



## A Study of Impact of Yoga on Stress and Mental Health among Aspirant of Competitive Examination

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### ABSTRACT

**Objectives:** 1. To examine the impact of yoga on stress and mental health among aspirant of competitive examination. **Hypotheses:** 1. There will be positive effect found of Yoga on stress and Mental Health among aspirant of competitive examination. **Sample:** For the study 40 aspirant of competitive examination was selected for the present study. **Research tools:** 1. Mental Health Inventory (MHI): Developed by Jagdish Prasad and Srivastava (1983) consisting of total 54 items. 2. Sinha's Comprehensive Anxiety Test (SCAT) by Sinha and Sinha It covers five levels of anxiety. The test contains 90 items of manifest anxiety. **Conclusions:** 1. Yoga training showed less stress among aspirant of competitive examination. 2. There was positive effect found of Yoga on mental health among aspirant of competitive examination.

### Introduction:-

Yoga ambitions for the integrity of the body, mind, and spirit thru a device of Asana, Pranayama and meditation. In reality, it consists of disciplines designed to deliver nearer to godliness. With the integration of the body, thinking and spirit, you can obtain a balance (physically and mentally) in your existence as properly as an internal peace to your body. Yoga brings manage over respiration and that works in efficiently growing the psycho-motor coordination. Practice of Yoga is a mindful manner of gaining manage over the mind, and hence the awareness and attention-span improve, and consequently Genius of the adolescents observed in this learn about increased.



At current time there has been an multiplied consciousness and hobbies in fitness and nature remedies. Yoga is an positive and time tested approach for advertising and enhancing our fitness as properly as prevention and administration of illnesses particularly psychosomatic and degenerative continual disorders. The scientific psycho-spiritual self-discipline of Yoga is the most valuable gem of our subculture and heritage and is being practiced in India for lots of years.

Like yoga, current training to preserve evolving constantly. Formerly, yoga used to be taught below the Gurukula machine of historical Indian Education pattern, however these days it is progressively adopting present day techniques of instructing and verbal exchange technologies. Recently, as the educationists grow to be extra and extra conscious about the lacune and short-comings or ills of modern-day education. Some of them have started out searching optimistically toward yoga schooling as a beneficial complementary to overcome such problems. Modern yogis too show up to be favorably inclined to ring about a type of integration between yoga and contemporary education.

The solely hitch is on “How to carry about such an integration of yoga into present day schooling with most advantage: Firstly, present day educationists are satisfied that yoga by some means can promote the goal of education. Secondly, scientific research have proven that yoga can be useful in advertising health and fitness. So yoga schooling can be usefully built-in with modern-day fitness education. Another factor is, Educationists are increasingly more turning into conscious of the affective Educational Objectives in education; Yoga can additionally play a great function in fantastic training of students. Apart from that Yoga is located to furnish techniques for efficaciously coping with a range of sorts of lifestyles stresses. This component can make contributions lots to the life-long training of college students of all age-groups to confront worrying scenario in life.

Yoga is an historic Indian science which helps to enhance physical, mental, social and religious health. Yoga has discovered its exclusive existence in Japan by means of its peculiarities like asana and pranayama. But many think about yoga as an alternate to exercise. Few lookup works have been performed in Japan on yoga. There is a want to exhibit that yoga is no longer basically an exercising gadget however it has many greater fitness benefits. It can be accurately utilized in the historic age care to enhance the first-class of life. Research is wanted to apprehend the mechanism of motion of yoga.



Stress is a principal element affecting the intellectual fitness of a man or woman irrespective of age. Presentation of the stress may additionally fluctuate from that of battle to flight phenomenon. Chronic stress is the principal reason of many bodily and intellectual disorders.[Deshpande S, Nagendra HR, Nagarathna R - 2008] Yoga has been correctly used in the administration of stress. It has been determined that the exercise of yoga decreases verbal aggressiveness in contrast to bodily exercise.[Selvamurthy W, Ray US, Hegde KS, Sharma RP-2005] It is additionally beneficial towards bodily stress like bloodless publicity and stress due to illnesses like epilepsy.[Usha Panjwani-1995] Yoga has been determined beneficial for intellectual problems like depression.[Shannon M-2009] In a learn about performed by using Oken et al., on healthful seniors individuals have been divided into three corporations as yoga, workout and waitlist control. The yoga crew confirmed extensive enchancment in fine of lifestyles and bodily measures in contrast to the exercising and waitlist manage group.[Oken BS-2006]

Age is an vital aspect to be regarded whilst reading the physiological changes. Even even though there is no age restrict to exercise yoga the impact may additionally fluctuate by using age. There is a want to learn about the impact of yoga with admire to age.

### **Methodology**

#### **Objectives:**

- 1) To examine the impact of yoga on stress and mental health among aspirant of competitive examination.

#### **Hypotheses:**

- 1) There will be positive effect found of Yoga on stress and Mental Health among aspirant of competitive examination.

#### **Sample:**

For the study 40 aspirant of competitive examination was selected for the present study.

#### **Research tools:**

##### **1) Mental Health Inventory (MHI):**

Developed by Jagdish Prasad and Srivastava (1983) consisting of total 54 items distributed in six different dimensions i.e. Positive Self Evaluation (PSE-10 items), Perception of Reality (PR-8 items), Integration of Personality (IP-12 items), Autonomy (AUT-6 items), Group Oriented Attitudes (GOA-9 items) and Environmental Mastery



(EM-9 items). Each dimension consists of some negative and some positive items. In total, there are 22 positive items (true keyed) and 32 negative items (false keyed).

## 2) Sinha's Comprehensive Anxiety Test (SCAT) by Sinha and Sinha:

It is a test available both in Hindi and as well as in English. It covers five levels of anxiety. The test contains 90 items of manifest anxiety. It is 15 to 20 minutes test, easily administrable and scorable.

### Scope of study

40 students of 20 to 35 age group were considered for research. There are boys, girls, married people, employees were included. All aspirants were preparing for various competitive exams like MPSC, Banking, Railways and SSCs.

### Statistical Interpretation and Discussion

#### Experimental pre and post training Group on Dimension Stress:

Table No. 1

Types of Groups	Mean	SD	N	t Value
Pre-Training	38.48	6.73	40	7.48**
Post Training	27.91	5.88	40	

Above table shows that Experimental Pre Training Group mean is 38.48, SD is 6.73 and Above table shows that Experimental post Training Group mean is 27.91, SD is 5.88. And the difference between the two mean is highly significant 't' (78) = 7.48,  $P < 0.01$ ). It was found that Yoga training showed less stress among aspirant of competitive examination.

#### Experimental pre and post training Group on Dimension Mental Health:

Table No. 2

Types of Groups	Mean	SD	N	t Value
Pre-Training	135.78	11.20	40	13.75**
Post Training	169.60	10.78	40	

Above table shows that Experimental Pre Training Group mean is 135.78, SD is 11.20 and Above table shows that Experimental post Training Group mean is 169.60, SD is 10.78. And the difference between the two mean is highly significant 't' (78) = 13.75,  $P$



< 0.01). It was found that there was positive effect found of Yoga on mental health among aspirant of competitive examination.

Asanas especially have a nice impact on health and bodily flexibility with a secondary impact on the intellectual state, whilst the pranayama practices and relaxation/meditation methods may additionally end result in larger awareness, much less stress, and greater well-being and excellent of life. However, this stays to be proven in well-performed future studies.

Because sufferers are engaged in the yoga practices as a self-care behavioural treatment, yoga interventions may properly extend self-confidence and self-efficacy. On the different hand, sufferers with psychological burdens and/or low motivation (i.e., depression, anxiety, fatigue, etc.) would possibly be much less inclined to take part totally in intensive yoga interventions. Some of these research determined exceptionally low participation and excessive dropout prices in some of the analysed studies. Patient compliance may additionally be greater with the social aid inside team interventions, whilst personal everyday practices at domestic would possibly be extra hard to function consistently. These elements want to be addressed in similarly studies. Innes et al (2005).

### Conclusions:

- 1) Yoga training showed less stress among aspirant of competitive examination.
- 2) There was positive effect found of Yoga on mental health among aspirant of competitive examination.

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