

Impact of yoga package on different dimensions of frustration

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Abstract

We have a number of desires, which are not fulfilled due to certain obstacles. There is more or less minor frustration, which is encountered every day particularly in the school going students. An experimental study was conducted to observe the impact of Yoga on the frustration level of the students. The purpose of the study was to examine the impact of selected Yoga practices on dimensions of frustration of sr. sec school students. The study was to determine the use of yoga in school education would help children to manage their frustration and behavioral problems. A yoga package of selected Yogic practices was given to students as an intervention. Study reveals that there is a positive impact of selected Yogic practices as a significant change have been found on some dimensions of frustration level of school students.

Introduction

Frustration is an attribute of stress which affects individual's mental status. And frustration is like a blocker between the way of individual and the goal. Achieving of the goal is not always smooth, when blocker or barrier comes in the way to getting goal or fulfilling the set desires it is frustration. From birth to death frustration is inevitable in our life. We have a number of desires, which are not fulfilled due to certain obstacles. There is more or less minor frustration, which is encountered every day-a student missed the bus causing a late arrival in school; parents is ill, the teacher is ill or not present in school, delaying in school assignment etc. Psychologists defined the term frustration in a different way. Frustration is a hypothetical state. Freud (1920) said frustration is occurred when ever pleasure seeking or pain avoiding behaviour was blocked. Gilmar, B. Vonhaller (1966) said frustration is the

state of an organism resulting when satisfaction of motivated behaviour is made difficult or impossible when goal is blocked. Brudhyajnavalkasmruti says "Yoga teaches us to realize our own problems our draw backs our wrong ideas & views our faulty attitude wrong concepts". Yogavashishtha says "Yoga is a master key to solve problems of wrongly life". Yoga comes as "calm down skilful method submit the mind.

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

Objectives of The Study

1. To study the effect of yoga package on dimensions of frustration.

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 frustration (Dimensions) of Sr. Sec. School students.

Sample

The sample of the study covered adolescent students 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 mobilizing as toe, ankle, knee hip, shoulder, elbow, wrist, neck movements practice, Suryanamaskar, Sarvangasana, Chakrasana, Naukasana, Bhugangasana, Dhanurasana, Pashcimottnaasana, Vajrasana, Ustrasana, Shashankasana, Gaumukhasana, Padmasana, Parvatasana, Tadasana, Vkrakshasana, Garudasana, Trikonasana.

Pranayama with Mudra and Kriyas: Kapalbhathi, 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 which calm down the activities of mind and provide a stable background to the mind. 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

As an physical activity "Pranayama is mastery over inhalation and exhalation which will be after proved of asana and he said about events "sthiti" of pranayama. Other than this Pranayama leads to the wisdom and knowledge "Tatah Ksheyate Prakashavarnam". 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 arises.

It is like free of cost treatment for mental and physical problems, 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 1.1

Scores of effect of Yoga package on frustration (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		39.85	34.20	10.2	Significant
	Quantity		38.22	33.71	8.62	Significant
SAChS	Frequency	200	51.35	42.79	11.21	Significant
	Quantity		52.75	42.31	11.37	Significant
SAS	Frequency	200	31.73	43.22	8.40	Significant
	Quantity		32.03	44.74	8.41	Significant
SSCS	Frequency	200	28.82	24.64	8.83	Significant
	Quantity		28.47	24.38	8.04	Significant
SSAS	Frequency	200	31.97	30.20	4.75	Significant
	Quantity		34.84	29.85	9.03	Significant
SPS	Frequency	200	33.19	32.18	2.35	Significant
	Quantity		36.81	35.38	2.85	Significant
SSS	Frequency	200	31.82	28.65	7.06	Significant
	Quantity		33.55	29.19	7.44	Significant
SRS	Frequency	200	32.91	28.42	7.19	Significant
	Quantity		34.18	28.46	9.21	Significant
SIS	Frequency	200	36.03	34.85	2.58	Significant
	Quantity		37.48	35.56	4.66	Significant
SFS	Frequency	200	39.66	35.51	7.58	Significant
	Quantity		41.32	37.04	8.13	Significant
FSS	Frequency	200	39.53	39.49	1.03	Not Significant
	Quantity		41.38	40.63	3.25	Significant
SVS	Frequency	200	33.53	21.24	8.48	Significant
	Quantity		35.05	21.91	8.70	Significant
SSUS	Frequency	200	15.57	14.83	1.75	Not Significant
	Quantity		16.08	15.16	1.84	Not Significant

Table: 1.1 reveals that mean scores of effect of yoga package on frustration (Dimensions) of Sr. Sec. School students (N-200) before and after yoga package mean scores of scale of existential stress frequency are (39.85 and 34.20) and quantity are (38.22 and 33.71), mean scores of scale of achievement stress frequency are (51.35 and 42.79) and quantity are (52.75 and 42.31), scale of academic stress frequency are (31.73 and 43.22) and quantity are (32.03 and 44.74), scale of self concept stress frequency are (28.825 and 24.64) and quantity are (28.47 and 24.38), mean scores of scale of self-actualization stress frequency are (31.97 and 30.20) and quantity are (34.84 and 29.85), scale of physical stress frequency are (33.19 and 32.18) and quantity are (36.81 and 35.38), mean scores of scale of social stress frequency are (31.82 and 28.65) and quantity are (33.55 and 29.19), scale of role stress frequency are (32.91 and 28.42) and quantity are (34.18 and 28.46), mean scores of scale of institutional stress frequency are (36.03 and 34.85) and quantity are (37.48 and 35.56), scale of family stress frequency are (39.66 and 35.51) and quantity are (41.32 and 37.04), financial stress scale frequency are (39.66 and 39.49) and quantity are (41.38 and 40.63), scale of vocational stress frequency are (33.53 and 21.24) and quantity are (35.05 and 21.91), scale of superstition stress frequency are (15.57 and 14.83) and quantity are (16.08 and 15.16).

This shows that the before yoga practice Sr. Sec. School students have more frustration on different dimensions (quantity, frequency) as compared to after yoga package.

Z-value of SES is (10.2,8.62), SAchS (11.21,11.37), SAS (8.40,8.41), SSCS (8.83,8.04), SSAS, (4.75,9.03), SPS (2.35,2.85), SSS (7.06,7.44), SRS (7.19,9.21), SIS (2.58,4.66), SFS (7.58,8.13), FSS quantity (3.25), SVS

(8.48,8.70) 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 the described frustration (Dimensions) of Sr. Sec. school students. FSS frequency (1.03), SSUS (1.75, 1.84) which is less than the critical value 1.96 and significant at $\alpha=0.05$. There is no significant effect. The results indicate that no positive effect of yoga package on FSS (frequency) and SSUS (frequency & quantity) of Sr. Sec. School students.

So, the hypothesis says that there is no significant effect of Yoga package on frustration (Dimensions) of Sr. Sec. School students FSS (frequency), SSUS (frequency & quantity) are accepted and (SES, SAchS, SAS, SSCS, SSAS, SPS, SSS, SRS, SIS, SFS, FSS (quantity), SVS are rejected.

Conclusion

Study reveals that the positive impact of yoga package have been found on some dimensions of frustration of sr. sec. school students. It is said that yoga practice is helpful to manage frustration and its consequences. It can conclude from the findings of the study that yoga renders education to manage frustration and related problems. Yoga gives equilibrium situation between materiality and spiritually. When there is equilibrium situation, the balance is there. Where there is a balance there is the progress which leads development. Yoga is unity with work and not only unity, yoga is unity with skilled work. Yoga provides a total control over life. Geeta says samattvmyoga uchchayate, which means what ever the condition is coming face it with keeping your mind cool (keep your mind in equilibrium) because nothing is permanent the situation of today will change.

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