects. **Conclusions:** Anxiety is one of the major problems with the young generation facing now days, Yogic intervention was found to reduce the academic anxiety level of the subjects.

**Keywords:** *Anxiety, Asana, Pranayama & Meditation*

The life is full of stress and anxiety. This is a common statement of a youth .The increase of youth who have an emotional impairment has risen to between three and five percent of the population in the United States (Robold, 2002). Youth are embodied by stress within their schools, homes, and communities, and this has a dramatic impact on their daily lives. A young person whom has an anxiety disorder are rated by peers as more shy and more withdrawn, than a student who does not have an anxiety disorder (Coplan et al., 2007). The result of anxious youth is that these students have a smaller social network and fewer peer relationships. Strauss, Frame, and Forehand (1987) reported teacher data collection, which revealed students with anxiety exhibit greater psychosocial difficulties and problems with adjustment. These factors play a role in the student’s academic functioning. A study investigating the effects of anxiety in the school domain was conducted by Ialongo, et al., (1994), revealed that children in the top quartertile of anxiety in the fall of first grade were found to be nearly eight times more likely to be in the lowest quartertile of reading achievement and nearly two and a half times more likely to be in the lowest quartertile in math by the spring of their first grade year.

The definition of Yoga is to “yoke”, which means to unite or to harness (Galantino et al., 2004). Yoga dates back to 5,000 years ago. Yoga is an ancient discipline, which brings about balance and health to the physical, mental, emotional, and spiritual dimensions of the individual.

<sup>1</sup> Asst. Prof. Head, Dept. of Psychology, Dr.Babasaheb Ambedkar Marathwada University, Aurangabad

\*Corresponding Author

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The research has proven that yoga has many health benefits for individuals who practice. Yoga and meditation techniques have shown to improve mood, enhance performance on a variety of cognitive, psychomotor, and physical tasks, and increase resiliency to chronic and acute stress (Harinath et al., 2004; Kirkwood et al., 2005, Malathi et al., 1998; Michalsen et al. 2005, Manjunath & Telles, 2004; Ray et al., 2001). According to Emerson, Sharma, Chaudry, & Turner's research conducted in 2003, yoga can reduce autonomic sympathetic activation, muscle tension, and blood pressure, decrease physical symptoms and emotional distress, improve hormonal, and neuro endocrine activity, which equates to improvement in overall quality of life.

### REVIEW OF PAST STUDIES

A yoga study with youth participants by (Manjunath & Telles, 2001), reported that the ten to thirteen year old girls who practiced 75 minutes of daily yoga, which consisted of breathing, internal cleansing, meditation, devotional songs, and relaxation over the course of one month allowed the girls to decrease the time required to execute a mental test. The study indicated that yoga increased blood flow to the frontal lobe of the brain, which resulted in the rapid realization and correction of errors.

A pilot study in Bronx, New York in March 2006 was conducted amongst fourth and fifth grade students who either participated in a 12 week/ one hour a week yoga program, or for those fourth and fifth grade students who did not practice yoga at all. The 2006 pilot study was conducted to gather information to determine if yoga increased or altered a student's well being. Both groups of students took a pre-intervention Emotional Well-being Assessment titled Harter's Self-Perception Profile for Children (SPPC). The yoga class that the yoga participants took part in consisted of the following elements: physical postures, breathing exercises, meditation, and relaxation. The yoga group took a post-intervention survey called Effects of Yoga on Well-being Survey. The results from the pre-intervention and post-intervention assessments are as follows: The yoga group responded that 50%-80% of the participants improved in flexibility, balance, attention, liking oneself, liking the way one's body feels, behavior in class, strength, ability to calm oneself, and sleep (Berger et al., 2009).

Studies conducted by Vicente Pedro (1987) and Bhushan (1998) found significant reduction in the State Trait Anxiety of the subjects due to regular practice of yoga. In another study Malathi et al. (1998) conducted © Journal of the Indian Academy of Applied Psychology, January 2009, Vol. 35, No.1, 27-31. 28 a yoga intervention study on MBBS students and tested them before and after the examination, and found Anxiety reduction in the students at the time of examination.

### METHODOLOGY:

#### *Hypotheses:*

1. There will be a difference in the levels of State and Trait Anxiety before and after the practice of yoga among youth.

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### **Tools:**

State-Trait Anxiety Inventory: developed by Spielberger, Gorsuch, and Luschene (1970). This scale is divided into two sub scales that is, I. State Anxiety - it consists 20 statements, both positive and negative, which were intended to measure “How a person feels at that particular moment”. This is a 4 point scale. The options on the four point scale were- Almost Never, Sometimes, Often, and Almost Always. Positive items scored as- Almost Never-1, Sometimes-2, Often-3 and Almost Always-4. Negative items scored in the reverse ordered as- 4, 3, 2, and 1. The sum of the 20 items gives the State Anxiety score. A minimum score of 20 and maximum score of 80 is possible. The Higher score indicated higher level of State Anxiety and vice versa. II. Trait Anxiety- This sub-inventory also consists of 20 items, both positive and negative. It measures how a person generally feels? The same scoring procedure used for the Trait Anxiety is adopted in this inventory. The sum of the 20 items gives the Trait Anxiety score. A minimum score of 20 and maximum score of 80 is possible. Higher the score indicated higher the Trait Anxiety and vice versa

### **Data collection**

The study was at a college of Aurangabad, Maharashtra. The participants were 25 boys and 25 girls, with ages ranging from 18 to 21 years in all so students. The students were assembled in a hall and made to sit in rows. Booklets containing statement items along with answer sheets were distributed to each student. Instructions were delivered by the investigator. Statements were written in English. Meaning of difficult words was also explained. The students were told to finish their test within an hour.

A code was provided to the students at the time of pretest to keep their personal identity closed. The project was approved by the Institutional Ethics Committee, and the signed informed consent was obtained from the college principal.

Yoga module was used as an intervention to the students for an hour daily in the morning for 45 days. : State-Trait Anxiety Inventory was used as a pretest and posttest for the experiment to assess the effect of yoga module on the anxiety of the subjects.

### **Intervention:**

A yoga module [yogasana, pranayama & meditation] was shared daily for an hour in the morning with the subjects for 45 days. Same academic performance test was administered as a posttest.

**Table- 1: Yoga Module:**

For 3 minute	Gayatri mantra, Guru vandana (starting prayer).
For 15 minutes	3-5 rounds Surya Na maskar, and other simple asana
For 10 minutes	Shavasana
For 5 minutes	5 rounds of Nadi shodhan pranayam.
For 15 minutes	Jyoti Avtaran dhyan (Meditation).
For 2 minute	Shantee Paath (ending prayae).

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Note: Break of half minute (30seconds) was given between each practice, in order to allow them to get themselves prepared mentally and physically for the next practices.

### RESULT AND DISCUSSION:

*Table – 2*

State Anxiety	Mean	SD	N	df	t value
Pre Test	64.74	7.77	50	49	5.35
Post Test	36.3	3.52	50	49	

*Table – 3*

Trait Anxiety	Mean	SD	N	df	t value
Pre Test	68.5	5.47	50	49	4.504
Post Test	37.54	3.74	50	49	

SIGNIFICANT AT 0.001-3.551

Above is the students' statistical analyses conducted to assess for differences between pre and post test that might be attributable to the yogic intervention. Statistically significant differences were found between pre and post test in state and trait anxiety level of the students.

The findings of this study reveal that the students who experienced yoga module showed a significant reduction in their state and trait anxiety level.

The results are in tune with the earlier studies, which found that meditation, practiced over long periods, produces definite changes in perception, attention, and cognition. The value of t-score is 5.35 and 4.504, which is significant at 0.001 level. A study conducted on college going student shows a reduction in stress and anxiety level as effect of Yogic relaxation (Kumar Kamakhya 2008).

As a result, this study shows a positive decrease in state and trait anxiety level of subjects after practicing for 45 days. It can be concluded that inclusion of yogic intervention in the state and trait anxiety level of the college going student' and ultimately benefit all aspects of their life. If these suggestions are implemented, the overall anxiety of the students can be reduced, which helps them to be more successful as students and a human being harmonious to the nature.

## CONCLUSION

There is significant difference in the levels of State and Trait Anxiety before and after the practice of yoga among youth. So if there is a need to reduce anxiety yoga can play an important technique.

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