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Effects of one month yoga intervention on stress among selected college male students

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Abstract

The purpose of this study is to find out the effects of one month yoga intervention on stress levels. The subjects chosen for the study were 20 male students of Govt. College Sector-1, Panchkula. Their age ranged between 20 and 25 years. The experimental group underwent a scheduled yoga intervention for a period of one month, 6 days/week. The status of stress was measured before (pre – test) and after (post-test) the experimental period using manual of stress scale developed by Dr. (Mrs) Vijaya Laxami and Dr. Shruti Narain (2014). The result revealed that in experimental group significant differences was found at pre and post levels at 0.05 level of confidence.

Keywords: Yoga Practices, stress, experimental group

Introduction

Yoga is becoming more and more popular these days. A 5000-year-old Indian tradition known as yoga focuses on a person's physical, mental, and spiritual well-being. Yoga is a non-pharmacological method of preventing many of a person's physical and mental issues. Yoga is utilised as a powerful preventive medicine for various illnesses, including stress. Stress is a mental ailment that is on the rise in today's world. Stress is a state of imbalance between a person's demands and abilities to respond. Numerous chronic diseases that are harmful to a person's health are on the rise as a result of the stress state.

Objective of the study

To study the effects of one month yoga intervention on stress among selected college male students.

Hypothesis of the study

There will be no significant differences in pre and post yoga intervention on college male students.

Delimitations of the study

1. The study will be delimited to male subjects only.
2. The study will be delimited to the age ranging from 20 to 25 years.
3. The study will be delimited to the students of Govt. College Sector-1, Panchkula.
4. The study is further delimited to psychological variable i.e, stress.

Method and Procedure

Design of the study: Experimental method was used for carrying out the current research work.

Selection of the subjects

In the present study 20 male subjects recruited from the Govt. College Sector-1, Panchkula. They were trained for yoga by experienced yoga trainers for a period of one month. The data was collected pre and post the yoga interventions protocol. To measure stress level of the subjects stress scale developed by Dr. (Mrs) Vijaya Laxami and Dr. Shruti Narain (2014) was used.

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Selection of the variables

Independent variable

- Yoga

Dependent Variable

- Stress

Criterion measures

Stress was measured by stress scale developed by Dr. (Mrs) Vijaya Laxami and Dr. Shruti Narain (2014).

Analysis of data

To analyze the collected data t test was applied to determine the significance of difference after pre and post yoga interventions. The level of significance Will be set at 0.05.

Results

Table 1: Shows pre and post yoga practices on stress level of the subjects

		Mean	N	Std. Deviation	t-value	Sig (2 tailed)
Pair 1	Stress pre	18.40	20	5.356	7.092	.000
	Stress post	16.80	20	5.083		

The above table revealed that there will be significant differences found in pre and post yoga practices on stress level of the subjects. Hence, the null hypothesis found to be rejected.

Conclusion

The study's findings indicate statistically significant variations in the stress levels of male individuals' pre- and post-yoga sessions. Yoga has shown to be a very effective therapy for reducing stress in male individuals.

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