Comparative effect of yoga asana and yoga Nidra on the anxiety level of inter collegiate level football players

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Abstract
It has been told repeatedly that yoga helps to reduce anxiety and Yoga Asanas are great way to do so. Too many papers in Past have been presented on the benefits of yoga posture. So what’s unique about this research paper? This study has two fold objectives: - (i) Intends to equip students with best tools to deal with anxiety and (ii) To verify the claims made by yogis in past scientifically in the light of fact that world today is not same as that in 1400 or 1500 AD. Hundred football players (18-24 years) from different colleges of D.D.U Gorakhpur University, Gorakhpur whose anxiety levels scores were assessed based on EdFenn Beck Anxiety Self Rating Scale, were randomized into two groups. These students fully participated in all training sessions during two weeks of the training schedule. During this practice they did not take any other treatment. All participants were randomized into two groups. Group-I- Yoga Asanas, Group-II –Yoga Nindra. The Anxiety levels of all these students were assessed before starting the program and after the completion of two weeks training procedure. Results- The calculated value of t is 0.633 which is less than the tabulated value of t which is 1.984 at 0.05 level of significance (p<0.05), therefore there is no significant difference existing between the yoga asana group and yoga Nidra group at the initial stage, before the training was applied to both the groups. The calculated value of t is 3.00 which is higher than the tabulated value of t which is 1.984 at 0.05 level of significance (p<0.05), therefore there exist a significant difference in the anxiety level between the yoga asana group and yoga Nidra group at the later stage at the end of the training. Hence it can be said that the yoga Nidra training helped in remarkable improvement in lowering the anxiety level of the Yoga Nidra group in comparison to the yoga asana group. Conclusion- The students showing minimal to moderate anxiety symptoms have shown significant decrease in their anxiety scores after two weeks ‘Yoga Nidra’ session. Even in most cases their anxiety level is reduced. But in case of students with severe anxiety symptoms there is very little improvement qualitatively whereas quantitatively there is greater reduction in anxiety scores. Also this research indicates that Yoga Nidra is an effective tool for dealing with psychological problems like anxiety.

Keywords: anxiety, yoga nindra, EdFenn Beck Anxiety Self Rating Scale.

Introduction
Anxiety is a normal emotional response to the challenging & threatening situations which lead us to emotional and Physical pressure. Today in our fast paced world, it nearly impossible to live without anxiety, whether you are a Student or working professional. According to the American Psychological Association anxiety is an emotion Characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. A certain amount of anxiety is necessary and useful part of studying. It assists student to work harder & be Focused on their studies. However if students are too much stressed they can’t study effectively. It is important to distinguish between anxiety that assists you to study and anxiety that prevent you from studying effectively. We believe yoga is India’s greatest gift to the world. We also respect the hard-work of all the past yogis. It has been told repeatedly that yoga helps to reduce anxiety and Yoga Asanas are great way to do so. But times have changed a lot now from the date since yogic techniques were invented. Even the levels of pollution today is much, much greater than that of 50 years ago then how can we be sure of the effect of a technique created centuries ago. So a research is needed to verify the effect of yogic techniques & their ability to handle anxiety.
Objectives
It has been told repeatedly that yoga helps to reduce anxiety and Yoga Asanas are great way to do so. Too many papers in Past have been presented on the benefits of yoga posture. So what’s unique about this research paper?

This research paper has two fold objectives:
(i) Intends to equip students with best tools to deal with anxiety and
(ii) To verify the claims made by yogis in past scientifically in the light of fact that world today is not same as that in 1400 or 1500 AD.

Results
Paired Samples Test

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>Std. error mean</th>
<th>95% confidence of difference Lower</th>
<th>95% confidence of difference Lower</th>
<th>t</th>
<th>df</th>
</tr>
</thead>
<tbody>
<tr>
<td>(pair – 1) Pre-post (yoga asana)</td>
<td>2.18000</td>
<td>1.50767</td>
<td>0.21322</td>
<td>1.75153</td>
<td>2.60847</td>
<td>10.224</td>
<td>49</td>
</tr>
<tr>
<td>Pair-2 Pre-post Yoga nidra</td>
<td>9.92000</td>
<td>3.56193</td>
<td>0.50373</td>
<td>8.90771</td>
<td>10.93229</td>
<td>19.693</td>
<td>49</td>
</tr>
</tbody>
</table>

The calculated value of t at 0.05 level of significance with 49 degree of freedom is 2.021 (p>0.05). The table above depicts that there is significant difference existing in the anxiety level of the Yoga asana group (pre and post) and the Yoga Nidra group (pre and post). The t ratio shows higher value in Yoga Nidra group in comparison to the Yoga group.

Independent Group Statistics (PRE TRAINING)

<table>
<thead>
<tr>
<th>Group</th>
<th>N</th>
<th>Mean</th>
<th>S.D</th>
<th>Std. error mean</th>
<th>t</th>
<th>df</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga pre</td>
<td>50</td>
<td>29.0600</td>
<td>16.50159</td>
<td>2.33368</td>
<td>.663</td>
<td></td>
</tr>
<tr>
<td>Yoga nidra Pre</td>
<td>50</td>
<td>26.9800</td>
<td>16.37256</td>
<td>2.31543</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The calculated value of t is 0.633 which is less than the tabulated value of t which is 1.984 at 0.05 level of Significance (p<0.05), therefore there is no significant difference existing between the yoga group and yoga Nidra group at the initial stage, before the training was applied to both the groups.

Independent Group Statistics (POST TRAINING)

<table>
<thead>
<tr>
<th>Group</th>
<th>N</th>
<th>Mean</th>
<th>S.D</th>
<th>Std. error mean</th>
<th>t</th>
<th>df</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga post</td>
<td>50</td>
<td>26.8800</td>
<td>17.50993</td>
<td>2.47628</td>
<td>3.000</td>
<td>49</td>
</tr>
<tr>
<td>Yoga nidra Post</td>
<td>50</td>
<td>17.0600</td>
<td>15.13532</td>
<td>2.14046</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The calculated value of t is 3.00 which is higher than the tabulated value of t which is 1.984 at 0.05 level of significance (p>0.05), therefore there exist a significant difference in the anxiety level between the yoga asana group and yoga Nidra group at the initial stage and at the end of the training. Hence it can be said that the yoga Nidra training helped in remarkable improvement in lowering the anxiety level of the Yoga Nidra group in compared to the yoga asana group.

Yoga Nidra
Yoga Nidra is an effective technique, for physical or mental relaxation. Qualitatively Yoga Nidra is different from relaxation. It is a ‘sleep’ where all our burdens are removed in order to attain a more blissful state of awareness.

Difference between Yoga Nidra and an ordinary sleep lies in intensity of a relaxation which is much more intense in Yoga Nidra than in ordinary sleep. Aim of Yoga Nidra is to focus the mind to achieve relaxation and increase Wellness. We used the Yoga Nidra technique, as mentioned in book Yoga Nidra by Swami Satyananda Saraswati. The finalyoga classes conducted for 35 min per day, seven days a week for last two weeks training procedure.

Method & Design

Study participants

Hundred football players (18-24 years) from different colleges of D.D.U Gorakhpur University, Gorakhpur, whose anxiety levels scores were assessed based on Ed Fenn Beck Anxiety Self Rating Scale, were randomized into two groups. These students fully participated in all training sessions during two weeks of the training schedule. During this practice they did not take any other treatment. All participants were randomized into two groups (i) Group-I- Yoga Asanas (ii) Group-II – Yoga Nidra. The Anxiety levels of all these students were assessed before starting the program and after the completion of two weeks training procedure.

Conclusions

The players showing minimal to moderate anxiety symptoms have shown significant decrease in their anxiety scores after two weeks ‘Yoga Nidra’ session. Even in most cases their anxiety level is reduced. But in case of players with severe anxiety symptoms there is very little improvement qualitatively whereas quantitatively there is greater reduction in anxiety scores. However, the small sample size is considered as limitation of this study. Also this research
indicates that Yoga Nidra is an effective tool for dealing with psychological problems like anxiety.

Discussion
This research clearly indicates two things:-
i. The disturbing situation of our current education system and an urgent need to make some reforms in our current education system.
   a. What reforms should we take in our education system to make it more students friendly?
   ii. We believe yoga is India’s greatest gift to the world. We also respect the hard-work of all the past yogis. But times have changed a lot now. Even the levels of pollution today is much, much greater than 50 years ago then how can we be sure of the effect of a technique created centuries ago. So we need to study yoga from an unbiased medical perspective.

References
2. Scientific Culture in Physical Education & Sports