

Effectiveness of Yoga on Stress level among Adolescent Students

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Abstract

This research paper is an attempt to study the effect of Yogasanas training on the Stress level of Adolescent students. To achieve this purpose 60 subjects, whose age was ranged between 17 to 19 years were selected from the Gurukrupa Junior College, Siddipet District, Telangana. The subjects were randomly assigned to Two equal groups (Control Group & Experimental Group) of 30 men each. The Descriptive Survey Method was used for the data collection and for assessing the variables of the study. The pre-test was conducted on the selected variable for both the Control and Experimental Groups. The subjects of the Experimental Group then participated in a Six-weeks Yogasanas training programme, whereas the subjects of the Control Group were not given any kind of training. The Post-test was conducted for all the subjects of both the Control and Experimental Groups. The level of Stress was measured by Anxiety, Depression and Stress Scale (ADSS) developed by Pallavi Bhatnagar et al., Department of Psychology Lucknow University. The data so collected was analyzed statistically by employing Mean, S.D and t-test. The results reveals that there was a significant difference on Stress level in Experimental Group than the Control Group. The level of significance was kept at 0.05 level.

Key Words: Yogasanas, Adolescence, Stress.