

# **Academic Anxiety among Student and the Management through Yoga**

**Dr. Kamakhya Kumar<sup>1</sup> & Dr Somdutta Tiwary<sup>2</sup>**

1. Assoc. Professor, Dept. of Yoga & Health, Dev Sanskriti Vishwavidyalaya, Haridwar

2. Health officer, All State Group of Companies, Nariman Point, Mumbai, Maharashtra

## **Abstract**

Back ground: The college going students experience a lot of stress, which increase when they prepare for the examination. Yoga as an anxiolytic tool in anxiety reduction has been practiced over centuries in India.

Aim: The present study aims to observe the effect of Yogic intervention over academic anxiety level among college going students.

Method: A pre- post research study was conducted at a inter college of a developing town of Uttarakhand. Thirty 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 academic anxiety level of the subjects.

Conclusions: Academic 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.

**Key Words:** Academic anxiety, Asana, Pranayama & Meditation

---

## **Introduction**

Yoga has its origins in ancient India and in its original form, spiritual, moral and material included a system of practices. The central and common aspects of the practice today, focusing the mind to achieve relaxation and wellness that aims to enhance various physical postures (asanas) and breathing exercises (pranayama) are located. Various health benefits of yoga have been described in previous studies. Many studies reported on anxiety, stress reduction and general well being as the beneficial effects of yoga.

Studies show that even low or moderate levels of stress can interfere with the performance. Inability to concentrate stress results in cognitive reactions. Yoga is a way of life, balance, health, harmony, and is characterized by ecstasy. Meditation, the

seventh limb of Ashtanga Yoga warning leisure is a state that is part of yoga, as is being said by Maharishi Mahesh Yogi. The practice of yoga, a person favorable or unfavorable reaction to external events as well as the person in control, and where the mental fortitude reactions are moderate in intensity, the situation is supposed to reach.

Asana (ie, posture), pranayama (ie, breathing exercises aimed at influencing the vital forces), kriyas (cleansing processes), Mudra (ie, fixed interval approach), and bandhans (ie, neuromuscular locks) as Hatha Yoga practices, are mostly taught as physical practices. The changes are aimed at developing the individual (Bhole MV 1977).

Practice of Savasana and other Yoga practices (meditation, asana and pranayama) in six months, well-being, reduction in body weight, endocrinal functions vital capacity, increased acceleration, and brings a sense of improving memory. (Singh RH, Udupa KN) studied the three -month headache, insomnia, and anxiety was the problem of the 86 patients showing improvement (Datey KK). Yoga has the potential to affect stress disorder and suffer physical and metabolic stability that helps to get to know (Udupa KB, Singh RH, Dwivedi KN). Sahasi et al. demonstrated the effectiveness of yoga techniques in the management of anxiety and increased attention / concentration is reported.

Meditation, asana, pranayama through its own technology to manage stress in adolescents yields a positive effect. A study of yogasanas and care for a 4 week program to reduce students' aggressive behavior that is found. In another study note ( a ) maladaptive behaviors associated with fewer problems , ( b ) , have reported increased emotional and physical health and psychological well- being , ( c ) thought to reduce substance abuse the frequency , ( d ) low, and ( e ) generally improved quality of life (Dua J. 1998).

Bakshi, A. Kumari, A. (2009) observed the effect of Practicing Yoga among Adolescents and found a significant change on the level of Subjective Well Being and Academic Performance. Jadhav, S.G. Havalappanavar, N.B. (2009) also find a significant change as the effect of Yoga Intervention on Anxiety and Subjective well-being level.

Venkataramana, H.L. Poomalil, S.N. Shobhasree, T. (2008) having the similar observation during their study and they find a significant effect of Yoga on Academic Stress of High School Students. With this background the present study examines whether there is an effect of

yoga on the academic anxiety level of college going students.

### **Methodology:**

The study was at a inter college of a developing town of Utrakhanda. Academic Anxiety Scale for Children (AASC), developed by Dr. A.K. Singh was administered on 30 students of Class 11. The participants were 15 boys and 15 girls, with ages ranging from 15 to 17 years. AASC was administered to identify the academic anxiety level of the students. Each item is of statement type (closed), to which students were to answer by ticking their option prescribed on the answer sheet. 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 Hindi. 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. Their achievement scores were exclusively used for the research purpose and were not disclosed to their educational institutions. 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. Academic Anxiety Scale For Children (AASC) was used as a pretest and posttest for the experiment to assess the effect of yoga module on the Academic anxiety of the subjects.

### **Intervention:**

A yoga module (given below) 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 Namaskar, 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 prayaer).

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

## Result

**Table – 2:** Result

Academic Anxiety	M	S <sub>D</sub>	N	df	t- score
Pre test	12.8	3.14	30	29	5.11
Post test	10.2	2.92	30	29	

$$r = 0.58, m_1 \sim m_2 = 2.6, SE_D = 0.508$$

\* Significant at 0.01 level

Above is the students' statistical analyses was 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 of academic anxiety level of the students.

### Discussion:

The findings of this study reveal that the students who experienced yoga module showed a significant reduction in their academic 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 5.11, which is significant at 0.01 level.

The institutions in the developed countries offer various counseling and stress management programs to students to cope with the situations. Among many North American medical schools, several have

established policies and programs to provide treatment services and wellness programs addressing students' mental health issues. (Roberts LW, et al 2001). For example, following a short yoga intervention, students reported improvements in perceived stress and depressive symptoms (Simard AA et al 2009). 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 Academic anxiety level of subjects after practicing for 45 days. It can be concluded that inclusion of yogic intervention in the academic anxiety level of the college going student' and ultimately benefit all aspects of their academic careers. 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.

## References:

1. Bakshi, A. Kumari, A. (2009) Effect of Practicing Yoga on Subjective Well Being and Academic Performance Among Adolescents *Indian Psychological Review* 2009 Vol 72; Numb 4, Page(S) 235-238
2. Jadhav, S.G. Havalappanavar, N.B. (2009) Effect of Yoga Intervention on Anxiety and Subjective well-being *Journal- Indian Academy Of Applied Psychology* 2009 Vol 35; Numb 1, Page(S) 27-32
3. Venkataramana, H.L. Poomalil, S.N. Shobhasree, T. (2008) Effect of Yoga on Academic Stress of High School Students *Social Science International* 2008 Vol 24; Numb 1, Page(S) 89-97
4. Bhole MV (1977). Psycho – Physiological importance of some yoga practices Paper presented at the international seminar on stress in Health and Diseases. Varanasi: Banaras Hindu University; 1977.
5. Singh RH, Udupa KN. Psychobiological studies on certain hatha yoga practices. Paper presented at the international seminar on stress in Health and Diseases. Varanasi: Banaras Hindu University; 1977.
6. Datey KK. Stress and heart diseases and how to control it with newer techniques – biofeedback and Savanasana. Paper presented at the International seminar on stress in Health and Diseases. Varanasi: Banaras Hindu University; 1977.
7. Udupa KB, Singh RH, Dwivedi KN. Biochemical study on meditation. Paper presented at the international seminar on stress in Health and Diseases. Varanasi: Banaras Hindu University; 7.
8. Sahasi G, Mohan D, Kacker C. Effectiveness of yogic techniques in the management of anxiety. *Journal of Personality and Clinical Studies*. 1989;1:51–5.
9. Dua J. Meditation and its effectiveness. In: Pestonjee DM, Pareek U, Aggarwal R, editors. *Studies in Stress and its management*. Delhi: Oxford and IBH; 1998.
10. Roberts LW, Warner TD, Lyketsos C, Frank E, Ganzini L, Carter D. Perceptions of academic vulnerability associated with personal illness: A study of 1,027 students at nine medical schools. *Compr Psychiatry*. 2001; 42:1–15.
11. Simard AA, Henry M. Impact of a short yoga intervention on medical students' health: A pilot study. *Med Teach*. 2009; 31:950–2.
12. Kumar, Kamakhya (2008); A study on the impact on stress and anxiety through Yoga nidra; *Indian Journal of Traditional Knowledge*, Vol. 7 No 3; 401-404.