



THE EFFECT OF EIGHT WEEKS YOGIC PRACTICE ON ANXIETY AMONG COLLEGE STUDENTS

Dr. Binod Chowdhary\*

Associate Professor, Seva Bharati Mahavidyalaya, Kapgari. Paschim Medinipur \*Corresponding Author

ABSTRACT

The purpose of the study was to determine the Effect of eight weeks Yogic practice on Anxiety among college students. For the purpose of the study 32 female subjects were selected randomly from Seva Bharati Mahavidyalaya, Kapgari, Jhargram. The pre data were collected from the selected subjects before giving yogic training and post data were collected after the Eight weeks training. The data was collected by using CSAI-2 Questionnaire Developed by Martens (Martens el al 1990). The collected data was analyzed by computing descriptive statistics followed by paired sample t test. The results indicated that a there was a significant effect of eight weeks yoga training on Somatic State Anxiety while in Cognitive State Anxiety and Self Confidence insignificant difference was found in female college students. The level of the significance was set at 0.05 level.

KEYWORDS : Yoga, Cognitive State Anxiety, Somatic State Anxiety and Self Confidence.

INTRODUCTION:

One of the most popular issues in sports psychology concern the relationship between male and female players a sports competition Anxiety. Certain components of Anxiety are most important to achieve success in sports. Anxiety is a physiological and psychological state characterized by somatic, emotional, cognitive and behavioral components. The root meaning of the word Anxiety is "to vex or trouble" in either the absence or presence of psychological stress, anxiety can create feeling of fear, worry, uneasiness and dread. Anxiety is considered to be normal reaction to stressor. It may help a person to deal with a difficult situation by promoting one to cope with it.

The specific focus of this review is the use of yogic principles and exercises for reducing anxiety and stress. A review of human trials on the relationship between yoga and reduction in stress and anxiety was performed, and the validity of these findings is presented in an effort to determine whether the existing primary literature supports the incorporation of yoga into the cognitive behavior therapy plan for stress and anxiety, or whether additional research in the field is warranted. Moreover, compliance with yoga practice is evaluated. If deemed beneficial, yoga could be a potential alternative or adjunctive option to pharmacologic therapy for patients with stress and anxiety disorders.

Anxiety has been defined in a variety of ways such as "a disturbed state" of the body (Johnson, 1951), "emotional reactivity" (Hardman & Johnson, 1952), "arousal" (Skubic, 1956), "nervousness" (Ekegami, 1970), "unrealistic and unpleasant state" of body and mind (Pikunas 1969). In medical terminology, anxiety is defined as "apprehension of danger accompanied by restlessness and a feeling of oppression in epigastrium". A variety of physiological reactions such as increased heart rate, rapid shallow breathing, sweating, muscle tension and drying of the mouth are associated with anxiety. Fear and anxiety differ in one important respect. Fear has an obvious cause and once that cause is eliminated, the fear will subside, In contrast, anxiety is less clearly linked to specific events or stimuli. Somatic anxiety is the physical symptoms of anxiety, such as butterflies in the stomach. It is commonly contrasted with cognitive anxiety, which is the mental manifestations of anxiety, or the specific thought processes that occur during anxiety, such as concern or worry. Confidence is a feeling of trust in someone or something. To be self-confident is to have confidence in yourself. Self-confident people don't doubt themselves. This is usually a positive word: you can be self-confident without being cocky, arrogant, or overconfident. If you know that what you're doing, you have every reason to be self-confident.

By applying random sampling 32 female subjects were selected from Seva Bharati Mahavidyalaya, Kapgari, Jhargram, West Bengal. Questionnaire CSAI-2 developed by Rainer Martens (Martens el al 1990) was administered for the collection of data. The pre test data were collected from the selected subjects before giving the training and post test data after the giving training. Scale includes Cognitive State Anxiety, Somatic State Anxiety and Self Confidence as variables. Paired Sample 't' test was employed to find the effect on the Cognitive State Anxiety, Somatic State Anxiety and Self Confidence. The level of the significance was set at 0.05 level.

METHODS AND DESIGN:

For the purpose of the study 32 female students were selected randomly from Seva Bharati Mahavidyalaya, Kapgari, Jhargram, West Bengal. The questionnaire constructed and developed by Marten el al (1990) was employed to collect the data from the subjects. All the necessary instructions were given to the subject before the subjects was requested to respond the statement in the questionnaire.

Yogic intervention - A period of eight week training programme was executed from 7:00 am onward for 45 minute, for six days a week and Sunday has been observed as weekly off. The subjects practiced asanas are as follows:-Tadasana, Vrikshasana, TiriyakTadasana, Padahatasana, Ardh-Chandrasana, Trikonasasna, Paschimotanasana, Vajarasana, Ardh-Matsendrasana, Gomukhasana, Bhujanagasana, Dhanurasana, Naukasana, Pawanmuktasana, Ardh-Halasana and Shavasana. The pre data was collected from the selected subjects before giving yogic training and post data after the training. The data was collected by using CSAI-2 developed by Rainer Martens (Martens el al 1990). Almost all the instruction was given to the students prior to the filling the questionnaire. There are 14 questions in which they have 5 options like strongly agree, agree, average, disagree and strongly disagree. The collected data was analyzed by computing descriptive statistics followed by paired sample 't' test. All the statistical calculation done by using SPSS 2020.

RESULTS:

The data was analyzed by employed descriptive statistics and Paired Sample't' test. The result of the study has been presented in following table.

Table 1: Descriptive results of Anxiety Scale of female students

|                         |      | Mean    | Std. Deviation |
|-------------------------|------|---------|----------------|
| Cognitive State Anxiety | Pre  | 16.1057 | 5.63105        |
|                         | Post | 15.2135 | 4.78451        |

|                       |      |         |         |
|-----------------------|------|---------|---------|
| Somatic State Anxiety | Pre  | 16.6234 | 5.10457 |
|                       | Post | 15.3678 | 4.56431 |
| Self confidence       | Pre  | 27.5412 | 6.25894 |
|                       | Post | 28.6478 | 5.78451 |

**Table 1** indicates that descriptive analysis, mean & standard deviation values of (Pre and Post data) Anxiety of Group. The Mean ± SD values of Cognitive State Anxiety, Somatic State Anxiety and Self Confidence for **Pre Data** were 16.1057 ± 5.63105, 16.6234 ± 5.10457 and 27.5412 ± 5.25, respectively. Similarly the Mean ± SD values of Cognitive State Anxiety, Somatic State Anxiety and Self Confidence for **Post Data** were 16.78±4.83, 14.59±3.82 and 27.12± 6.25894 respectively.

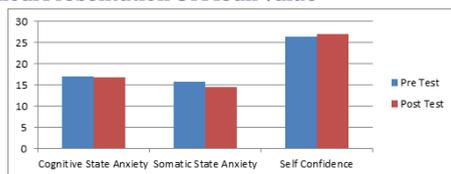
**Table 2: Descriptive and comparative analysis of the Pre and post-test**

|                         | t' value | Df | Sig. (2-tailed) |
|-------------------------|----------|----|-----------------|
| Cognitive State Anxiety | .342     | 31 | .684            |
| Somatic State Anxiety   | 2.50     | 31 | .031            |
| Self Confidence         | .628     | 31 | .631            |

\* P < 0.05

Further the **Table No-2** shows the 't' values of the paired sample t test for pre and post test scores of the Anxiety Scale; Somatic State Anxiety on the college female students as the 't' value is found to be 2.5 which is significant but in Cognitive State Anxiety and Self Confidence no significant difference was found. The level of the significance was set at 0.05 level.

**Graphical Presentation Of Mean Value**



**Fig. 1** displays the mean values of all the selected variables for the study

**DISCUSSION OF FINDINGS:**

This study has been conducted with the purpose to find the effect of eight week yogic practice on Anxiety and its sub-variables, Cognitive State Anxiety, Somatic State Anxiety and Self Confidence on College female students. From the study we have found that there was no significant effect on Cognitive State Anxiety and Self Confidence but we have found there was a significant effect on Somatic State Anxiety.

**CONCLUSION:**

From this study we certainly have found there was no significant effect on cognitive state anxiety and self-confidence. But we have found that there was a substantial impact on somatic state anxiousness is still in realization due to the short term training. Further the research study strongly recommended for long period of yogic training.

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