



Role Of Yoga For Anxiety Management Among Students

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Abstract

The Present paper discusses that yoga practice on daily basis can results powerful effects to reduce anxiety level of students.yoga is a potential tool to reduce stress and anxiety, as yoga is not only a set of physical exercises only but it also calm down mind and bring peace and reduce anxiety. Anxiety is very common in everyone's life and it is more vulnerable among students these days. Students feel anxiety and phobia for many reasons, it may be due to pressure of good academic performance, sports performance, competitive exam results, choosing career option or it may be due to any social relationships or so on. General and acute Anxiety may be motivation for students to do their daily routine home work,good performance in sports and examination but higher level of Anxiety for longer period of time can be dangerous for students and have negative effects on their physiological as well as psychological health. The literature reviewed in this paper suggesting that yoga and relaxation techniques reduce anxiety level and improve mood as well as enhance mental health of students. Studies suggest that there is significant effect of yoga practice to improve hormonal balance, enhance emotional and mental health as well as helps to alleviate the anxiety level among students.

Keywords: Anxiety, Yoga, children, young adults, Students, Stress, Asanas, Relaxation.

Objectives :

- 1)To develop the positive attitude towards yoga among students.
- 2)To study the techniques of yoga to reduce anxiety among students.

Introduction:

In the modern Era there is always something to worry and feel anxious about. Anxiety becomes a part of every one's lifestyle, and this statement is true to children, adolescents and adults. Children and young adults are now under pressure to perform well. They have new resources in their lives but are also highly expected to perform better. Parents, peers, relatives, friends, social media etc. constantly provide stimulation as well as expectation

from children and young adults. This exposure to high expectations and demands has to create anxiety among students. Recent researches indicated that young adults are more vulnerable to stress and anxiety. **Sigmund Freud** "The adolescents age as a period of sexual excitement, anxiety and sometimes of personality disturbance". Anxiety at acute or moderate level is not bad for students as it gives motivation to students for their competitions and performance. It is true that higher level of anxiety for a longer period of time can lead to chronic conditions which could result in a range of physical and psychological health problems, include Muscle pain, high blood pressure, insomnia, stress, migraine and lack of concentration.

Anxiety: Anxiety is a situation when an individual faces feeling of fear, very harmful and worrying triggers. When an individual feel intuition or face any incoming dangerous situation, body gives alarms and allows to take action. These body alarms can be feels like increase or high heart rate, sweating and nervousness. In these kind of situations causes a rush of adrenaline a hormone and chemical messenger in brain that allow to take action and that is called 'flight' or 'fight'. This kind of feeling prepare a person to protect or prevent from dangerous situations, although events vary from one individual to another; and on a same event individuals do perceive differently and react varied manner because we all have individual level of anxiety. Anxiety and fear are adaptive emotional and behavioral response to threatening stimuli; and these are found from infancy and have immense importance for everyone to survive. Acc. to **kranner, et. al. (2010)**: "stress and anxiety can be short term or long term and can become overwhelming and negatively impact one's life they spend excessive amount of time worrying about their environment". Severe level of anxiety may become dangerous for mental health and considered as anxiety disorder that leads to fear, worry and nervousness. The American psychological association declares that in USA. 40 million people are suffering from anxiety disorder and only 36.9% people got treatment or anxiety disorder. Doctors believe that exercise include yoga can help people to manage the symptoms of anxiety.

Yoga: yoga is derived from Sanskrit word 'yuj' which means united. Yoga is unity of individual consciousness to the universal consciousness. "Yoga is a Union of Atma and Parmatma" (Swami Digambar ji). Yoga is science as well as art of life. Great ancient seer Patanjali is known as father of yoga. This ancient technique includes not only physical exercises but also involve relaxation techniques, meditation, pranayama along with proper breathing patterns. According to patanjali, **yogais "chittavrittinirodhah"** (The controlling of mind). There are different kinds of yoga, karma yoga – path of good actions, Janana yoga-the philosophy, Bhakti yoga – the path of devotion and love for God, Hath yoga-the system of physical exercise(asanas), Raja yoga is considered as the path of mind control, which include pranyama, meditation and concentration, the ultimate goal of Raja yoga is Smadhi. Apart from these types of yoga in modern time many other types of yoga also get popular for

physical health n wellness as like, Arial yoga, yin yoga, prenatal yoga, Bikram hot yoga, therapeutic yoga.

Patanjali suggest eight limbs of yoga (Ashtang yoga) for purification of external and internal self.

These eight paths are : 1) Yama (moral philosophy), 2) Niyama (self purification and self study) (3) Asana (physical postures) (4) Pranayama(control of breath) (5) Pratyahara (control of sense from external world) (6) Dharna (concentration of mind) (7) Dhyana (meditation) (8) Samadhi (the ultimate goal of yoga attained, just as a river merge into ocean and become one with it, so also an individual self merge into universal self and becomes one). The first four limbs are for external cleansing practice and the three limbs pratyahara, Dharna & Dhyana are considered as internal purification practice and Samadhi is considered as to attain ultimate state of yoga to merge oneself with the universe self. "Yoga is perfect opportunity to be curious about who you are"(Jasoncrandell).

Role of yoga to reduce anxiety: Yoga improves the physical health, nervous system and mental health. For physical health yoga includes asanas that improves muscles strength increase blood flow to heart and makes our heart and lungs healthy to cope with triggers in body caused by anxiety. Pranayama is a Sanskrit word which is made of two words prana(breath) and ayama (control) means control of Breath, so while doing practice of pranayama (alternate nostril exercise, Bhastrika pranayama, kapalbhati pranayama) it will activate the vagus nerve which is the main nerve in our nervous system.It brings balance between the sympathetic and parasympathetic nervous system and slow down anxiety. Meditation is state of concentration of mind, so while doing practice of meditation state of mind becomes peaceful and calm. Continue practice of meditation slow down pattern of breathing, control the mind and reduce the feeling of anxiety as most of the time of anxiety heart rate and breath become faster. So it is suggested that yoga practice must be a part of student's lifestyle to cope up with anxiety. It will help the students to develop mental health to survive in any situation of stress and anxiety and this will also improve their power of concentration which results better performance in their academics and co curricular activities.

Review of literature:

The aim of this article is to study the various techniques of yoga that reduce anxiety and for this purpose review of the past researches will be helpful to study the effects of yoga on anxiety in students.

A study by kamakhya Kumar (2007)aimed to find out the effects of yoga Nidra on stress and anxiety on college going students. Sample for this study was of 80 students. 40 male and 40 female students from Dev Sanskrit vishawavidialya of PG. yoga classes selected for yoga

nidra practice. Two groups named experimental and controlled group were constructed and both the groups joined yoga intervention that include asana and pranayama but 30 minutes yoga nidra session was given additionally to experimental group on regular basis. Results indicates that yoga nidra practice reduce anxiety and stress level of experimental group. It is observed that there is a positive change in the level of anxiety in male subjects between both groups .The significant level for observing the t value is 0.01 and there was significant change in stress and anxiety level 't' value is 2.48. The study's results indicate positive results of yoga nidra that reduce anxiety of male and female of higher classes.

Dr.Tiwary.et.al. (2014): conducted a study on 'Academic anxiety among students and management though yoga. This study was done to manage anxiety among students. Sample of 15 boys and 15 girls with age 15 to 17 was selected from 11th class. 'Academic anxiety scale for children' by Dr. A. k Singh was used for pre test and post test of students. yoga intervention include yogasasna, meditation& pranayama was given for 45 days for 60 minutes daily and then post test was taken as the same academic performance before practicing yoga. Findings of this study results that students that practice yoga module for 45 days showed significant reduction in their academic anxiety.

Chaudhari.et.al. (2021) conducted an experimental study to find out the effects of different pranayama on anxiety, concentration as well as physiological factors. Sample size was 80 female students from chaudhary Mahila college of education from Gujarat. Sample was divided in 3 experimental groups named A, B, C and one control group named D. All these three groups were given 12 weeks pranayama training.Different pranayama include 1) Kapalbhathi pranayama 2) Anulomvilom pranayama 3) Bhastrika pranayama. After 12 week pranayama training program results remarkable improvement in pulse rate, vital capacity and reduce anxiety. D group was not given any kind training of pranayama, and there was no change in physiological aspects and in anxiety and concentration.

Joshi,B.(2007) conducted a study on effects of Kapalbhathi Kriya and Anulomvilom pranayama . Findings of the study were that kapalbhathi Kriya and Pranayama have significant effects on anxiety level and vital capacity of lungs of college children. Results show that kapalbhathi kriya and Anulomvilom pranayama helps to reduce anxiety level and improve the vital capacity of lungs.

Mrs. Khan. et.al.(2018)conducted a study "Effects of yoga on Anxiety: An intervention study". Sample was taken as 200 anxiety cases. These cases were divided into two groups study group and controlled groups, 100 participants in each group. Study Group was given certain intensive yogasana and meditation training for 14 days which they follow for 3 months on regular bases. Controlled group was not given any training of yoga and meditation, they get relaxed on armchair during the same time period. After 3 months Hamilton Anxiety scale was used to measure the results. Findings of the study indicate that proportion of the cases

were significantly in lower range of anxiety in intervention group as compared with control group. This clearly shows that yogasana and meditation practice leads to a significant decrease of anxiety level.

Marilou.et. al.(2021) conducted a study to investigate the effects of using yoga to reduce anxiety on third and fourth grade students. For this purpose sample of 71 students of grade third and grade fourth were selected, and divided in to two groups, intervention group (60 students) and comparison group (11 students). Participants attend 10 minute yoga daily for 8 weeks during their school week days. Pre and post test was taken child Anxiety Related Emotional Disorder. Paired t test noted that there is significant difference between pre and post test raw score of generalized anxiety disorder. Participants' raw score of anxiety was significantly decrease after 8 weeks yoga program.

Parajuli .et.al.(2022) present a randomized controlled study to investigate the effects of yoga on cognitive function of female students with low academic performance. Sample of 89 female students of age 12-14 years divided in two parallel groups one group of 45 students for yoga group and another group of 44 students for physical exercise at a school setting. The result shows positive effects of yoga on general intelligence, executive functions and reduction in trait anxiety in female students that have low academic performance. Even physical exercise has improved some domain of executive function(working memory and selective attention).

Kour. (2017): conducted this study to investigate the effects of yoga on test anxiety of senior secondary school students .This study include sample of 50 secondary schools and yoga intervention consist of asanas and pranayama was given for two weeks by the trainer. This training was given for 5 days a week and results shows that 50% are highly anxious about testing situations and 18% students feel less anxiety 32% students have low anxiety in test situation. There was significant difference between the mean score of pre test and post test of students on test anxiety. Yoga made significant effect in reducing test anxiety of students, gender had no impact on the test anxiety of students before and after yoga intervention program.

Lemay.et. al. (2019): conducted study to evaluate the effect of 6 week yoga and meditation program on stress perception, anxiety level and mindfulness skill on college students. Participants attended 60 minutes vinyasa flow yoga for once a week, meditation was also given by expert trainers. Results of post test after intervention indicate that students experienced a reduction in stress and anxiety level after 6 week yoga and meditation. Study's results indicate, mindful practice of yoga for once a week can also reduce anxiety and stress level among college students.

Conclusion:

The present paper concludes that practice of yogasana and pranayama reduce anxiety among students that is very common now a days. studies indicates that asanas improve physical health as it improve muscles strength, vital capacity of lungs, regulate pulse rate as well as Relaxation techniques like yoga nidra is powerful technique to reduce anxiety and stress. Pranayama like Anulomvilom ,Kapalbhati pranayama, Bhastrika pranayama calm down the breathing pattern n mind which helps to decrease anxiety. Yoga brings balance of mind and body as it is more effective than normal physical exercise. Vinyasa flow of physical posture in yoga brings remarkable results to reduce the anxiety level even it can be done once a week but must be done mindfully. Yoga give positive results to every age group of students as well as same for male and female students, it improve student's cognitive function decrease academic anxiety of students with low performance. So it is suggested that methods of stress and anxiety reduction (yogasana, pranayama, Relaxation techniques, meditation) should be included in curriculum of students for their physical wellness and psychological wellbeing.

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