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Effect of yoga on stress

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Abstract

Yoga is the art of living. It is all things to all people. It is about getting to know yourself. Integrating the many aspects of ourselves and putting us in control of our minds; the effects are holistic, bringing about health awareness and a change of attitude towards ourselves and the world around us. The work yoga is derived from the roots of Sanskrit 'Yuj' which means to join, to attach, to bind, and yoke, and to concentrate on one's attention. Menhaden Desai, says in his introduction to the Gait and according to Gandhi, the yoking of all the powers of body, the mind, the emotion, the will which the yoga presupposes, it means pose of the soul which enables one to look at life in all its aspect evenly. Stress is defined as a response to a demand that is placed upon you. Stress is a normal reaction when your brain recognizes a threat. When the threat is perceived, your body releases hormones that activate your "fight or flight" response.

The study was significant in determining different training schedules for school students. The study was significant in assessing the stress of secondary school students. The study would be limited to 20 girls 20 boys, of secondary school children's of Vijayapur. Among that 10 girls and 10 boys are control group and experimental groups.

Keywords: Yoga, stress

Introduction

Yoga is a 5000-year-old Indian philosophy that combines exercise, breathing, diet, relaxation and meditation. It is a combination of physical and mental disciplines which make the body stronger and healthier and the mind calmer and more controlled, helping towards self-realization. It emphasizes the relationship of body, mind and breath, the synchronization of the breath and movement, the use of preparation, counter pose, sequences of linked postures and modification of postures to suit individual needs. Yoga is the art of living. It is all things to all people. It is about getting to know yourself. Integrating the many aspects of ourselves and putting us in control of our minds; the effects are holistic, bringing about health awareness and a change of attitude towards ourselves and the world around us. We cannot practice Yoga without changes happening within ourselves, becoming more aware that it influences our life and the way we live.

Yoga

Yoga defines itself as a science--that is, as a practical, methodical, and systematic discipline or set of techniques that have the lofty goal of helping human beings to become aware of their deepest nature. The goal of seeking to experience this deepest potential is not part of a religious process, but an experiential science of self-study. Religions seek to define what we should believe, while a practical science such as meditation is based on the concrete experience of those teachers and yogis who have previously used these techniques to experience the deepest Self. Yoga does not contradict or interfere with any religion, and may be practiced by everyone, whether they regard themselves as agnostics or members of a particular faith.

Asana is the Sanskrit word for a physical posture. Expressed in general terms Asana denotes a specific position which can be held in a relaxed and comfortable manner for a long period of time. In the 2nd Century before Christ, Patanjali wrote down the principles of Yoga practice in the "Yoga Sutras" (aphorisms). He named only the meditation posture "Asana" and the physical postures he termed "Yoga Vietnam". However, in common usage the dynamic Yoga exercises also became known as Asanas.

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Meaning of yoga

The literal meaning of the word yoga is yoke. It means for uniting the individual spirit with the universal spirit, or God. The word yoga is derived from the roots of Sanskrit 'Yuj' which means to join, to attach, to bind, and yoke, and to concentrate on one's attention. Menhaden Desai, says in his introduction to the Gait and according to Gandhi, the yoking of all the powers of body, the mind, the emotion, the will which the yoga presupposes, it means pose of the soul which enables one to look at life in all its aspect evenly. In Indian culture or thought human beings or everyone on this earth is guided by the supreme universal spirit, i.e., Paramatta or God of which the individual human spirit, i.e., Jivatma is a part. Yoga is a way to secure liberation (Moksha) because it is the means by which the jivatma can be united to the pramatma.

Importance of Yoga

Yoga is not a religion; it is a way of living whose aim is 'a healthy mind in a healthy body'. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being. They have little to do with the development of the spiritual or astral body.

Yogic exercises recharge the body with cosmic energy This facilitates Attainment of perfect equilibrium and harmony
Yogic exercises recharge the body with cosmic energy This facilitates

- ❖ Attainment of perfect equilibrium and harmony
- ❖ Promotes self- healing.
- ❖ Removes negative blocks from the mind and toxins from the body
- ❖ Enhances Personal power Increases self-awareness

Helps in attention focus and concentration, especially important for children Reduces stress and tension in the physical body by activating the parasympathetic nervous system The aspirant feels rejuvenated and energized. Thus, Yoga bestows upon every aspirant the powers to control body and mind.

Stress

Stress is defined as a response to a demand that is placed upon you. Stress is a normal reaction when your brain recognizes a threat. When the threat is perceived, your body releases hormones that activate your "fight or flight" response. This fight or flight response is not limited to perceiving a threat, but in less severe cases, is triggered when we encounter unexpected events. Psychologist Richard S. Lazarus best described stress as "a condition or feeling that a person experiences when they perceive that the demands exceed the personal and social resources the individual is able to mobilize." For most people, stress is a negative experience. The body is a self-regulating system. There are threats to the body's equilibrium as its environment changes and as the organism grows. These threats can be responded to adaptively, by appropriate action, or destructively, by inappropriate action. The key to self-renewal lies in the level of awareness of threats, and the strategies available for dealing with them. Yoga is a highly effective strategy for stress management.

Stress is often defined as the response of the human organism to any change or demand, be it internal or external, the stress response automatically initiates. Whether the demand is positive or negative (i.e. whether someone gets married and

gets a promotion, or someone gets divorced or fired from a job, it's the same physiological response). The stress response is coordinated in the body by the autonomic (or automatic) nervous system. The sympathetic nervous system controls the stress response and the parasympathetic nervous system controls the opposite or, the relaxation response. The endocrine system also releases hormones in response to stressors.

Stress Symptoms

- ❖ Headaches, other aches and pains
- ❖ Sleep disturbance, insomnia
- ❖ Upset stomach, indigestion, diarrhoea
- ❖ Anxiety
- ❖ Anger, irritability
- ❖ Depression
- ❖ Fatigue
- ❖ Feeling overwhelmed and out of control
- ❖ Feeling moody, tearful
- ❖ Difficulty concentrating
- ❖ Low self-esteem, lack of confidence
- ❖ High blood pressure
- ❖ Weakened immune system
- ❖ Heart disease

Statement of the Problem

The purpose of the study was to find out the "Effect of yoga on Stress of secondary school children"

Objectives

To study the level of significant of yoga on stress.

Hypothesis

Practicing of yoga would influence on stress of secondary school children.

Limitation

- ❖ The study is limited to the measuring the level of psychological stress of secondary school children.
- ❖ The study would be limited to 20 girls 20 boys, of secondary school children's of Vijayapur. Among that 10 girls and 10 boys are control group and experimental groups.

Delimitation

- ❖ The present study tries to analyze the level the stress.
- ❖ The study was delimited to the students between the age 13 to 17 years.
- ❖ The study was delimited 6 week training.

Significance of the Study

1. The study was significant in determining different training schedules for school students.

The study was significant in assessing the stress of secondary school students.

Methodology

The methodology adapted for the present study "Effect of yoga on Stress of secondary school children" " selection of subjects, experimental design, selection of variables, selection of tests, experimental design, selection of tests, collection of data and statistical procedure have been explained in this chapter.

Selection of subjects

The purpose of the study was to find out the” Effects of yoga on physical and psychological variables of secondary school children. Age of the subjects ranged from 13to17 years girls and boys. The investigator was explaining the purpose, nature, studying in government Urdu high school Daultkot

Vijayapura.

Selection of variables

- 1) Yoga
- 2) Stress

Table 1: Table shows Pre test and post test of mean, SD and ‘t’ value of boys with respect to stress

	Pre Test		Post test		t-value	df	p-value	Remark
	Mean	SD	Mean	SD				
Experimental group	582.6000	27.0481	484.600	68.0477	5.455	9	.000	S
Control Group	617.8000	39.6114	617.200	33.9960	.036	9	.972	NS

Table: indicates the mean, SD and t valve of pre-test and of experimental group has well as control group with respect to stress. The mean score value of experimental group of pre-test is 582.60 and SD, 27.04 and post-test is 484.60 and SD 68.04 respectively the mean score value of control group pre-test is

617.80 and SD 39.61 and post- test is 617.20 and 33.99 respectively the t value found to be significant at 0.05 level of experimental group and it is not significant in case of control group.

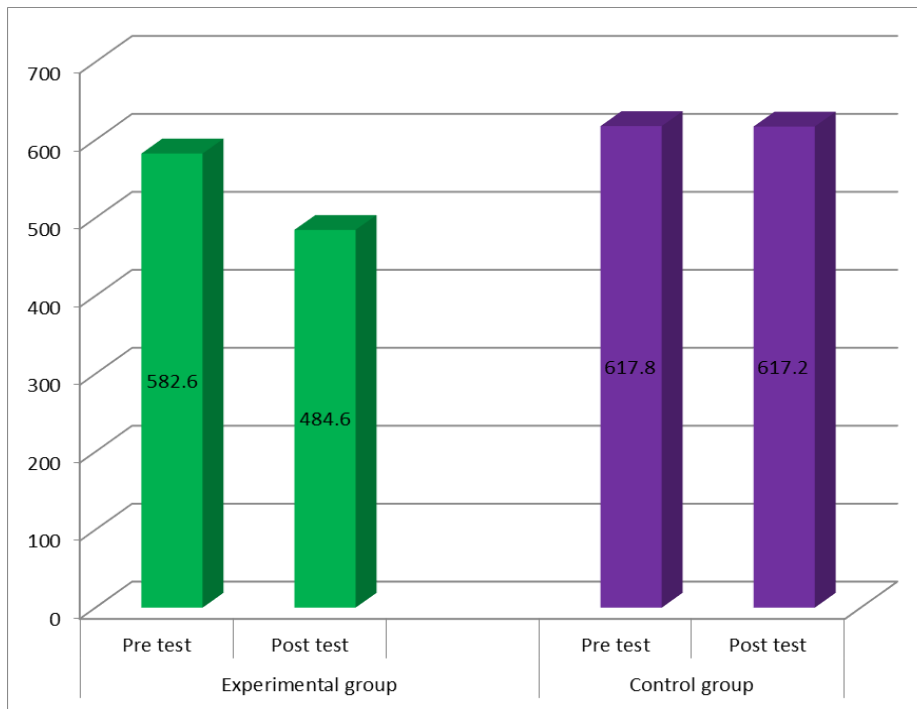


Fig 1: Showing the pre test and post improved the stress performance of boys

Graph above figure clearly indicates that the 6 weeks yoga training performance is drastically improved is the stress of the boys.

Table 2: Table shows Pre test and post test of mean, SD and ‘t’ value of Girls with respect to stress

	Pre Test		Post test		t-value	df	p-value	Remark
	Mean	SD	Mean	SD				
Experimental group	675.7000	52.6013	573.400	22.0514	6.367	9	.000	S
Control Group	561.7000	26.0770	554.800	23.2608	1.802	9	.105	NS

Table shows indicates the mean, SD and t valve of pre-test and of experimental group has well as control group with respect to stress. The mean score value of experimental group of pre-test is 675.70 and SD, 52.60 and post-test is 573.40 and SD 22.05 respectively the mean score value of control group

pre-test is 561.70 and SD 26.07 and post- test is 554.80 and 23.26 respectively the t value found to be significant at 0.05 level of experimental group and it is not significant in case of control group.

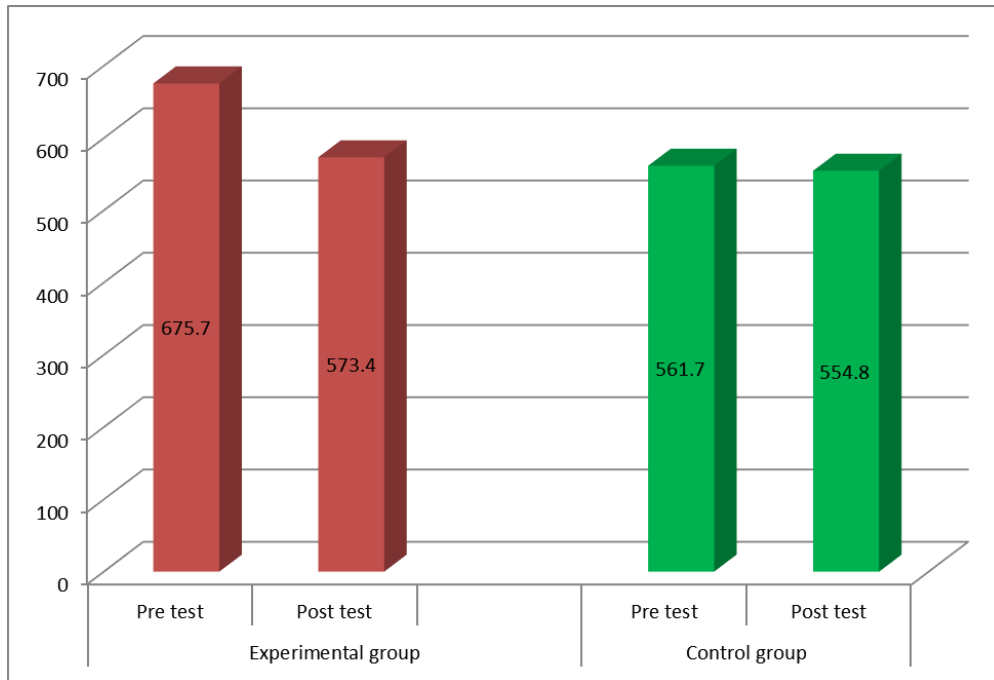


Fig 2: Showing the pre test and post improved the stress performance of girls

The above figure clearly indicates that the 6 weeks yoga training performance is drastically improved is the stress of the girls.

Conclusion

On the basis of results it was concluded that 6 weeks of yoga training improved the physical psychological like Stress.

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