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Mindfulness and meditation in yoga: Effects on stress reduction

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Abstract

This study found out the effects of mindfulness and meditation in yoga on stress reduction. Sixty subjects were selected randomly and divided into yoga (n=30) and control (n=30) groups. Yoga group participated in yoga session incorporating mindfulness and meditation. Stress levels were assessed using the Perceived Stress Scale (PSS). Results showed significant reductions in PSS scores and in the yoga group compared to the control group. These findings suggest that mindfulness and meditation in yoga can be an effective stress-reduction techniques.

Keywords: Yoga, mindfulness, meditation, stress

Introduction

Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, and energy (Collins C). Yoga is recognized as a form of mind-body medicine that integrates an individual's physical, mental and spiritual components to improve aspects of health, particularly stress related illnesses (Atkinson NL, Permuth-Levine R.). Now meditation and mindfulness are part of our culture. Meditation helps to calm the mind and enhances the awareness of our mind and environment. People practices meditation to calm their mind for years. Mindfulness means being aware of the present moment. Formal meditation practices include mindfulness of breathing, compassion. Chronic stress is a pervasive issue affecting mental and physical health. Yoga, a mind-body practice, combines physical postures, breathing techniques, and meditation to reduce stress. This study aimed to investigate the effects of mindfulness and meditation in yoga on stress reduction.

Objectives of the Study

The objective of this study is to find out the effect of mindfulness and meditation on stress.

Limitations

Limited demographic range and short intervention duration are the limitations of this study.

Hypothesis

It is hypothesised that mindfulness and meditation in yoga will significantly reduce stress.

Methodology

Selection of Subjects

For the purpose of this study, 60 adults were selected as subjects. The age of the subjects was between 18 to 35 years.

Design of the Study

For the purpose this study 60 adults were divided into two equal groups as X and Y. After the pre-test for the selected variable, yoga with mindfulness and meditation were given to experimental group (X) for five days in a week for 12 weeks. The control group (Y) did not involve in any type of training. After twelve weeks of training as per the schedule, a post-test was conducted for the same variable to both groups. Perceived Stress Scale (PSS): was used to

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assess stress levels.

Analysis of data and discussion of findings

Data was analysed using t- test to find out the changes in the means. The results were furnished in the Table 1.

Table 1: The Significance of Differences between the Pre-Test and Post-Test Means of Stress Scores of the Yoga and Control Groups

Groups	Means		MD	SD	SE	't' value
	Pre-test	Post-test				
Yoga	23.5	16.4	7.1	1.42	0.137	24.22*
Control group	22.8	21.4	1.4	1.86	0.224	1.450

* Significant at 0.01 level

Discussion

The results of the study shows that the pre-test stress score (23.5) of yoga group is reduced in the post test with score (16.4). But in the control group the pre-test score (22.8) is reduced to (21.4). Yoga group shows significant change compared to control group.

Conclusion

As per the result it is concluded that mindfulness and meditation in yoga helps to reduce stress. So it can be used as a technique to reduce stress level of people having high stress.

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