



Impact of Regular Yoga Practice on Stress Management in Students

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Abstract

This study employed an experimental design to comprehensively examine the impact of yoga practice on stress reduction among college students. The sample consisted of 30 students (both male and female) from the Government Degree College of Ganderbal. The study aimed to: determine the effect of yogic intervention on stress among male college students, assess the effect of yogic intervention on stress among female college students, and compare the effect of yogic intervention on stress between male and female students. Data will be collected through standardized stress assessment scales (PSQ). Pre- and post-intervention assessments were conducted to measure changes over time. It was hypothesized that there would be a significant reduction in stress levels among both male and female students, with differences between the two groups. The study was limited to participants aged 18 to 25 years during the academic year 2024-25. Yoga was the primary intervention utilized for stress reduction, excluding other forms of exercise or stress management techniques. The level of significance for statistical testing was set at 0.05.

Introduction

Yoga, an ancient practice originating in India, has gained global popularity due to its multifaceted benefits encompassing physical, mental, and spiritual well-being. Various forms of yoga include Hatha yoga, which emphasizes physical postures (asanas) and breath control (pranayama); Bhakti yoga, focusing on devotion; Jnana yoga, centered on intellectual inquiry; Karma yoga, which promotes selfless action; and Raja yoga, involving meditation and mental discipline.



The term “yoga” derives from Sanskrit, meaning union or yoke, symbolizing the connection between individual consciousness and the universal spirit (Chaoul & Cohen, 2010). Patanjali, a revered yogic scholar, defines yoga as "the suppression of mental fluctuations" (Yoga Sutra 1:2), which ultimately leads to the realization of pure consciousness beyond the changing states of mind and nature.

In the Indian tradition, yoga is more than a physical exercise; it is a comprehensive spiritual system. The classical texts highlight four primary paths: Karma Yoga (path of selfless action), Bhakti Yoga (path of devotion), Jnana Yoga (path of knowledge), and Raja Yoga (the eightfold path of mental discipline formulated by Patanjali approximately 5,000 years ago).

Recent research has validated yoga’s benefits across physiological, psychological, and spiritual dimensions. Physically, yoga improves flexibility, strength, and balance, and helps manage conditions like hypertension and chronic pain. Psychologically, it reduces stress, anxiety, and depression, while enhancing mood, cognitive functions, and overall quality of life. Spiritually, yoga fosters a sense of inner peace and interconnectedness.

Stress is the body’s natural response to challenges or threats. While it can be beneficial in short bursts by enhancing focus and alertness, prolonged or intense stress can negatively affect health. Managing stress is crucial for maintaining physical and mental well-being. Various stress models have been developed to understand its causes and effects, commonly used in psychology and related fields.

Methodology

Data was collected from students at the departmental level who participated in the yoga training program. A random sampling technique (lottery method) was employed to select participants based on criteria including age and prior involvement in yoga. The study included 30 participants—15 males and 15 females—aged between 18 and 25 years, enrolled in the Government Degree College of Ganderbal. The source of the data was college students of Govt Degree college Ganderbal. The researcher was selected the 30 students of Govt Degree college Ganderbal. The age of the subjects ranging between 18 to 25 years. To find out the Effect Yoga on Stress Reduction among college Students researcher used the



Perceived Stress Questionnaire (PSQ) is intended to be used as a tool for evaluating stressful situations and events in life that could either cause or worsen symptoms of an illness. Specifically, it aims to evaluate stress levels and their impact on various aspects of life, including sleep disturbances. The questionnaire consists of 30 items and is recommended for use in clinical settings, though it has also been utilized in research studies. The data was collected after the administering of the questionnaire on the students of Govt. Degree College Ganderbal. After collection of data the statistically analyzed and from findings of the study significant difference found within the groups. Hence researcher hypothesis is accepted. Participants were selected based on their availability, suitability, and willingness to comply with the study requirements. The intervention consisted solely of yoga practice aimed at reducing stress, with no additional exercise or stress management techniques involved.

Results

Table-1 Summary of Mean, Standard Deviation and t-ratio for the Data on stress reduction of Students Between the Means of Pre and Post-tests of Boys

Test	Mean	S.D.	M.D.	t-ratio
Pre-test	69.19	4.38	16.17	4.66
Post-test	53.019	2.34		

The above Table 1 show that, stress reduction boys students mean difference between the pre-test and post-test of boys is significant, because the calculated t-value of 4.66 is greater than the tabulated t-value of 2.144 at 0.05 level of confidence of 14 degree of freedom.

Figure 1 Graphical Representation of stress reduction of Students Between the Means of Pre and Post-tests of Boys

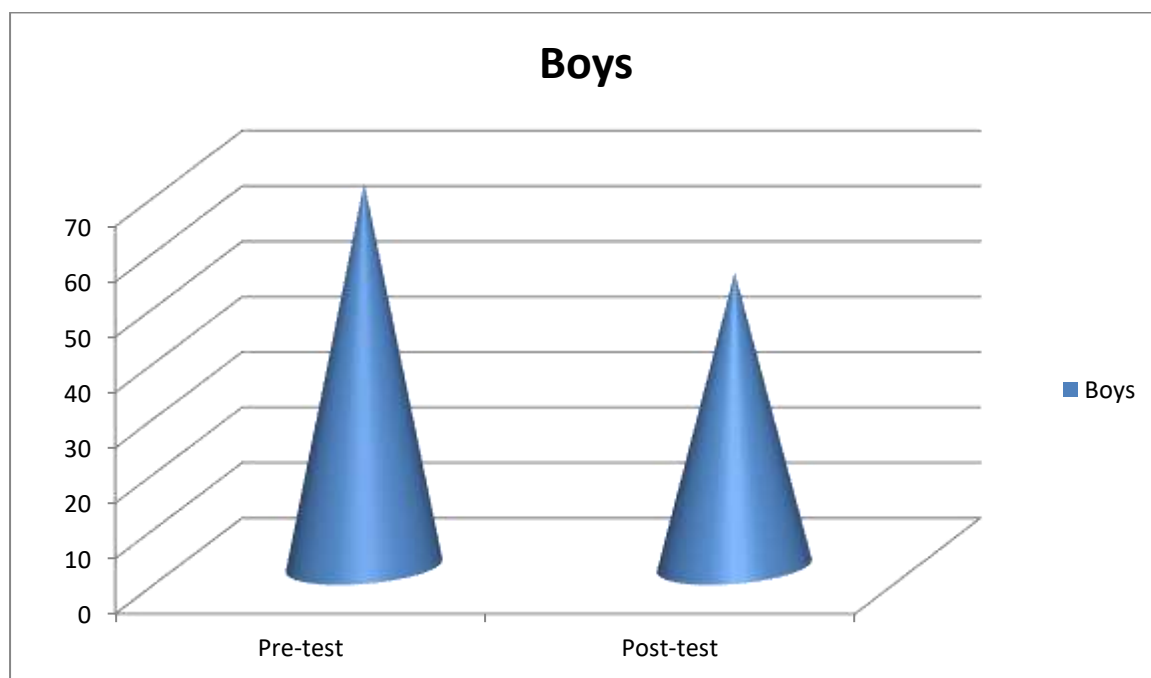


Table-2 Summary of Mean, Standard Deviation and t-ratio for the Data on stress reduction of Students Between the Means of Pre and Post-tests of Girls

Test	Mean	Standard Deviation	Mean Difference	t-ratio
Pre-test	72.204	1.72	16.607	5.16
Post-test	55.597	4.83		

The above Table 2 show that, stress reduction girls students mean difference between the pre-test and post-test of boys is significant, because the calculated t-value of 5.16 is greater than the tabulated t-value of 2.144 at 0.05 level of confidence of 14 degree of freedom.

Figure 2 Graphical Representation stress reduction of Students Between the Means of Pre and Post-tests of Girls

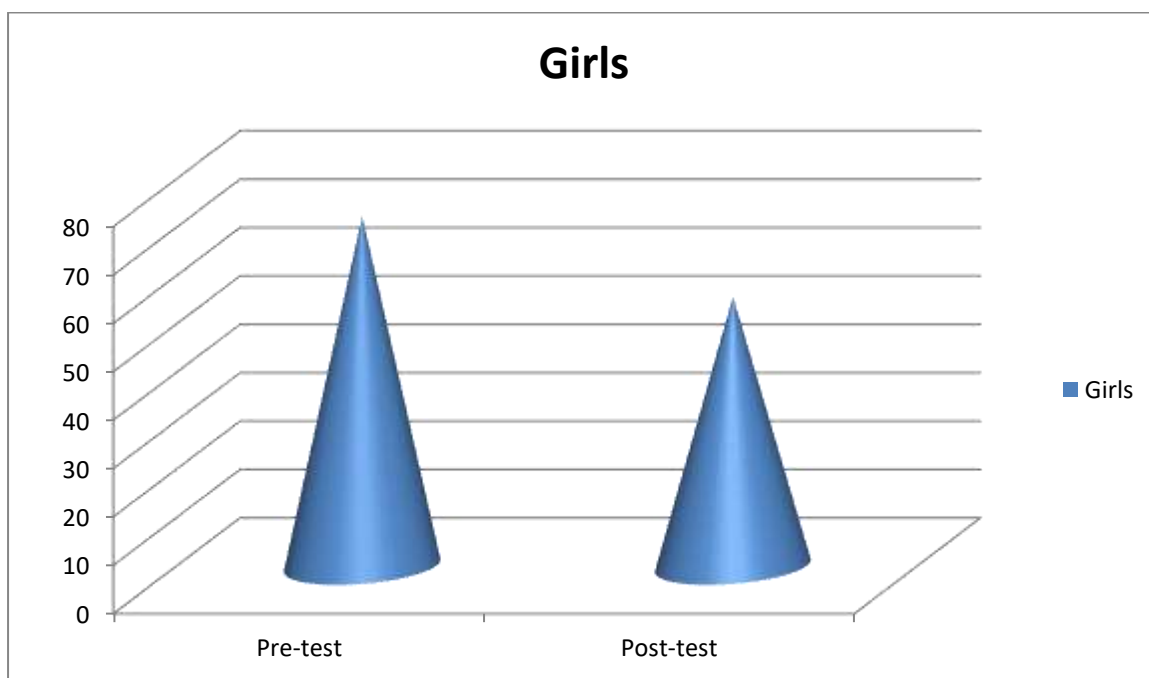


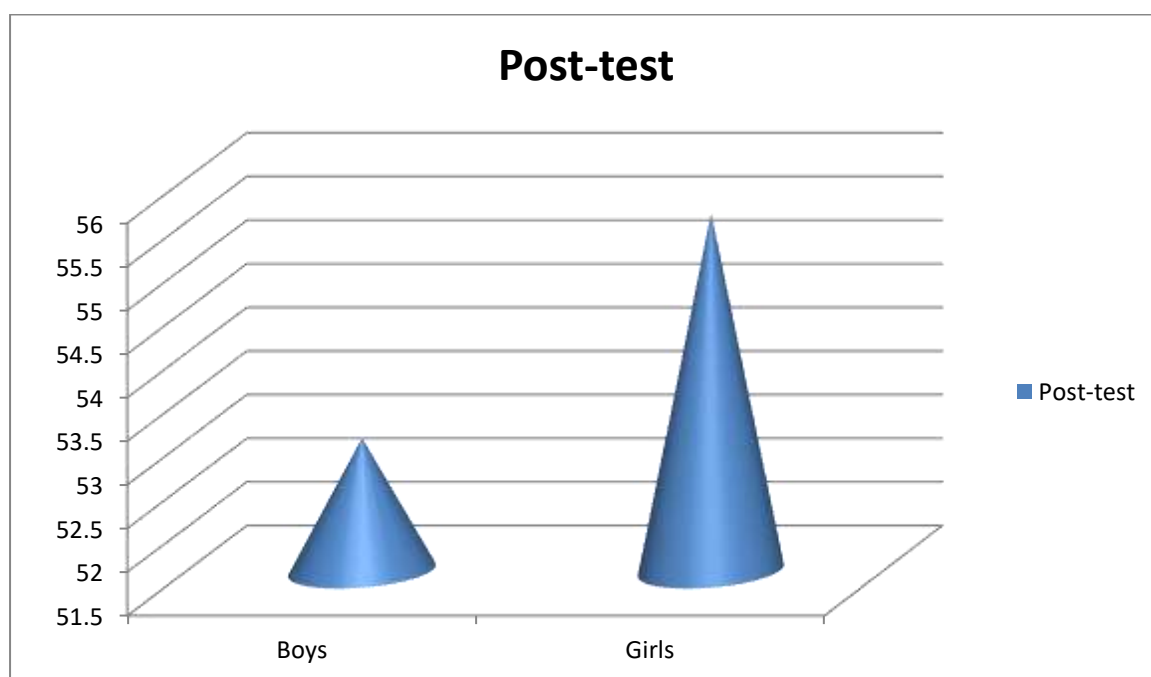
Table-3

Summary of Mean, Standard Deviation and t-ratio for the Data on Stress reduction between the Means of Post-tests of Boys and girls

Test	Mean	Standard Deviation	Mean Difference	t-ratio
Boys	53.019	2.34	2.58	0.07
Girls	55.597	4.83		

The above Table 3 show that, mean difference between the post-test of boys and girls is not significant, because the calculated t-value 0.07 is less than the tabulated t-value 2.04 at 0.05 level of confidence.

Figure 3: Graphical Representation Stress reduction between the Means of Post-tests of Boys and girls



Discussion on Findings

From the above tables researcher observed the following findings of the present study as

- Insignificant difference found in between post-test of boys and girls in stress reduction because calculated t test = 0.07, are less than the tabulated t-value of 2.144 at 0.05 level of confidence.
- Significant difference found in between pre and post-test of boys in stress reduction because calculated t test = 4.66 are greater than the tabulated t-value of 2.144 at 0.05 level of confidence of 14 degree of freedom.
- Significant difference found in between Pre-test and post-test of girls in stress reduction because calculated t test = 5.16 are greater than the tabulated t-value of 2.144 at 0.05 level of confidence of 14 degree of freedom.

Justification of Hypothesis

Researcher earlier stated hypothesis that, there would be significant Effect of Yoga on Stress Reduction among male and female college Students.

From the above findings it was observed that significant difference found in between pre and post-test of male students as well as in pre-test and post-test of female students, hence the researcher stated hypothesis is accepted.



Conclusion

On the basis of findings, the researcher concluded that

- It is hypothesized that there was a more significant difference in stress reduction among male students.
- It is hypothesized that there was a more significant difference in stress reduction among female students.
- Significant difference found in between pre and post-test of male in stress reduction, because of yoga exercise training was given.
- Significant difference found in between pre and post-test of female students because yoga Exercise was given to this group.

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