

**EFFECT OF COMPREHENSIVE YOGIC PRACTICES PROGRAMMES ON  
ACADEMIC STRESS OF COLLEGE STUDENTS**

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**ABSTRACT**

Academic stress is relevant problems in students across the country. A student under a certain level of anxiety and stress does bring out his or her best in examination. However, an extreme level can result into stress induced disorders and deteriorating the academic performance. Since, past studies revealed that Yoga can help to reduce stress; this study aims to investigate the **“Effect of Comprehensive Yogic Practices Programmes on Academic Stress of college students”**.

**INTRODUCTION**

In today’s world what would be the answer if a student is asked, **“Why do you go to school?”** Most likely, his answer would be, **“to study”**. Second, **when he is asked why he studies**, the answer could be, **“to get high scores in tests.”** Nowadays, students advance much faster than their parents did, 20-30 years ago. Modern education system is able to give tons of information to children effortlessly.

In this generation, the attitude of young students about education is changing. Modern education system teaches students but puts on much pressure of passing the exams with 90+ marks. In Indian education system, board examination, which starts at the secondary level of education, is very important because this level provides the base for future education and students face excessive anxiety. Students have anxiety about their marks, performance and also for their academic achievement. The board exam is the fear in itself. On one hand they wish to secure good percentage of marks for getting admission for their future education and the other hand they also want to prove themselves better than others in this highly competitive age.

In fact, academic examinations have been considered as one of the most acute stresses experienced by students. In a broader perspective, the physical body of the human being is not important as emotional, intellectual and spiritual aspects. Mind draws its power from the spirit and transmits it to all the body organs and ensure their rhythmic and coordinated functions.

Today depression, stress, anxiety and strain have become so much pervasive in every society that even the school children, adolescents, and college students not spared. In relation to high anxiety created due to stress factors, the experts remark that the raised stress levels are typical in adolescents of general and final year school student’s. With this background, the researcher selected the study

The present study examines an effect of yoga module on academic stress, of college students.

**OBJECTIVE**

To study the effect of yoga on Academic stress of college students

**METHODOLOGY**

For the purpose of this study 60 female college students from Maharana Pratap Government P.G College, Bilsa (Badaun) were selected. Among those participants 30 subjects were randomly selected for experimental group and control group each. Academic anxiety scale by Mr A K Singh and A Sengupta was applied on the students. Comprehensive yogic exercises were given for 3 months under the supervision of yoga expert and researcher .The students performed for 90 minutes (incl warm up and relaxation) daily in the morning. The examinations anxiety was tested before and after the three month of training program.

Data collected on Academic anxiety as pre and post –test for experimental and control groups are subjected to descriptive and inferential statistical analysis. In descriptive analysis measure of central tendency as mean, minimum and maximum score was described to give an idea of central characteristics while analysis of variance and analysis of co-variance were mainly employed to find out effect of comprehensive yogic practices on each parameter by comparing an experimental and control group.

The significance of all the statistical techniques were kept at 0.05. In addition to statistical analysis graphical representation of mean values were also made for comprehensive understanding of each parameter as pre and post values between the control and experimental group. This statistical analysis were presented on table and group representation in the form of bar- diagram

**Findings.** Detail work of data analysis and interpretation is as under:-

**Table – 1**

**Descriptive Statistics of Academic Stress of Experimental Group (Comprehensive Yogic Practices) and Control Groups in Pre-Test and Post-Test**

		Mean	Std. Deviation	Std. Error	Minimum	Maximum
Pre Test	Experimental Group	13.13	1.52	.278	10.00	16.00
	Control Group	13.40	1.86	.341	10.00	17.00
Post Test	Experimental Group	11.63	1.27	.232	10.00	14.00
	Control Group	13.43	1.61	.294	11.00	18.00

**Table-1** shows the descriptive statistics of experimental group (Comprehensive Yogic Practice) and Control Group in Academic Stress. For Pre-test of Experimental group, observed values are 13.13 (Mean), 1.52 (Standard deviation), 0.278(Standard error), 10.00 (Minimum score) and 16.00 (Maximum score).

For Pre-test of Control group, observed values are 13.40 (Mean), 1.86 (Standard deviation), 0.341 (Standard error), 10.00 (Minimum score) and 17.00 (Maximum score).

Post-test of Experimental group, observed values are 11.63 (Mean), 1.27 (Standard

deviation), 0.232(Standard error), 10.00 (Minimum score) and 14.00 (Maximum score).

For Post-test of Control group, observed values are 13.43 (Mean), 1.61 (Standard deviation), 0.294 (Standard error), 11.00 (Minimum score) and 18.00 (Maximum score).

**Table –2**

**Adjusted Post Test Means of Experimental Group (Comprehensive Yogic Practices) and Control Group in relation to Academic Stress**

GROUPS	Mean	Std. Error
Experimental Group	11.73	.124
Control Group	13.33	.124

**Table-2** shows the adjusted means of Experimental Group (Comprehensive Yogic Practices) and Control Group in **Academic Stress**. Adjusted means for Experimental Group was found 11.73; on the other hand adjusted means for control group was found 13.33

**Table – 3**

**Analysis of Variance of Comparison of Means of Experimental Group (Comprehensive Yogic Practices) and Control Group in Academic stress**

		Sum of Squares	df	Mean Square	F	Sig.
Pre Test	Between Groups	1.067	1	1.067	.367	.547
	Within Groups	168.66	58	2.908		
Post Test	Between Groups	48.60	1	48.60	23.04	.000
	Within Groups	122.33	58	2.109		

\*Insignificant at .05 level

F value required to be significant at 1, 58 df = 4.006

In relation to pre- test, table 3 revealed that the obtained ‘F’ value of .367 was found to be insignificant at 0.05 level, since this value was found lower than the tabulated value 4.006 at 1, 58 df. This proves that random assignment subjects to experimental group and control group was quite successful, as the F values implies that there is no significant difference in Academic stress between experimental and control group where the pre- test values were compared.

In relation to post test, significant difference was found among experimental group and control groups pertaining to Academic stress, since F value of 23.04 was found significant at .05 level as the value was much higher than the tabulated 4.006 required to be significant Since, groups were not equated during division of experimental and control groups analysis of co –variance for comparison of adjusted post-test means were conducted and presented in table 4

**Table – 4**

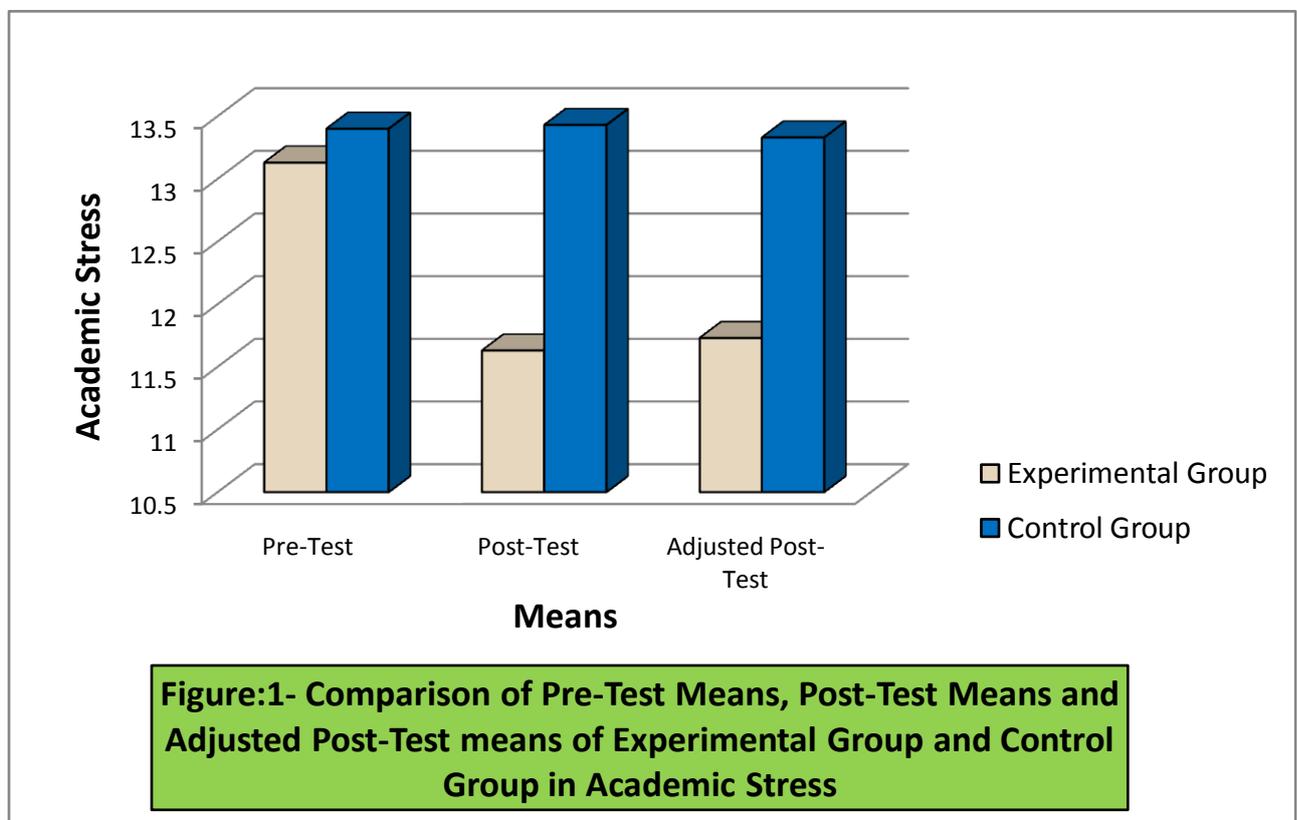
**Analysis of Covariance of Comparison of Adjusted Post Test Means of Experimental Group (comprehensive yogic practices) and Control Group in Academic stress**

	Sum of Squares	Df	Mean Square	F	Sig.
Contrast	38.101	1	38.101	82.561	.000
Error	26.305	57	.461		

\*Insignificant at .05 level

F value required to be significant at 1, 57 df = 4.009

Table 4 revealed that the obtained ‘F’ value of 82.561 was found to be significant at 0.05 level, since this value was found much higher than the tabulated value 4.009 at 1, 57 df. On the basis of results, it may be concluded that Comprehensive Yogic Practice is proved to be effective in bringing change in Academic Stress.



**RESULT**

The statistical analysis revealed that comprehensive yogic exercises programmes significantly reduces academic stress among college level female students.

## **SUMMARY**

The present review study suggests that comprehensive yogic practice programmes has positive effects on psycho physiological level that leads to increased academic performance in college student. Further research on the relationship between yoga practice and college students is warranted to confirm the efficacy of yoga and to include it in the syllabus of the college student.

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