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A comparative study on the academic stress of yoga-practicing and yoga non-practicing secondary level students

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Abstract

Modern education seeks to bring about all round development of children to enable them to enjoy their childhood freely and build a strong nation and society later on; but sometimes children get depressed owing to their low academic achievement. Students may feel stressed for many factors like pressure of self-expectation. Academic stress is a mental distress with respect to some apprehended frustration associated with academic failure, apprehension of such failure or even awareness of the possibility of such failure. Yoga is a science of right living and as such, it is intended in daily life. Yoga is a means of balancing and harmonizing the body, mind, and emotions and this state need to be achieved before union with the higher reality takes place. Yoga may help to reach wisdom in work or skillful living and this will bring harmony in our life. So the researcher treats yoga as the strategy to follow and overcome the stress. Here the researcher intends to measure the academic stress, difference between the mean scores of the yoga- practicing and yoga non-practicing students of secondary level of students.

Keywords: Academic stress, yoga practice, secondary level

Introduction

The aim of modern education is all round development of children in order to enable them to enjoy their childhood freely and build a strong nation and society later on; but sometimes children get depressed owing to their low academic achievement. In extreme cases, this stress leads to the suicide by such students. Students feel stressed for many factors like pressure of self-expectation. Stress may be felt throughout the entire body. Stress causes the adrenal glands, situated on the kidney, to release a hormone known as adrenalin, and the brain instructs the pituitary gland, which is in the brain. Academic stress is a mental distress with respect to some apprehended frustration associated with academic failure, apprehension of such failure or even awareness of the possibility of such failure. Yoga is a science of right living and as such, it is intended in daily life. It works on all aspects of the person – physical, mental, emotional, social and spiritual levels. Yoga is a means of balancing and harmonizing the body, mind, & emotions and this state needs to be achieved before union with the higher reality. Yoga helps to reach wisdom in work or skillful living which brings harmony in our life. Academic stress is an increasing students-health problem, and yoga has been claimed to induce stress reduction and empowerment in practicing subjects. It was aimed to evaluate potential effects on perceived stress and associated psychological outcomes in mentally distressed students.

Review of Related Literature

The few related studies conducted in relation to the field are as follows

Taylor (2001) shows that work employees face numerous psychological stressors that can undermine their work performance. Stress has been shown to be one of the factors leading to musculo-skeletal disorders (MSDs) such as back pain, carpal tunnel syndrome, shoulder or neck tension, eye strain, or headaches. Practicing of yoga at the workplace teaches employees to use relaxation techniques to reduce stress and risk of injury on the job. Yoga at the workplace is a convenient and practical outlet that improves works performance by relieving tension and job stress.

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Granath (2006) in his study, compared stress management program based on cognitive behavioral therapy principles with a Kundaliniyoga program. A study sample of 26 women and 7 men from a large Swadish company were divided randomly into 2 groups. The groups were instructed by trained group leaders and 10 sessions were held with each group over a period of 4 months. Physiological and psychological measurements obtained before and after treatment showed significant improvement. The result indicates that both cognitive therapy and yoga are promising stress management techniques.

Talib and Rehman, 2012 explored the effect of perceived stress on student academic performance and to identify the factors that cause stress among students which further affect their academic performance. The research was based on primary data, which was collected by means of survey questionnaire from university students in Rawalpindi, Islamabad. The population for this study was university students enrolled in universities of Rawalpindi and Islamabad. The sample size for the study was 250 university students; and convenient sampling was used. This method was used to make research procedure faster by obtaining a large number of accomplished questionnaires rapidly and efficiently.

Jeba (2018) ^[1] studied the effects of yoga on academic achievement of high school students. He shows that transcendental meditation reduces stress and improves academic performance, and yoga practice improves competitive performance. As per the study, all the high school students have average level of the effect of yoga with respect to the variables under study. It was found that the yoga practicing students scored high grades in comparison to the yoga non-practicing students.

Significance of the study

When the students in the present age are under tremendous academic pressure, this research may help the society and the students. Students are associated with their parents, teachers, peer groups, society, environment, etc. So this research can help to know about how to overcome the academic stress. The study may help to avoid negative thinking of committing suicide and also may help to better the academic performance. The researcher treats yoga as the strategy to follow and

overcome the stress. There are various types of yoga practices. These are asana, pranayama, mudras and bandha, meditation etc. If these strategies are followed, the present topic will seem to be very fruitful to the researcher.

Objectives of the study

1. To measure the academic stress of secondary level of students.
2. To specify the difference between the mean scores of the yoga- practicing and yoga non- practicing secondary level students in their test of academic stress.
3. To specify the gender-wise difference between the mean scores of the yoga- practicing and yoga non- practicing secondary level students in respect of their test of academic stress.

Hypotheses of Study

°H₁: There is no significant difference between the mean scores of the yoga- practicing and yoga non-practicing secondary level students in their test of academic stress.

°H₂: There is no significant difference between the mean scores of the yoga- practicing and yoga non- practicing secondary level boy students in their test of academic stress.

°H₃: There is no significant difference between the mean scores of the yoga- practicing and yoga non- practicing secondary level girl students in their test of academic stress.

Population & Sample

All the secondary level students of Malda district was the population of the study; and the researcher selected 40 students from 2 schools of Malda district for the sample of the study.

Analysis of the Collected Data

Here, the researcher has discussed the organization, analysis and interpretation of collected data regarding the academic stress of the secondary level school students and their yoga practice. For doing this the researcher applied descriptive statistics (mean, median, mode, S.D) and inferential statistics (t-test).

Table 1: Analysis and Interpretation of the total Collected data of Academic Stress.

Sub-Sample Group	N	Mean	Median	Mode	SD	SK	Ku
Yoga-Practicing Group	22	156.09	159.00	159.00	13.66	-0.49	-0.13
Yoga-Non-Practicing Group	18	161.61	161.5	165	16.47	-0.37	0.83
Yoga-Practicing Boys Group	08	162.00	164.00	168.00	10.18	-0.30	-0.66
Yoga-Non-Practicing Boys Group	07	162.71	160.00	154.57	17.90	0.88	-0.34
Yoga-Practicing Girls Group	14	152.71	155.5	159.00	14.56	-0.24	-0.35
Yoga Non-Practicing Girls Group	11	160.91	165.00	165.00	16.35	-1.33	2.33

Analysis and interpretation of the null hypotheses

Table 2: °H₁: There is no significant difference between the mean scores of the yoga- practicing and yoga non- practicing secondary level students in their test of academic stress.

°H ₁	Sample group	Mean	N	Mean Difference	T	df	Level of Significance		Not Significant		
	Yoga-Practicing Group	156.09	22				1.24	38		0.05	0.01
	Yoga Non-Practicing Group	161.61	18							2.02	2.71

Table 2: °H₂: There is no significant difference between the mean scores of the yoga- practicing and yoga non- practicing secondary level boy students in their test of academic stress.

°H ₂	Sample group	Mean	N	Mean Difference	T	df	Level of Significance		Not Significant			
	Yoga-Practicing Boys Group	162.00	8				5	0.70		13	0.05	0.01
	Yoga-Non- Practicing Boys Group	162.71	7								2.15	3.01

Table 3: °H₃: There is no significant difference between the mean scores of the yoga- practicing and yoga non- practicing secondary level girl students in their test of academic stress.

°H ₃	Sample group	Mean	N	Mean Difference	T	df	Level of Significance		Not Significant			
	Yoga-Practicing Girls Group	152.71	14				7.05	1.14		23	0.05	0.01
	Yoga-Non-Practicing Girls Group	160.91	11								2.07	2.81

Findings of the study

- There exists no significant difference between the mean scores of the yoga-practicing and yoga non- practicing secondary level students in their test of academic stress.
- There exists no significant difference between the mean scores of the yoga-practicing and yoga non-practicing secondary level boy students in their test of academic stress.
- There exists no significant difference between the mean scores of the yoga-practicing and yoga non- practicing secondary level girl students in their test of academic stress.

Conclusion

From the observed findings of the study, it is concluded that there is no significant difference between yoga practicing and yoga non-practicing students in all of the strata in respect of academic stress. Yoga is an ancient form of exercise that can reduce stress and tension. May be, owing to the sampling error or small sample size none of the hypotheses could not be rejected. It seems that a larger sample would certainly give a different result. Practicing yoga at the school teaches students to use relaxation techniques to reduce stress and risk of injury on the lesson. Yoga at the study place is the convenient and practical outlet that improves work performance by relieving tension and study stress.

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