

## Impact of Yoga on Stress and Mental Health

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### ABSTRACT

The major aim of this research study was to explore the effect of yoga on stress and mental health of the senior college level students. A sample of 40 college going students (age 19-22 years) was selected purposely from Aurangabad District, Maharashtra. Data were collected by using the mental health Inventory (MHI) developed by Jagdish and Shrivastav and Student Stress Scale developed by Husain, Rashid, and Jahan (2006) was used. In present research paired t-test was applied for data analysis. Results showed that practice of yoga in a day to day life contributes significant enhancement of mental health and considerable reduction of daily stress. Therefore, it was concluded that making yoga a part of one's routine would help students in dealing with stress and improving their mental health.

**Keywords:** *Self Acceptance, Successful Aging, Anxiety*

Now days, college life has turned out to be distressing. It has caused a rushed existence of going to classes, making notes, doing homework, and taking those feared tests. "Stress" is a result of current life cycle. It is delivered out of disappointment, dissatisfaction, and downfall when there is negative association been the self projection and the unfriendly inward just as outside natural conditions. The objective of human life is opening, blooming and playing, for example to investigate every one of the potential outcomes inside us, which is conceivable through yoga.

Yoga has been polished in India more than a few centuries to advance positive mental health and prosperity. It is viewed as a device for both physical and mental improvement of a person. Yogic practices can help one in this regard by setting up and keeping up physiological parity in the body. Legitimate way of life including moderate exercise, appropriate eating routine, enough rest, unwinding and positive thinking will definitely maintain the homeostasis and thus physical and mental health. Yoga is an incredible blessing that has its starting point in Indian human progress. The word Yoga implies burden or association; it is the association or reconciliation of physical, passionate, mental and profound life. Yoga is in this way trained method for accomplishing association or arrangement with a higher condition of awareness. Gore (2011) cites the aim of yoga as to unite the mind, the body and the spirit.

Yoga says that we have to rise above the piece of the psyche and the emotions that are overwhelmed by outside sensations and their subsequent musings and recollections, so as to

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achieve the more profound dimension of knowledge and awareness that are associated with the spirit. In the expressions of Amy Reed, the medical advantages of yoga are likewise extraordinary and changed. From assuaging worry to fortifying and conditioning muscle, coordinating yoga positions and activities into an everyday schedule can be helpful on numerous dimensions. Yoga is a piece of the Indian way of life. Genuine solace lies healthy. Illness free condition and satisfaction at the dimension of psyche are basic parts of bliss.

### REVIEW OF LITERATURE

There is evidence to suggest that yoga effectively reduces distress and improves certain stress-related psychological and physical outcomes in distressed women (Lüdtke et al., 2012). Michalsen et al., (2005) showed improvements in perceived stress, State and Trait Anxiety and well-being, vigor, fatigue and depression and reported pain relief from headache or back-pain in distressed women. Long-term practice of yoga provides clear and significant health benefits in women. Participation in a single 90-minute yoga class can significantly reduce perceived stress. Doing Hatha yoga regularly can reduce perceived stress even more significantly (Huang, Chien, & Chung, 2013). It increased their peace of mind and hope; and provided healthy connection to other yoga participants (Thomas & Shaw, 2011).

#### *Objectives*

1. To study the mental health and students stress of college going students.

#### *Hypothesis*

1. There exists significant difference in mental health and students stress between yogic group and non-yogic group of college students.

### METHODOLOGY

#### *Sample*

The present research investigation was done on a representative sample of 40 college going students, including both male (n=20 and female (n=20) students, age ranged from (19 to 22 years), randomly taken from various college of Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.

#### *Tools*

For the present work the standardized tool used were:

1. **Mental health Inventory (MHI)** **Mental Health Inventory (MHI)** This scale was developed by Jagdish and Srivastava (1995) lower scores on the measure of mental – ill health has been supposed to indicate higher mental health. This scale consists of 55 items based on 6 dimensions: (1) Positive self – evaluation, (2) Realistic perception, (3) Integration of personality, (4) Autonomy, (5) Group oriented attitudes and (6) Environmental mastery. The scale has 4 response categories viz., always, often, rarely and never. The reliability and validity coefficient was found significant as the value of the split-half reliability coefficient was  $r = 0.73$  and validity coefficient i.e. construct validity was  $r = 0.54$  which confirm the standardization of the scale.
2. **Student Stress Scale (SSS)** developed by Husain, Rashid, and Jahan (2006) was used. The scale consists of 57 items with the four point rating scale ranging from “no stress at all” (scored as 0) to “extreme stress” (scored as 3). This scale is one-dimensional and aims to measure the level of stress experienced by students. The Cronbach Coefficient alpha of this inventory is 0.96. Content validity of the scale is satisfactory. The coefficient of correlation between the two scales was found to be .782.

### METHOD AND PROCEDURE

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Twenty students who practices yoga in their daily routine (Group 1: Yogic group) were contacted and the above psychological tests were conducted on them. Whereas remaining twenty students who were not in practice of yoga in their routine (Group 2: Non-Yogic group) were randomly selected from various college of Aurangabad.

### *Statistical Technique used*

The data collected through the above scale was subjected to statistical analysis and initially mean and standard deviation were drawn out. The paired t- test is used to compare two population means where you have two samples in which observations in one sample can be paired with observations in other sample.

## RESULTS AND DISCUSSION

The present study was intended to compare the effect of yoga on mental health and daily stress of college students. Yoga was treated as independent variable whereas mental health and daily stress were treated as dependent variables. Initially the data was subjected to descriptive statistical techniques – mean and standard deviation for both the variables.

*Table No.1: Mean, and SD of the variables*

Paired Samples Statistics				
Group	DV	No	Mean	SD
Yogic Group	MHI	20	67.80	9.34
	SSS	20	105.35	22.53
Non-Yogic Group	MHI	20	59.40	9.04
	SSS	20	142.3	40.95

Table no.1 reveals that the mean score for the measurement of mental health of the college going students performing yogic practices clearly signifies their stand on score whereas those not practicing yoga stood on score. Further glance to the mean scores exhibited lower level of students stress in the college going students practicing yoga in their daily routine.

*Table No.2: Mean SD and t-value of Mental Health (MH) and Student Stress (SS) of the College Students:*

DV	Paired Differences		t test	df	level
	X	SD			
MHI Scores	8.40	.30	2.41	38	0.01
SSS Scores	-37.05	-18.42	3.54	38	0.01

Table no. 2 reveals that the computed t- value for both mental health as well as students stress is considered to be extremely statistically significant. The present study was undertaken with a sensible thought that large population of students has been gripped with mental health problems like stress, anxiety, depression and resulted into lowering of concentration level and academic performance. The students who are in their college life undergo many physical and psychological changes and experience a lot of stress in their critical period of life.

Based on the findings of t-ratio, a significant positive effect of performing yoga on the level of mental health as well as students stress was observed i.e. students stress was found to be lesser in college students practicing yoga as compared to those who are not in practice of yoga in their daily routine. The results further revealed significant and encouraging impact of following yoga on the enhancement of mental health.

## CONCLUSIONS

## Impact of Yoga on Stress and Mental Health

Many studies concluded that yoga improved the mental health of students and reduced students stress. It showed that yoga improves quality of life, quality of sleep and provides peace of mind and reduced depression, anxiety scores and psychological symptoms of stress related problems. Yoga and meditation also help bringing in the positivity among the students which help them in positive thinking and motivate to concentrate on other things in which they are interested and in which they prove their actual identity, their real personality.

### *Limitations of Study*

1. The present study was conducted on college students only. Study can be undertaken on university students.
2. In the present study, subjects from colleges of Aurangabad area were selected. Study can be undertaken on colleges from Maharashtra region.
3. The present study was conducted on college students to compare the impact of yogic practices on mental health and students stress. The study can be undertaken on other variables like overall problem solving, physical health and others similar related psychological and physiological states.
4. The sample size was limited to 40 college students only. It can be increased for better results.

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### *Conflict of Interest*

The authors carefully declare this paper to bear not conflict of interests

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