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Impact of pranayama on stress anger and quality of life for college students

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Abstract

The aim of this study was to examine the effect of a twelve-weeks pranayama program on stress, anger and quality of life. Only thirty college students (boys) aged between 22 and 27 years were randomly assigned for training. Stress, anger and quality of life were measured for this study. The pranayama program was performed five days a week and training classes were conducted in the evenings with duration of thirty minutes. Paired t' test was applied to check the existence of significant difference between pre and post phases of testing the effect of twelve weeks of pranayama programme. The findings showed improvement after a twelve-weeks pranayama program. Yoga is not only beneficial for physical health but also improves psychological variables such as anger, stress and quality of life.

Keywords: stress, anger, quality of life, college students

1. Introduction

Yoga is an ancient Hindu discipline in which pranayama is explicitly concerned with the control of breathing. Earlier studies have indicated that a pranayama type of breathing results in reduction of symptoms reduced beta-adrenergic utilization and reduced airway hyperactivity. Nevertheless, studies evaluating the effect on quality of life in patients with asthma are limited. Pranayama is an exact science. This is the fourth anga or limb of Ashtanga yoga.

Pranayama has a very important place in Indian religion. Every brahmachari and every householder also has to practice it thrice a day in the morning, afternoon and evening in their daily worship during the evening. It precedes every religious practice of Hindus. Before eating, before drinking, before making a resolution to do anything, first pranayama should be done and then the nature of its determination should be clearly placed in front of the mind. The facts of every attempt before it will ensure that, that effort will be crowned success and the mind will be directed to bring about the desired result.

Prana can be defined as the finest life force in everything that is visible on the physical plane as movement and action and on the mental plane as thought. Hence the meaning of the word Pranayama is the restraint of life force. It is the control of vital energy that tingles through one's nerves. It twitches his muscles and causes him to perceive the outside world and think through his inner thoughts.

According to Patanjali, pranayama means regulation of breath or control of prana is the breath and pause of breath, which occurs after attaining that stability of asana or posture. Swas means breathing. Migration means exhaling. Pranayama can be practiced only to achieve stability in a specific posture. According to scientific yoga literature, if one sits at the same stretch for three consecutive hours in one asana, he/she has mastered the asana. If one can sit for even half an hour to an hour then one can practice pranayama.

With this idea in mind, the current researcher was of the opinion that pranayama may be related to our physical and mental health. That's why the researcher conducted this study titled "Impact of pranayama on stress anger and quality of life for college students".

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2. Definition of Terms

2.1. Quality of life (QOL): Quality of life (QOL) is the general well-being of individuals and societies, which outlines the negative and positive characteristics of life. It looks at life satisfaction including everything from physical health, family, education, employment, wealth, religious beliefs, finances and the environment.

Quality of life can be defined as the extent to which certain desired factors are achieved or maintained. These include factors such as well-being, interpersonal relationships, opportunities for personal growth and development, the ability to exercise human rights, self-determination and healthy participation in society. Enhanced quality of life is especially important for people who suffer from chronic disease or developmental or physical disabilities.

2.2. Anger: Anger is an intense emotional reaction. It is an emotion that involves a strong uncomfortable and emotional response to a perceived stimulus, injury or threat. Anger can occur when a person feels that his or her personal boundaries are being or are being violated. Some people have a learned tendency to react as a way of coping with anger through retaliation. Tension is a feeling of tension and pressure

2.3. Stress: Stress generally refers to two things: the psychological perception of pressure on the one hand, and the body's response to it, on the other, which involves many systems, from metabolism to muscle to memory.

Small amounts of stress can be desired, beneficial, and even healthy. Positive stress helps to improve athletic performance. It also plays a factor in motivation, adaptation and response to the environment. However, excessive amounts of stress can cause damage. Stress can increase the risk of mental illnesses such as stroke, heart attack, ulcers, dwarfism and depression.

3. Statement of the Problem

The purpose of this research study is to investigate the impact of twelve weeks pranayama programme on stress, anger and quality of life among college students.

4. Method and Materials

4.1. Subject

The study was descriptive experimental type. Thirty male

college students were selected randomly for this study, whose age range from 22 to 25 years.

4.2. Test/Tools

4.2.1 Quality of life

The QOLS was originally a 15-item tool that measured five conceptual domains of quality of life: material and physical well-being, relationships with other people, social, community and civic activities, personal development and fulfilment, and entertainment. QOLS scores are summarized in such a way that a higher score indicates a higher quality of life. The average overall score for the healthy population is about 90. Quality of Life Standards (QOLS), was originally coined by American psychologist John Flanagan in the 1970s.

4.2.2 Anger

State trait anger expression inventory (STA EI). It is developed by Charles Spielberger, 1999. State trait anger expression inventory is a well known instrument and it has supported data for relatively high and validity. The 19 items was used STA EI and used 5 point satisfaction scale.

4.2.3 Personal stress source inventory (PSSI)

The Personal Stress Source Inventory (PSSI) has been prepared by Arun Kumar Singh and Arpana Singh. In developing the Personal Stress Source Inventory (PSSI), forty-five different sources related to personal life events that are likely to cause stress in an individual were located. It consisted of 35 items and the higher the score, the greater the magnitude of personal stress. Similarly, the magnitude of personal stress is small.

4.2.4 Pranayama Intervention

The pranayama programme performed five days a week and training classes were conducted in the evening with the duration of thirty minutes.

5. Statistical Procedure

Paired' test was applied to investigate the existence of significant difference between pre and post test of quality of life, anger and stress after twelve weeks of pranayama programme.

Table 1: Mean Sd and T' Ration of Quality of Life of College Students

Variables	Subjects	Mean	S.D.	'T' Test	Remarks
Quality Of Life (Pre-Test)	Boys (30)	44.67	3.00	0.18	Not Significance
Quality Of Life (Post-Test)	Boys (30)	49.77	3.47		

't' value required to be significant at 0.05 level of confidence with 29 degree of freedom was 2.045

Table 2: Mean Sd and T' Ration of Stress of College Students

Variables	Subjects	Mean	S.D.	'T' Test	Remarks
Stress (Pre-Test)	Boys (30)	40.8	3.81	1.66	Not Significance
Stress (Post Test)	Boys (30)	37.0	3.31		

't' value required to be significant at 0.05 level of confidence with 29 degree of freedom was 2.045

Table 3: Mean Sd and T' Ration of Anger of College Students

Variables	Subjects	Mean	S.D.	'T' Test	Remarks
Anger (Pre-Test)	Boys (30)	51.3	3.50	0.04	Not Significance
Anger (Post-Test)	Boys (30)	52.6	3.54		

't' value required to be significant at 0.05 level of confidence with 29 degree of freedom was 2.045

6. Discussion of Findings

In this study, aimed to investigate the effect of twelve weeks pranayama programme on quality of life, anger and stress. It

was found from the above statistical calculation that after twelve weeks of pranayama programme quality of life, anger and stress were improved but result was insignificant for

limited period. In the light of the findings it could be stated that, there is beneficial effects of yogic exercises on the quality of life, anger and stress of college students.

In terms of quality of life, Shahla, ND. *et al* (2013) ^[7] suggested that pranayama techniques improve quality of life. Ganesh BR *et al* (2015) ^[2] also suggested that pranayama improved quality of life and Wolff *et al* (2013) found that a short yoga program affects quality of life. Pranayama helps significantly in case of anger, basically Sheetal Pranayama can reduce anger level (<http://www.livestrong.com/article/338794-yoga-poses-for-anger>).

On the other hand regular pranayama practice can significantly reduce the stress level. Vivek *et al* (2013) ^[8] suggested that pranayama practices are beneficial in reducing stress in healthy subjects but have beneficial effects on cardiovascular parameters. Bhimani *et al* (2011) ^[1, 5] also suggested that stress levels decreased after 2 months of practice of various pranayama, as evidenced by the reduction in total stress score which is highly significant.

In the present study it was proposed that practicing Pranayama would have beneficial effects on quality of life, anger and stress. The findings provide evidence supporting this. Overall it was concluded that pranayama program has beneficial effects on quality of life, anger and stress. The practice of Pranayama helps in the efficient functioning of various systems of the body. In pranayama inspiration, expiration and retention lead to the rise and fall of the diaphragm and the contraction and relaxation of the abdominal muscles which provide rapid and continuous movement.

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