EFFECT OF YOGIC PRACTICE ON ANXIETY OF FEMALE ENGINEERING STUDENTS

P.ANITHA, Research scholar

Department of Physical Education, Osmania University,Hyderabad

Prof. RAJESH KUMAR

Principal and Head Department of Physical Education

Osmania University, Hyderabad

**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.

**INTRODUCTION**

**ANXIETY**

This invisible disability can greatly affect academic performance as well. Anxiety impacts a student's working memory, making it difficult to learn and retain information. The anxious student works and thinks less efficiently, which significantly affects the student's learning capability.

**YOGA**

Yoga, which is a way of life, is characterized by balance, health, harmony, and bliss. Meditation, being part of yoga, which is the seventh limb of Ashtanga Yoga -a state of alert rest as stated by Maharishi Mahesh Yogi, who founded a new technique of meditation, popularly known as transcendental meditation. By practicing yoga, a person is supposed to reach a state of mental equanimity, where responses to favorable or unfavorable external events are well under the individual’s control, and responses are moderate in intensity. The science of yoga is a powerful stream of knowledge, which enables the practitioners to achieve radiant physical health, serene mind, continues spiritual uplift, and creates the ability for harmonious social living.

Yoga through its techniques of meditation, asanas, and pranayama yields a positive effect in the management of stress in adolescents. The processing of sensory information at the thalamic level is facilitated during the practice of pranayama and meditation. These two practices along with physical postures (asanas), cleansing practices, devotional sessions, and lectures on the theory and philosophy of yoga were focused to bring about an improvement in the steadiness of school students following 10 days of practice. This improvement was believed to be due to improved eye-hand coordination, attention, concentration, and relaxation.

**BENFITS OF YOGIC PRACTICE TO THE STUDENTS**: Yogasanas and Meditation lowers the aggressive behavior of students.

1. reduced problems related to maladaptive behaviors,
2. increased emotional and physical health and psychological well-being,
3. reduced the frequency of thought,
4. reduced substance abuse, and
5. generally improved the quality of life.

Transcendental meditation reduces stress and improves academic performance. Chanting “Om” mentally causes increased alertness, and the practice of yoga brings improvement in competitive performance.

**STATEMENT OF THE PROBLEM**

The purpose of the study was to assess the “Effect of Yogic Practice on Anxiety of Female Engineering Students”

**HYPOTHESIS**

There will be a difference in the levels of State and Trait Anxiety before and after the practice of yoga. between 17 to 20 years age groups.

**METHODOLOGY**

The purpose of the study was to assess the Effect of Yogic Practice on Anxiety of Female Engineering Students. To achieve the purpose of this study 40 Students, who were Third and second year students of four engineering faculties of Sphoorthy Engineering College, Hyderabad, were randomly selected as subjects and their age ranged between 17-20 years.

State-Trait Anxiety Inventory: developed by Spielberger, Gorsuch, and Luschene (1970). that is, I. State Anxiety - it consists 20 statements, both positive and negative, which were intended to measure “How a person feels at that particular moment”. This is a 4 point scale. The options on the four point scale were- Almost Never, Sometimes, Often, and Almost Always. Positive items scored as- Almost Never-1, Sometimes-2, Often-3 and Almost Always-4. Negative items scored in the reverse ordered as- 4, 3, 2, and 1. The sum of the 20 items gives the State Anxiety score. A minimum score of 20 and maximum score of 80 is possible. The Higher score indicated higher level of State Anxiety and vice versa

**DESIGN OF THE STUDY**

The selected 40 subjects were divided in to two groups, namely experimental group and control group. Each group consists of 20 players and Experimental group and control group were given pre test on Academic Anxiety. A yoga module consisting of yoga asanas, pranayama, meditation was administered on experimental group for 6 weeks. The experimental and control groups were post-tested for their performance.

**CRITERION VARIABLES AND TEST:**

|  |  |  |  |
| --- | --- | --- | --- |
| S.No | Dependent  Variables | Testes/ Instruments | Unit of  Measurement |
| 1 | Anxiety | State Trait Anxiety Inventory (STAI) Questionnaire | Score |

**STATISTICAL TECHNIQUES**

In order to find out the “Effect of Yogic Practice on Anxiety of Female Engineering Students”, used Mean, Standard Deviation, Standard Error and ’t’ test were computed at 0.05 level of significance. The following formulae were used.

‘T’ = DM/DM

**ANALYSIS AND INTERPRETATION OF DATA**

The Statistical Analysis of the results Obtained from Control and Experimental groups before and after Yogic Practice programme on the collected data and discussion on findings are presented. To achieve the purpose, the investigator selected 40 Female engineering Students divided into two equal groups of 20 Engineering Students in each group. The subjects’ age group was between 17 and 20 years.

**ANALYSIS OF DATA**

In order to find out the statistical difference between the initial and final performance of Experimental and Control groups, ’t’ test was employed at 0.05 level of significance.

**TABLE -1**

Mean Difference Between Pre-test and Post-test of State and Trait Anxiety (N=40)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| TEAM | VARIABLE | NUMBER  OF  STUDENT | MEAN | STANDERD  DEVIATION | T-RATIO |
| ` Engineering Students | Anxiety | 40 | -7.489 | 2.526 | -29.65\*\*\* |
| -7.070 | 3.877 | -18.24\*\*\* |

**DISCUSSION OF FINDINGS**

The findings of this study reveal that the students who experienced yoga module performed better in overall academics than those students who did not experience yoga module. The results are in tune with the earlier studies, which found that meditation, practiced over long periods, produces definite changes in perception, attention, and cognition. Other study showed that yoga techniques are helpful in management of anxiety and improvement in concentration. Other researchers found that Transcendental Meditation improves academic performance and enhances problem-solving ability.

**CONCLUSIONS**

It may be concluded from the finding of the study that with the intervention of yoga, academic performance improves by optimizing the Anxiety levels. So it is suggested that yoga module should become a regular feature in the Education Institutions.

**REFERENCES**

1. Jadhav, S. G. and Havalappanavar, N. B. © Journal of the Indian Academy of Applied Psychology, January 2009, Vol. 35, No.1, 27-31.
2. [Amit Kauts](https://www.ncbi.nlm.nih.gov/pubmed/?term=Kauts%20A%5BAuthor%5D&cauthor=true&cauthor_uid=21234215) and [Neelam Sharma](https://www.ncbi.nlm.nih.gov/pubmed/?term=Sharma%20N%5BAuthor%5D&cauthor=true&cauthor_uid=21234215) ” Effect of yoga on academic performance in relation to stress”, [Int J Yoga.](https://www.ncbi.nlm.nih.gov/pubmed/21234215) 2009 Jan;2(1):39-43. doi: 10.4103/0973-6131.53860.
3. Levitt E.E. The Psychological at Anxiety (Hillsdate: N.J.Evlbaum),1980.
4. Uwww.Encyclopedia American, 1966 Ed.S.N. Anxiety.