

Effect of yoga on stress and mental health among college going students

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ABSTRACT

Present study investigates the Effect of yoga on stress and mental health among college going students. For the present study 80 students were selected by purposive sampling method. The age range of sample was 20-25 years. Pre-post research design was used for this study. For statistical analyses mean, SD and t-test was used. Results shows that there is Effect of yoga on stress and mental health among college going students.

Keywords: *Yoga, Stress and Mental Health*

A large part of the literature on academic stress, depression, and anxiety has been undertaken in Western countries. Some of these Western studies identified mental health problems and academic stress among university students. However, limited studies have considered adolescent-aged students. College students are at a critical period where they will enter adulthood. They are expected to be the elites in the society. Thus, they should enhance their stress management abilities so as to live a healthy life after entering the society. Academic stress has been identified as the primary cause of these alarming figures. Lee & Larson (2000) explain this stress as an interaction between environmental stressors, student's appraisal and reactions for the same. Depression, anxiety, behavioral problems, irritability, etc. are few of the many problems reported in students with high academic stress (Deb, Strodl & Sun, 2015; Verma, Sharma & Larson, 2002). Incidences of depression were also found among stressful adolescents as it is linked with inability to concentrate, fear of failure, negative evaluation of future, etc.

Mental health is a critical factor for the well-being of an individual. Whether it is student life or professional life, without sound mental health it becomes difficult to excel in their respective fields. The nature of education and knowledge become more complex as one moves upward in the academic hierarchy. The academic workload also increases in higher classes. Whether in terms of project reports, assignments or examinations, students have to show their capabilities at various phases of their student life. Engineering students take half-yearly examinations, as compared to the annual examinations taken by medical and dental students. Theoretically, the higher frequency of examinations should lead to a higher

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prevalence of stress among engineering students. However, there are very few studies on the prevalence of stress among engineering students, especially in India.

METHODOLOGY

Statement of the Problem

To study the effect of yoga on stress and mental health among college going students.

Objective

- To find out the effect of yoga on Stress among college going students.
- To find out the effect of yoga on mental health among college going students.

Hypothesis

- There will be positive effect of yoga on Stress among college going students.
- There will be positive effect of yoga on mental health among college going students.

Sample

For the present study 60 college going students were selected by purposive sampling method From Aurangabad. The age range of present sample is 20-25.

Variables

Independent Variable:

Yoga

Dependent Variable

- 1) Stress
- 2) Mental health

Research Design

Pre-Post Research Design is used for present research.

Research Tools

Students Stress Scale: The stress level in the students was assessed by The Students Stress Scale designed by Dr. Zaki Akhtar. The scale has been developed to check the stress prevalent in the adolescent's life in the contemporary world. The scale consists of 51 items describing undesirable experiences and events likely to occur in the lives of the students. There are 41 positive and 10 negative items which are as follows: Reliability co- efficient alpha was established 0.78 and is significant at 0.01 level of significance. The second test-retest reliability reflects stability over time. The test retest reliability of the scale over an interval of four weeks was 0.71. Validity The scale has construct validity of 0.72. Validity was established by using test developed in India to measure life stress scale for students by Agarwal and Naidu. The five-point rating scale has been followed and hence starting from Never to Always score is given from 1-5. There are some negative items which have been scored from Never to Always which is given 5-1. The maximum score on students stress scale would be 255 and the minimum would be 51.

Mental Health Inventory (MHI) Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav. 56 items are in the questionnaire and each of the items has four responses – 1. Almost always true, 2. Sometime true, 3. Rarely true and 4. Almost never true. The reliability of the inventory was determined by split-half method using odd-even procedure.

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Overall mental health reliability coefficients is .73 and Construct validity of the inventory is determined by finding coefficient of correlation between scores on mental health inventory and general health questionnaire (Gold beig, 1978) it was found to be .54.

Procedure of data collects

For the present study 60 college going students was selected as a sample from Aurangabad city. In pre-test mental health scale and stress index were individually administrated on 60 students of different college and data were collected. After pre-test some yoga tecqunic practice taken on 60 students for five days given by trained person. After yoga training post-test was done and data were collected.

RESULT AND DISCUSSION

Table no. 1 show mean, SD, and t-value of pre-test and post-test on Stress.

Test	N	Mean	SD	t-value	Sig.lev.
Pre-test	30	125.16	1.98	2.89	0.05
Post-test	30	131.63	5.15		

The result table no.1.show that pre-test and post- test mean difference on Stress. pre-test mean is 125.16 and SD 1.98 and post-test mean is 131.63 and SD is 5.15 and t-value is 2.89 which significant on 0.05 level, which show significant difference between pre-test and post-test therefore hypotheses no.1 There will be positive effect of yoga on Stress among students is accepted.

Table no. 2 show mean, SD, and t-value of pre-test and post-test on mental health.

Test	N	Mean	SD	t-value	Sig.lev.
Pre-test	30	105.93	3.09	3.14	0.05
Post-test	30	111.53	4.24		

The result table no.1.show that pre-test and post- test mean difference on mental health. pre-test mean is 105.93 and SD 3.09 and post-test mean is 111.53 and SD is 4.24 and t-value is 3.14 which significant on 0.05 level, which show significant difference between pre-test and post-test therefore hypotheses no.2 There will be positive effect of yoga on mental health among students is accepted.

CONCLUSION

Present study found positive effect of yoga on stress and mental health among college going students. Yoga practices reduce stress level and increase mental health among students.

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Conflict of Interest

The author declared no conflict of interest.

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