



A STUDY ON THE IMPACT OF YOGA ON WOMEN'S STRESS, ANXIETY, AND DEPRESSION

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ABSTRACT

Several medical and scientific investigations on yoga have shown it to be particularly effective in the treatment of certain disorders in recent decades. The purpose of this study was to see how yoga affected stress, anxiety, and depression in women in Guntur, Andhra Pradesh. This is a pre-post test in a quasi-experimental study. The DASS21 (Depression Anxiety Stress Scale 21) questionnaire was used to collect data. An expert led hatha yoga exercises and training sessions for eligible samples for 4 weeks (3 times/weekly; 60-70 minutes each). SPSS version 20 was used to analyze the data. The study involved 52 women with an average age of 33.5 6.5 years. After 12 sessions of regular hatha yoga practice, women's depression, anxiety, and stress levels improved dramatically (P 0.001). Yoga has been shown to help people cope with stress, anxiety, and depression. As a result, it can be utilized as a form of supplemental medicine.

Keywords: Depression, Anxiety, Women, Yoga

INTRODUCTION

In the field of complementary medicine, there is a category of therapies and interventions that have not been raised in the context of conventional medicine. Yoga is a Sanskrit word that literally translates as "union of mind and body." It has been practiced in Eastern nations for more than 5000 years and has recently gained widespread interest in Western countries. Several medical and scientific investigations on yoga have been conducted in recent decades, and the results have demonstrated that it is quite beneficial in the treatment of certain disorders.

How Yoga is beneficial for stress, Anxiety and Depression?

Yoga's popularity continues to grow as more people discover the physical and emotional benefits of practising it. Initiating a personal yoga practise can aid in the prevention and



reduction of stress, which is a popular desire among people who wish to experience positive growth and improve their overall well being.

Breathing, meditation, and relaxation techniques such as yoga nidra can all be incorporated into your daily yoga programme in addition to physical postures. Learn more about the stress-reducing advantages of yoga and how you can utilise your practise to improve your overall health and well-being by continuing reading this article.

What is the mechanism by which yoga helps to relieve tension and anxiety?

Yoga promotes mental and physical relaxation, which is beneficial in the reduction of stress and anxiety. Physical postures that enhance flexibility, release tension, and alleviate pain are demonstrated in the video.

Yoga positions may aid in the release of physical obstructions such as muscle knots, as well as the release of emotions and stress. They also encourage the release of mood-enhancing endorphins, which are the feel-good hormones that can have a favourable impact on your ability to cope with stress and anxiety.

Keeping your attention on the present moment during your yoga practise increases your awareness, improves your concentration, and helps to centre your thoughts.

It might be easier to let go of attachments to happy, negative, and neutral experiences as you become more conscious of the transient nature of your physiological sensations, thoughts, and feelings. You may also learn to create positive emotions such as love, joy, and tranquilly through meditation.

What does the evidence say about yoga as a stress-relieving technique?

Numerous scientific studies have been conducted to support the stress-relieving advantages of yoga. According to a 2017 study, women who did Hatha yoga three times a week for four weeks saw significant improvements in their health. Their tension, despair, and anxiety levels significantly decreased after 12 sessions. Yoga, according to these findings, can be used as a supplemental therapy and may even reduce the need for prescription medications.



A greater number of in-depth studies are needed to determine the long-term effectiveness of yoga in the treatment of stress, depression, and anxiety. Yoga nidra practise also has the additional benefit of increasing mindfulness and decreasing negative emotions. A follow-up six weeks later revealed that all of these advantages had persisted.

Research Methodology

Yoga has been shown to be beneficial for a variety of ailments, including multiple sclerosis, asthma, irritable bowel syndrome, cancer, hypertension, drug addiction, osteoarthritis, and mental health difficulties, according to scientific evidence. Stress, depression, and anxiety have all increased as a result of the current way of living. Because of the negative side effects of medications used in the treatment of anxiety and depression, as well as their ineffectiveness in some circumstances, researchers are looking for non-pharmacological and noninvasive treatments for these illnesses. Yoga workouts were found to improve the characteristics of self-description, psychological well-being, and overall life satisfaction. Yoga, as an intellectual and cerebral activity, has been shown to boost one's overall health feeling, according to research. Besides that, yoga has been shown to improve the psychological conditions for recognising and managing stress and negative emotions, as well as raise good emotions and promote mental equilibrium. However, despite its widespread use and the good psychological and physiological impacts it has, yoga has not been extensively researched to see how effective it is at preventing and treating mental problems.

The purpose of this study was to explore the effects of yoga on stress, anxiety, and depression in women living in Guntur, Andhra Pradesh, between 2016 and 2017. The participants were women who lived in Guntur, Andhra Pradesh between 2016 and 2017.

Method of the study

Design and Ethics

The study is designed on the quasi-experimental design method. The sample consisting of all the women who had participated in this study that is 52.



Inclusion and Exclusion criteria

Women who were educated, non-athletes, and not pregnant were eligible to participate if they had the ability to execute hatha yoga movements without being unable to exercise. The refusal or unwillingness to practice yoga constantly, as well as concurrent exercise and receiving medicine for mental illnesses, were all considered exclusion factors.

Tools for evaluation and management

The DASS-21 (Depression Anxiety Stress Scale-21) questionnaire was used to gather information. In a study titled "Validation of depression, anxiety, and stress scales for an Iranian population," Sahebi et al. assessed the validity and reliability of this standard questionnaire, and Cronbach's alpha was estimated to be 0.7, 0.66, and 0.76 for depression, anxiety, and stress, respectively. Seven questions are asked for each of the aforementioned states.

Each question is worth one point. By a specialist, hatha yoga exercises and training sessions were held three times a week for 60-70 minutes each (postures, breathing techniques, and meditation) for 60-70 minutes. Questionnaires were completed by women prior to the intervention's implementation. The intervention took place over the course of 12 sessions. At the conclusion of the 12th session, the DASS21 questionnaire was once again completed by female participants.

Results and Discussions

Statistical Methods

The information gathered was analyzed with the help of SPSS version 20. (IBM, Armonk, NY, USA). The results were compared before and after the intervention using a paired sample t-test, which was performed in accordance with the established normality. The significance level was chosen at $P < 0.05$, which is the smallest possible value.

Results

The entire eligible sample consisted of 52 women with a mean age of 33.5 ± 6.5 years and a standard deviation of 6.5 years. Other demographic characteristics are included in Table 1, as well as other information.



Table 1 demographic characteristic of the women

Variable	n(%)
Age	33.5 ± 6.5*
MARITAL STATUS (%)	
Single	18(34.6)
Married	34(65.4)
JOB (%)	
Unemployed	10 (19.2)
Housewife	19 (36.5)
Employed	9 (17.3)
Retired	2 (3.8)
Other Jobs	12 (23.1)
Level of Income (%)	
Low	6 (11.5)
Average	36 (69.2)
High	10 (19.2)
Education (%)	
Primary	3 (5.8)
Diploma	13 (25)
University Degrees	36 (69.2)

*Mean ±SD SD = Standard Deviation



This study found a statistically significant difference between mean depression, anxiety, and stress scores prior to and after 12 sessions of regular hatha yoga practice that is disclosed in the table 2.

Table 2 Comparison of mean stress, anxiety and depression ratings before and after 12 sessions of regular hatha yoga practise was performed.

Variable	N	Mean \pm SD	Correlation	P
Depression				
Before intrusion	52	6.5 (5.5)	0.8	0.001
After intrusion	52	5.1 (5)		
Anxiety				
Before intrusion	52	5.7 (4.5)	0.7	0.0001
After intrusion	52	4.2 (4)		
Stress				
Before intrusion	52	7.8 (4.8)	0.7	0.0001
After intrusion	52	5.6 (4.2)		

DISCUSSIONS

Women's tension, anxiety, and depression were shown to be significantly reduced after 12 sessions of intervention as regular hatha yoga exercise, according to the findings of this study. There have been several other studies that have confirmed the significant positive effects of yoga in the reduction of stress, anxiety, and depression. These include studies by Tayyebi and colleagues among hemodialysis patients, Rahnama and colleagues among multiple sclerosis patients, Javnbakht et al. among women living in Mashhad, and Gong and colleagues among pregnant women It was discovered in the study by Streeter et al. that



participants who participated in a 12-week yoga intervention saw larger improvements in mood and greater decreases in anxiety than those who participated in a walking group. Oken et al. found no evidence of a substantial benefit of yoga on improving mood in patients with multiple sclerosis; nevertheless, the study's drawback is the short number of intervention sessions conducted (one session per week). Yoga, according to Dalgas et al., has a calming effect on the central nervous system and the mind. Moreover, unlike other sports, yoga has a calming effect on the nervous system, hormonal emissions, physiological factors, and the regulation of nerve impulses; as a result, it can be effective in treating depression and mental disorders. Due to the fact that there are no yoga clubs for guys in this area, this research was unable to include them as participants due to a restriction of the study.

CONCLUSION

Yoga has an effective role in lowering stress, anxiety, and depression, and it can be called supplementary medicine. It also has the potential to lower medical costs per treatment because it reduces the usage of pharmaceuticals and other medications. It is advised that further research be conducted to study the long-term effect of yoga on stress, anxiety, and depression, given that the explanation for the effect of yoga on stress, anxiety, and depression is not evident to us and may be ephemeral in nature.

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