



THE EFFECT OF YOGIC PRACTICE TO RESTRAIN ANXIETY AMONG STUDENT TEACHERS

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ABSTRACT

The purpose of this research was to investigate the effect of four weeks yoga training on a attention Anxiety among Student teachers. In this experimental study, demographic questionnaire Sports Competition anxiety Test (SCAT) for this study were used. Hundred Student teachers (women) were chosen with randomized way allocated into a control and an experimental group. The experimental group participated in daily yoga classes and Pranayama, Padmasana and vajrasana for 30 minutes duration for one month. Both groups were assessed again after the one month study period. The data were analyzed using descriptive Mean, SD and independent t-test in statically methods. Result exposed significant increase in Anxiety.

Keywords: Yoga, Anxiety, Student teachers.

Introduction

Yoga is to unite the body and the mind and Anxiety is characterized by apprehension uneasiness and fore boding from which the individual cannot escape. It is accompanied by feeling of helplessness because the anxious person feels blocked and unable to win for their match, through anxiety develops from fear and worry. It is distinguished from their in several aspects. By increased reducing perceived stress and anxiety, yoga appears to modulate stress response systems. This, in turn, decreases physiological arousal and reducing the heart rate, lowering blood pressure, and easing respiration. There is also evidence that yoga practices help increase heart rate variability, an indicator of the body's ability to respond to stress more flexibly. A little bit of fear is normal so that we remain disciplined, focused and dynamic.

The problem starts when this fear becomes persistent and so intimidating as to start interfering with our everyday life. Yoga annihilates the emotional block that prevents us from leading a hearty life and restores the mind and body affinity. The continuous practice of yoga asana helps in overcoming anxiety, as it reduces excessive secretion of stress hormones like cortisol and adrenalin. Regular practice of Yoga stimulates metabolism and increase energy through optimised supply of oxygen to different organs including brain and the body. Yoga invigorates the rebalancing of hormonal state of the body. Yoga asana with controlled breathing 'pranayama' exercises helps in stopping the unnecessary thinking, thereby encourages the mind to attain calmness. Yoga breathing exercises helps in controlling temper and calms the mind, while deep breathing with folding hands oxygenates the body and accelerates the By controlling their breath, practitioners can alter their state of mind. Breathing initiated pranayama stimulates parasympathetic nervous system, which in turn calms and soothes the mind. Bunde (2005) examined that women with depression and anxiety are at disease and increased risk for developing



cardiovascular disease and vice versa. People with this physical illness are at increased risk for clinically relevant emotional disorders. Moreover, the realization that people with cardiovascular disease have a worse prognosis if they also have depression strengthens our understanding of the mind-body interconnection. So in which needs to be treated, and this is where yoga can help. Brown and Gerbarg (2009) suggest that yogic breathing can be used to balance the autonomic nervous system, which is often over-activated in individuals who experience intense anxiety. Novotney (2009) states that Yoga is also a tool that can be learned and clients can use on themselves own outside of the therapy to cope with stress and anxiety. Khalsa and Shorer (2009) focusing on the breath did not outline or recommend specific breathing techniques; rather, they highlighted the breath as being an important foundation of yoga practice in "heart-openers" Harner, Cowen (2010) states that the yoga can improve mind, body and totally our life quality and human mental practice by training and strengthening our body and moral. Hanlon and Garfinkel (2010) states that Women in this study identified the practice of doing back bends was associated with a positive change in mood and depressive symptom. Forfylow (2011) states that incarcerated women outlined using strengthening poses, balancing poses, and relaxation techniques common to an Iyengar style of yoga. Boynton (2014) studies highlighted yoga as a practice that integrates the mind-body-and spirit into a single intervention. Six of the 22 articles distinguished the mindbody connection as one of the primary reasons for yoga's increasing popularity and noteworthy effectiveness. McCall 2014 states that Yoga is described as being a safe and effective to increase strength, flexibility that addresses a number of problematic health symptoms. It has been shown to be an effective treatment method for high blood pressure, heart disease, chronic pain and depression and stress.

Methodology

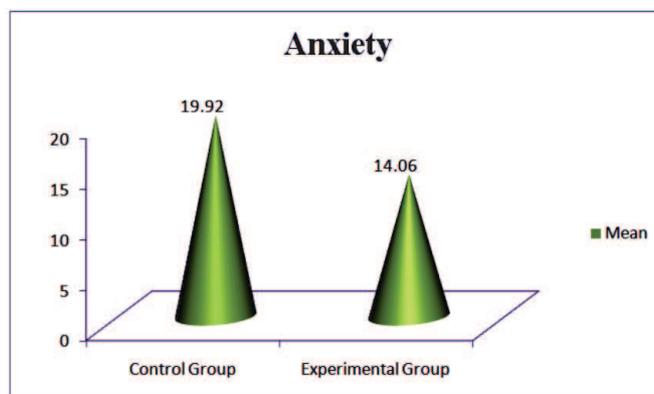
The purpose of the study was to investigate the effect of yogic practices to restrain anxiety among student teachers. To achieve the purpose of these study Hundred student teachers were randomly selected in Sri Sarada College of Education, Salem, Tamilnadu, India and their age ranged between 21 to 25 years. For the tests randomized group design which consists of control group and experimental group were used. The subjects were randomly assigned to two equal groups of fifty each and named as Group 'A' and Group 'B'. Group 'A' undertook not any practice and they had their routine life. 'B' undertook yoga practice Pranayama, Padmasana and Vajrasana for thirty minutes once a day for thirty days and Group. Sports Competition Anxiety Test measure widely used in social-science research. The data was collected. Before and after four weeks of training Paired 't' ratio was computed. The level of significance was set at 0.01.

Results and Discussion

The primary objective of the paired 't' ratio was to describe the differences between the Control group and Experimental Group mean among Student teachers (Women)

TABLE - I
Showing Mean Difference Of Control And experiment Group Among Student Teachers
In Their Yogic Practices Of Anxiety

Anxiety	N	Mean	SD	t' - Value	Significant/N S Level
Control Group	50	19.92	5.13	8.26	S (0.01)
Experimental Group	50	14.06	3.28		



It is obvious fact from table that yogic practice has significant effect to restrain Anxiety level between Control group and Experimental Group. As the mean value of control group is 19.92 and experimental group is 14.06. An examination of table indicates that the obtained 't' ratio was 8.26 for Anxiety respectively. The obtained 't' ratio was found to be greater than the required table value of 2.58 at 0.01 level of significance for 1, 49 degrees of freedom. Hence it was found to be significant.

The findings suggest that yoga is a flexible intervention that can be performed using many different styles and techniques and also demonstrates varying levels of effectiveness over different dimensions for alleviating anxiety, depression, and increasing overall wellbeing. The body to relax at the cellular level, we need to shift to a state of deep rest and calm. Only mind-body practices such as yoga, with their emphasis on deep, restful breathing, can do this. Since stress is often a big factor in depression, part of yoga's effectiveness comes from its proven ability to release tension and lower cortisol levels and people who are depressed tend to have elevated levels of the stress hormone cortisol. Simply improving our posture through practising yoga could also help improve our mood. Yoga and relaxing breathing exercises, one can increase the circulation of oxygen in the mind and body, thus increasing the flow of energy to our overall body. Yoga can help us to deal with the stress, even when we are placed in an alarming situation.

Conclusion

The yoga and Pranayama practitioners had the highest pain tolerance and lowest pain-related brain activity. The study underscores the value of techniques, such as yoga, that can help a person regulate their stress and, therefore, pain responses. Due to the diverse nature of the styles researched, and the overall effectiveness that was observed, it may be inferred that it is not one specific piece of yogic teachings that are helpful in treating depression and anxiety. Rather, the blending of each beneficial part may make yoga a diverse intervention that can reach individuals on many levels. The effectiveness of yoga as an intervention alleviates symptoms; addresses spirituality and increases self-confidence and self-worth and reaches the whole being of an individual. Yoga has shown to be effective among diverse populations of varying physical capabilities, and can be tailored to individualized needs. Yoga seems promising that yoga may be a mind-body-spirit intervention that is both comforting and healing for individuals with depression and anxiety.

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