



## International Journal of Yoga and Allied Sciences

journal home page: [www.indianyoga.org//](http://www.indianyoga.org//)

Frontiers

### Impact Of Yoga Package On Dimensions Of Anxiety Of School Students

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#### ABSTRACT

Yoga is the science of life and a way of natural living. It's a systematic practice for self realization and higher perception. Yoga provides a rhythm and development to mental or physical powers. Yoga develops all aspects of life. Yoga can be defined as Science of health, harmony and happiness. Aim of this study is to see the influence of yoga on anxiety on senior secondary school students of MP Board. Total 200 students from different schools in the age range 15 to 17 were taken as a sample in this study. They were get practice of Yoga Package and assessed before and after Yogic intervention. Result shows significant reduction on the difference dimensions of anxiety and this was concluded that the yoga package provides an effective management of anxiety.

#### Article history:

Received 2 Jan 2021  
Revised 16 Jan 2021  
Accepted 05 Feb 2021.

#### Keywords:

Yoga, anxiety, learning and development.

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#### Introduction:

Education and learning has a role to the behavioral, emotional and all other developments of students. Without five principal aspects relating to the five principal activities of the human being education cannot be completed. These are physical, the mental, the emotional, the intellectual and the spiritual. All these are looked into in our ancient system of yoga. Anxiety is so common emotional, mental, and behavioural problem which found in students. Every student feels anxiety in the stage of adolescence. Any stressful situation brings anxiety in the form of worry and apprehension and anxiety is a normal reaction to stressed situation. Anxiety brings defensive or escape reaction for the situation. Situations are

perceived uncontrollable or unavoidable but not so realistic and there is a fight or flight response too.

**David Barlow** says in anxiety individual is not ready or prepared to attempt to cope up with upcoming negative events, it is a future oriented state of mood.

Individual feels for the situation he don't has sufficient coping skills for future and present dangers which are difficultly challenged and at mental state it is a distinction between future and present problems. We can define anxiety is being apprehension and ambitious for non important things strange, inability to concentrate with lake of interest for doing things and emotionally unstable, testing of tolerance for yearn. Anxiety is all over a

situation in which people get nervous, strangers to, iffy, egregious for things with yowl.

Yoga is multidimensional in its nature and provides solution of all the problems whether they are related with physical body, mental body, astral body surrounding society etc. Yogic practices are not only physical they are psychological as well as social and individualistic also, so all yoga practices bring change in thoughts and behavioural pattern. Yoga maintains the health of the body and mind, it is to manage stress and regulate energy levels. It helps to remove pressure and confusions from mind.

#### **Statement of the Problem**

Impact of yoga package on dimensions of anxiety of school students

#### **Purpose of The Study**

The purpose of the study was to examine the impact of yoga package on dimensions of anxiety of sr. sec school students. The study was to determine the use of yoga in school education would help children to manage their anxiety and behavioral problems.

#### **Objectives of The Study**

1. To study the effect of yoga package on dimensions of anxiety.
2. To study the effect of yoga package on sr. sec. school students.

#### **Hypothesis of The Study**

There is no significant effect of yoga package on anxiety (Dimensions) of Sr. Sec. School students.

#### **Limitation of the Study**

1. All subjects were students of Sr. Sec. School Students.
2. The researcher limited her study to the sr. sec. school students.
3. Researcher limited her study to Bhopal city.
4. In yoga package there was only practical aspect of yoga.
5. There was no separate theory class for yoga.

**Variable of Study** 1. Yoga 2. Anxiety

#### **Sample**

The sample of the study covered adolescence from C. B. S. E. and M. P. Board sr. sec schools of Bhopal in the age range 15 to 17 years. This sample had been collected from sr. sec. students before and after yoga practice.

#### **Tools and Techniques**

Bisht Battery of Stress Scales (BBSS) by Abha Rani Bisht (1987) was used as a tool. In this battery there are thirteen scale of stress based on four components of stress viz. frustration, conflict, pressure, and anxiety. In this paper one component of stress viz. conflict were taken for all thirteen areas of stresses, Scale of existential stress (SES), Scale of achievement stress (SAchS), Scale of academic stress (SAS), Scale of self concept stress (SSCS), Scale of self actualization stress (SSAS), Scale of physical stress (SPS), Scale of social stress (SSS), Scale of role stress (SRS), Scale of institutional stress (SIS), Scale of family stress (SFS), Financial stress scale (FSS), Scale of vocational stress (SVS), Scale of superstition stress (SSUS). These scales were consisted of different items. 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 given time. Statistical techniques as, mean and z test was used for data analysis.

**Intervention:** A yoga package (asana + pranayama + meditation + mudra + kriya) was given to students as an intervention.

**Asanas in Yoga Package:** Joints loosening as toe, ankle, knee hip, shoulder, elbow, wrist, neck movements practice, Suryanamaskar, Sarvangasana,

Chakrasana, Naukasana, Bhugangasana, Dhanurasana, Pashcimotnaasana, Vajrasana , Ustrasana, Shashankasana, Gaumukhasana, Padmasana, Parvatasana, Tadasana, Vkrakshasana, Garudasana, Trikonasana.

**Pranayama with Mudra and Kriyas:** Kapalhati, Anuom-Vilom, Ujjayi Pranayama, Bhramripranayama, Om chanting and Practice of **Trataka kriya** and **meditation in Gyan mudra** was given.

Maharshi Patanjali said about Asanas “The position which is steady and enjoyable is asana” so it is said that asanas are the postures in which individual feels comfortable. He also said by the practice of asanas one can improve resistance for the problems which are not yet come. Further in Patanjali yoga sutra Maharshi said about pranayama

“ Pranayama is mastery over inhalation and exhalation which will be after proved

**Hypothesis -1:** There is no significant effect of Yoga package on anxiety (Dimensions) of Sr. Sec. School students.

of asana and he said about events “sthiti” of pranayama. Maharshi Patanjali didn’t give any name for asana and pranayama. Name for the asanas and pranayama has given in Hathyogic text. So all asanas and pranayama, kriya and mudra had been taken from different text books of hath yoga. Asanas are physical postures and pranayama is the practice for breath awareness which have different types of techniques with its name. Asana and pranayama together give so many benefits for an individual so that foreign people are adopting yogic techniques because yogic techniques provide treatment to the individual before problem starts.

It is like free of cost treatment no need to give and take separate time to doctors, no need to spend money on health. It is the solution before problem comes so it is for healthy person as well as to problematic or ill peoples also.

**Table.1**

**Scores of effect of Yoga package on anxiety (Dimensions) of Sr. Sec. School students.**

Dimension		No. of students	Mean score before yoga package	Mean score after yoga package	Z Value	Inference
SES	Frequency	200	25.36	23.87	7.86	Significant
	Quantity		24.10	22.77	7.56	Significant
SAchS	Frequency	200	26.50	24.25	9.20	Significant
	Quantity		24.94	22.98	8.75	Significant
SAS	Frequency	200	27.28	26.29	7.64	Significant
	Quantity		26.89	26.31	5.73	Significant
SSCS	Frequency	200	22.18	21.23	7.28	Significant
	Quantity		21.63	21.08	5.91	Significant
SSAS	Frequency	200	10.98	10.26	6.51	Significant
	Quantity		12.06	10.91	7.39	Significant
SPS	Frequency	200	23.92	23.46	5.04	Significant
	Quantity		26.06	24.94	6.84	Significant

SSS	Frequency	200	30.43	30.02	4.78	Significant
	Quantity		32.40	31.59	6.26	Significant
SRS	Frequency	200	19.35	18.47	6.97	Significant
	Quantity		19.24	18.21	6.46	Significant
SIS	Frequency	200	28.99	27.86	6.37	Significant
	Quantity		30.06	28.94	6.16	Significant
SFS	Frequency	200	29.65	29.65	6.49	Significant
	Quantity		30.04	30.04	6.24	Significant
FSS	Frequency	200	17.02	16.45	5.47	Significant
	Quantity		17.40	16.85	5.20	Significant
SVS	Frequency	200	23.89	23.40	4.54	Significant
	Quantity		26.15	25.29	6.17	Significant
SSUS	Frequency	200	13.92	13.50	4.21	Significant
	Quantity		15.44	14.61	5.32	Significant

**Table:1** reveals that mean scores of effect of Yoga package on anxiety of Sr. Sec. School students (N-200) before and after yoga practice mean scores of scale existential stress frequency are (25.36 and 23.87) and quantity are (24.10 and 22.77), mean scores of scale of achievement stress frequency are (26.50 and 24.25) and quantity are (24.94 and 22.98), scale of academic stress frequency are (27.28 and 26.29) and quantity are (26.89 and 26.31), scale of self concept stress frequency are (22.18 and 21.23) and quantity are (21.63 and 21.08), mean scores of scale of self-actualization stress frequency are (10.98 and 10.26) and quantity are (12.06 and 10.91), scale of physical stress frequency are (23.92 and 23.46) and quantity are (26.06 and 24.94), mean scores of scale of social stress frequency are (30.43 and 30.02) and quantity are (32.40 and 31.59), scale of role stress frequency are (19.35 and 18.47) and quantity are (19.24 and 18.21), mean scores of scale of institutional stress frequency are (28.99 and 27.86) and quantity are (30.06 and 28.94), scale of family stress frequency are (29.65 and 29.65) and quantity are (30.04 and 30.04), financial stress scale

frequency are (17.02 and 16.45) and quantity are (17.40 and 16.85), scale of vocational stress frequency are (23.89 and 23.40) and quantity are (26.15 and 25.29), scale of superstition stress frequency are (13.92 and 13.50) and quantity are (15.44 and 14.61).

This shows that the before yoga practice Sr. Sec. School students have more anxiety (Dimensions) (quantity, frequency) as compared to after yoga practice.

Z-value of SES (7.86, 7.56), SAchS (9.20, 8.75), SAS (7.64, 5.73), SSCS (7.28, 5.91), SSAS (6.51, 7.39), SPS (5.04, 6.84), SSS (4.78, 6.26), SRS (6.97, 6.46), SIS (6.37, 6.16), SFS (6.49, 6.24), FSS (5.47, 5.20), SVS (4.54, 6.17), SSUS (4.21, 5.32) which are more than the critical value 1.96 and significant at  $\alpha=0.05$ . There is significant effect ( $p>0.05$ ). The results indicate that the positive effect of Yoga package on anxiety (Dimensions) of Sr. Sec. School students. So, the hypothesis “There is no significant effect of Yoga package on anxiety (Dimensions) of Sr. Sec. School students” SES, SAchS, SAS, SSCS, SSAS, SPS, SSS, SRS, SIS, SFS, FSS, SVS, SSUS are rejected.

## **Conclusion**

Study reveals that the positive impact of yoga package have been found on dimensions of anxiety of sr. sec. school students. It is said that yoga practice is helpful to manage anxiety and its consequences. It can conclude from the findings of the study that yoga renders education to manage anxiety. Yoga gives equilibrium situation between materiality

and spiritually. When there is equilibrium situation, the balance is there. Yogavashishtha says "Yoga is a master key to solve problems of wrongly life". Yoga comes as "calm down skilful method submit the mind. And Geeta also says samattvmyoga uchchayate, which means whatever the condition is coming face it with keeping your mind cool.

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**Cite this paper as: Dr. Pratima Vashishtha, Impact Of Yoga Package On Dimensions Of Anxiety Of School Students, International Journal of Yoga and Allied Science, Volume: 10, Issue: 1 ; Jan-June 2021(13-17).**