

# EFFECT OF YOGIC PRACTICE ON ANXIETY OF FEMALE ENGINEERING STUDENTS

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## **Abstract**

Anxiety is one of the major predictors of academic performance. Students with anxiety disorder display a passive attitude in their studies such as lack of interest in learning, poor performance in exams, and on assignments. This research observes the State and Trait Anxiety . The test to find out a significant correlation of State and Trait Anxiety was has carried out among engineering students. A total 40 females student participated in this test. They were Third and second year students from four engineering faculties at Sphoorthy Engineering College, Hyderabad. The study anxiety level was measured using State Trait Anxiety Inventory (STAI). Results reveal a significant decrease in both State and Trait Anxiety levels and positive change in the students.