



YOGIC INTERVENTION ON ACADEMIC STRESS AND PSYCHOLOGICAL WELL-BEING AMONG YOUNG ADULT GIRLS

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ABSTRACT Yogic therapies are traditional, the oldest, and powerful combination with various methods to cope with different stressors and developing a healthy mental and physical health as an interventional program. The present study aimed to see the effect of yogic techniques on academic stress and psychological well-being among young adult girls. A total of 20 young adult unmarried nursing girl students were selected with age range 17-20 Years, and then randomly divided into 02 groups, 10 in experimental and 10 in control group. Scale for Assessing Academic Stress (SAAS) and Checklist for Psychological well-being were used as assessment tools. They assessed at the beginning and after 30 days of yogic practices intervention program. The Experimental group has been received a structured yogic intervention programme. The result found that yogic practices has significantly effective on academic stress and psychological well-being on experimental group participants. Yogic practices are also effective in enhancing self-esteem level, positive mental-health and to developing self-awareness to all age groups.

KEYWORDS : Young adult girls, Yogic technique, academic stress, psychological well-being.

INTRODUCTION

Worldwide, in Asian or western countries academic matters is one of the most important sources of constant or infrequent stress for teenager and young people, and significantly connected with mental health issues i.e., stress, depression, anxiety, somatoform disorders, adjustment disorders, alcohol and drug abuse, personality disorders and suicidal ideation or act.¹ For several students, the combination of many stressors in their lives e.g. preparing for the future goal, coping with examinations and assignments, meeting of demanding and ambitious teachers, deciding on topics, and transitioning from financial and emotional dependency to independence, can be daunting. Furthermore, teenagers and young adults can experience additional stressors. In addition to these stressors, teenagers and young adults may become stressed and anxious as they consider whether they will be able to fulfil their own as well as their parents' and friends' expectations.

Transitional shifts and adjustments in academics, physiological, sexual, mental, and spiritual realms define this period of life. The adolescent and young adult years are a time of many opportunities, obstacles, tension, and anxiety. Majority of the students in this stage, the obligation to create a stable and prosperous future in the manner that society demands causes stress. The adolescent and young adult years are full of possibilities, obstacles, tension, and anxiety. For the most part, students at this point are stressed by the pressure to create a stable and prosperous future in the way society expects. Professional students are shown to have higher stress levels than non-professional students and to be less emotionally balanced than non-professional students.² Much of the time, a distressing mental condition results in a feeling of dissatisfaction over poor academic performance, as well as the expectation and awareness of a potential failure.³

Academic related stress has explored by students as a student's perceived feelings of stress, related to academic events.⁴ Academic related stressors are directly connected with health conditions, and affecting peoples on both physical (e.g., somatic symptoms) as well as mental health.⁵ World Health Organization described mental-health as "Subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others."⁶ Further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to the community. There have been verities of research studies with regards to the academic related issue and must took attention at broader definition of psychological health consist of two factors: psychological distress and psychological well-

being,⁷ and when people having any kind of stressor continuously, their psychological health deteriorating day by day.

'Yoga' is a Sanskrit word that connection to mental and physical body. Now days 'Yoga' is not only practiced among Indians, but also in outside Indian civilization. Yoga is a comprehensive method for self-cultivation, realization, and the deliberate unfoldment of inner energies. Yoga is a conventional, oldest, and most effective interventional system for dealing with a variety of stressors and promoting good mental and physical health. Yoga is becoming more common as a method for improving both physical and mental abilities as well as reducing stress. People around the globe recognize yoga's efficacy as a tool to develop body and mind during the last century; people in India have been practicing yoga for several centuries to promote positive health and well-being.⁸

Physical practises as Kriyas and Asanas, breathing practices/Pranayama with body movements, meditation, yoga lectures, and stress control having notional connection for blissful consciousness under all conditions are some of the techniques used for action and relaxation. In today's world, it has gained medical acceptance and is widely used as a safe and effective relaxation technique. Yoga can affect psychophysiology by inducing the relaxation response, an endogenous, coordinated response in which autonomic nervous system arousal and hypothalamic pituitary axis activation are reduced in direct contrast to the flight-or-flight stress response.⁹ Yoga and yogic techniques such as Asanas, Surya-Namsakara, Pranayama, Savasana, and Yog-Nidra, meditations, chanting of mantras have been extensively researched and published on for their soothing effects. Many yoga aspirants benefit from the effects of these activities because they include a short-term "time out" from stress, as well as beneficial physiological improvements in bodily processes (including the nervous system), psychological/mental changes, and spiritual states. Yoga may be used to alter profoundly ingrained physical, psychological, or emotional patterns. Its practices can be used to analyze and understand behavior patterns, as well as to develop new ones. Surya-Namaskara (Sun Salutation) is characterized by the words Surya (Sun) and Namaskara (Salutation or Bowing Down). It is made up of 12 asanas (postures). Practised in daily basis, it's helps to increase blood circulation, and preserve fitness, and thus aids in weight loss and stay disease-free. It boosts health, encourages relaxation, increases self-esteem, self-confidence, attitude and decreased stress and anxiety level.¹⁰ And able to balance mental, emotional, and physical stability by Surya-Namaskara.

The word "Pranayama (Breathing exercises)" is a combination of two

words: - 'Prana' and 'ayama'. 'Prana' described as "vital energy" or "life force" and 'ayama' is denoted for construction or expansion individual life force. Sri Paramhansa Yogananda Swami define the word Pranayama as extension or expansion of the dimension of life force or prana.¹¹ And the technique Yoga-Nidra is basically based on the theory of Pratyahara. It is seeking great attention in not only in India even whole world in current trend as a relaxation technique. Swami Satyananda Saraswati (2003) enumerated the term Yog-Nidra which is derived from two Sanskrit words 'Yog' means union or one-pointed awareness and 'Nidra' which mean sleep or Yog means concentration, Nidra means sleep, that is sleep resulting from complete concentration.^{12,13} There are several techniques for relaxation of the body and mind, and Yoga-Nidra is probably the best known technique to induce complete physical, mental and emotional relaxation.¹² Yoga-Nidra is a more powerful and adequate for psychic and physiological rest and revitalization than conventional sleep. It is a smooth yet profound practice that induces deep relaxation into the full body-mind system in a conscious way, also called as the state of dynamic sleep. Yoga-nidra is a standardized method which including complete physical, mental, and emotional relaxation.

METHODOLOGY

Sample: The present study is conducted in Ranchi Institute of Neuropsychiatry and Allied Sciences (RINPAS), Ranchi, India. A total of 20 unmarried young adult female nursing students, age group between 17-20 years, pursuing diploma course of nursing after 12th Std. has selected. They all participants who selected not having any psychiatric/neurological/serious medical illness with her or in her family history were selected by using purposive sampling technique. They were randomly divided into two groups, 10 in experimental group and 10 in control group.

Research Tools:

a. Socio-demographic data sheet: - It is a Semi-Structured Performa design especially for the study. Socio-demographic and personal data sheet contain information about the socio-demographic variables like name, age, religion, residence, family type etc.

b. Scale for Assessing Academic Stress (SAAS): - The scale "SAAS" was developed by Sinha U. K. (2014) for assessing the academic stress of school going adolescents. In this scale a total no of items is 30. All items have two alternative responses 'Yes' or 'No' for each item in the scale.¹⁴

c. Checklist for Psychological Well-Being: - The "Checklist for Psychological Well-Being" was prepared by the researcher at RINPAS to measure the Psychological Well-Being (PWB) of adolescence and young adult students. In this checklist 24 items which measures six domains of psychological well-being are: -General Health, Personal Growth, Vitality, Autonomy, Self-acceptance, and Positive Relationship with Others. The Checklist is in Hindi, and each item mark by (√) for 'Yes' and (X) for 'No'. Scoring, '1' mark is given for 'Yes' and '0' mark for 'No', maximum.

Intervention Package:

The yogic techniques were included Surya-Namaskar, Pranayama/ Breathing Exercise (Nadi-Shodhana; Bhastrika; Anulom-Vilom; and Bhramri), and Yoga Nidra. The treatment session's time period was approximately around 45 minutes- 01 hours, and per day for 01 month. The intervention package was prepared by expert faculty of Yoga and Philosophy.

Procedure:

A total number of sample 20 participants' young adult female students were selected who having academic stress and difficulties in PWB. Informed consent was taken for the study from the participants and randomly divided them into two groups (experimental and control group). The participants assessed on different outcome variable, before beginning the therapy (Pre-assessment) and after 30 days of intervention programme (post assessment). Therefore, experimental group were received Yogic practices intervention programme and control groups as usual received only psychoeducation about mental health. Immediately after the pre-assessment the experimental group working relationship and rapport was established with them in an orientation session and the participants were asked to make every effort to attend session and doing practices. At the beginning, 2 or 3 participants in this group were not attending yoga session regularly, after motivating and explaining the positive effects of yogic practices on human being's daily life, mind, and body, they ready to participate and continued for session. The participants were attending yogic practices regular for 30 day (1 month) for 45 minutes to 1 hour. All sessions were conducted under the guidance of expert faculty of Yoga. After completion of 1 month of intervention programme post assessment were done on both groups using same assessment tools.

Statistical Analysis

Statistical analysis has done using by Statistical Package for Social Sciences (SPSS version 16). Quantitative analysis includes descriptive statistics such as Mean, SD, Chi-square and Maan-Whitney U test used for comparing on both groups.

RESULT

Academic stress and psychological well-being were assessed and compared for pre and port treatment condition. Table-1 shows that in socio-demographic detail of age, religion, residence, and family type are statistically significant difference has been not found between both groups.

Table-1: Socio-Demographical comparison of Experimental and Control groups.

Variables	Groups		Df	X ²	
	Exp. Group (N-10)	Cont. Group (N-10)			
Age	19 years	2 [20%]	1 [10%]	2	.40 ^{NS}
	20 years	8 [80%]	9 [90%]		
Religion	Hindu	9 [90%]	8 [80%]	2	.59 ^{NS}
	Christian	1 [10%]	1 [10%]		
	Sarna	0 [00%]	1 [10%]		
Resident	Urban	7 [70%]	5 [50%]	2	.48 ^{NS}
	Semi-urban	0 [00%]	1 [10%]		
	Rural	3 [30%]	4 [40%]		
Family Type	Joint family	2 [20%]	2 [20%]	1	1.0 ^{NS}
	Nuclear family	8 [80%]	8 [80%]		

NS=Not Significant

Compared pre-post assessment of both groups in terms of academic stress and domains of PWB with Mean, SD and Mann-Whitney after intervention shown in Table-2. The difference between experimental group and control group was statistically significant in SAAS suggesting that experimental group participants had significantly reduced their academic stress who were received yogic practices intervention programme, compare than control group in terms of academic stress after one month of yogic practices

Table-2: Between group comparison (Exp. and Control groups) to Pre-Post assessment of SAAS & PWB.

Variable	Exp. Group (N=10) (M± SD)			Control Group (N=10) (M± SD)			Mann Whitney U Test			
	Pre	Post	Diff. (Pre&Post)	Pre	Post	Diff. (Pre&Post)	Mean Rank	U	Z	
SAAS	19.80±4.39	11.60±3.59	8.2±3.91	17.30±3.43	16.40±2.54	3.3±4.41	14.60	6.40	9.00	3.12 [*]
PWB General Health	1.60±0.96	3.00±0.66	1.40±2.64	1.20±0.42	1.30±0.67	0.2±0.91	6.80	14.20	13.00	2.93 [*]
PWB Personal Growth	2.40±0.96	2.90±0.73	0.5±0.72	2.20±0.42	1.80±0.78	0.5±0.65	7.90	13.10	24.00	2.23 ^{**}
PWB Vitality	2.10±0.73	3.50±0.70	1.40±2.59	2.60±0.51	2.80±0.63	0.4±0.53	6.70	14.30	12.00	3.23 [*]
PWB Autonomy	2.50±.70	3.00±0.94	0.5±.73	2.20±0.63	2.30±0.67	0.7±0.71	9.10	11.90	36.00	1.17 ^{NS}
PWB Self-Acceptance	1.90±0.99	3.20±0.63	1.3±2.75	1.60±0.69	2.00±0.66	0.4±0.63	8.40	12.60	29.00	1.68 ^{NS}
PWB Positive-Relationship with Others	3.0±0.94	3.90±0.31	1.0±2.21	3.30±0.48	3.70±0.48	0.4±0.53	7.60	13.40	21.00	2.38 [*]

Significant at *P<0.01 level, **P<.05, NS =Not Significant; Diff.- Differences; Exp. G- experimental Group; Cont. G.- Control Group.

Table-2 also shows the result of PWB domains, there significant differences have found on between both group at pre and post assessment, which point out that yogic practices has improved the level of PWB among experimental group participants. Significant differences found on domains of checklist of the assessment tool i.e., General Health, Personal Growth, Vitality and Positive Relationship with others. It was indicated that due to intervention experimental group young girls who received Yogic intervention programme could feel better and their prevailing sense of PWB is improved.

DISCUSSION

The present study conducted to assess the application of yogic practices on academic stress and psychological well-being among young adult girls. Study finding suggests that significant changes were noticed to reduce academic stress and improvement in psychological well-being on (changes on domains on general health, personal growth, vitality, positive relationship with others) on the experimental group participants who received Yogic practices intervention programme in comparison to the persons of control group. It can be noted that yoga bringing the improvement in their behaviour and mental states. Also, the subjectively reported by experimental group Yogic practices improvement and control over their physical energy, self discipline, self-confidence and self-awareness, to improved mental hygiene and understanding of mental status. Stress related to academic on college going students is quite positive for many, yet many students also experience chronically stressful due to academic requirements i.e., examinations, papers, presentations.¹⁵ Numerous studies have examined the relationship on stress and poor academic achievement.¹⁶ Academic performance is negatively affected by stress on college students.¹⁷ College students experienced higher degree of academic stress and at the same time female students perceived more academic stress in comparison of their male counterpart.¹⁸ Yogic practices raises the arousability of cerebral cortex and helps in sending decreased impulses to the hypothalamus in brain which in turn decreases the sympathetic tone reducing the peripheral resistance. In other words, the brain becomes less responsive to stressful states and environmental factors.¹⁹ The work of Gupta and Singh's study supporting present study result and revealed that yogic intervention is significantly work on academic stress and psychological well-being among school going students.²⁰ Yoga as intervention for psychological fitness with short term courses are effective and induce positive behavioural signatures, regulation of emotional intelligence and significantly worked as anger management course of adolescent and young adults.²¹ Yoga based interventions is beneficial effects shows on myriad aspects of psychological health has proliferated in recent years and it can improve symptoms of depression, anxiety, stress, post-traumatic stress disorder, and other psychological problems, as well as promote well-being, including life satisfaction and happiness.²² Academic stress and anxiety is the major problems for young generation facing now days. Short term comprehensive yoga-based lifestyle intervention is reducing anxiety and improving subjective well-being.²³

Yogic techniques of meditation, asanas, and pranayama yield a positive effect in the management of stress. *Yoga-Nidra* is the yogic tranquilizer, the natural method to establish harmony and well-being throughout the entire system. It is a systemic method of inducing complete mental, physical, and emotional relaxation.²⁴ Emotional insecurity, stress, depression, and anxiety symptoms are common in females. Relaxation therapy as yoga-nidra leads to conscious and subconscious recognition of these underlying psychological factors and helps to releasing of suppressed conflicts.²⁵ For absolute relaxation, one must undergo *Yoga-nidra*, the state of dynamic sleep. *Yoga-nidra* and Vedic Mantras significantly effective on psychological well-being, school performance and stress and anxiety on school going adolescents and it was also effective on developing self-awareness.²⁶ The yogic practices reduced the stress and anxiety level of adolescents and young adult, and contributed to improve their adjustment in emotional, social, and educational.²⁷

Yoga has the potential to deal with almost all types of physical and psychological diseases which today's students generally encounter.²⁸ As mind-body alternative medicine intervention yoga is to improve physical and mental health condition, it is a complementary therapy for children, adolescents, and young adults.²⁹ The Yoga and mindfulness based training are helpful to reduced stress and anxiety and effective to enhance sense of well-being for adolescent.³⁰ This clearly lays down the positive role of yoga in lowering down academic stress and enhancing mental and psychological well-being for teenagers.

CUNCLUSION

Various techniques of yoga are traditional and one of the oldest interventional systems for enhancing coping ability and to reduce various stressors effect and developing a positive mental health. In the modern era since stressors of everyday life cannot be eliminated or not facing up. Yoga and its techniques are lessening one's response to stress by various methods and help the individuals to reduce physical as well as psychological problems. Yogic practices, one of the most complementary and alternative medicines believes in holistic concept for overall health and well-being of which work deeply on body, mind and sprite are integral and independence parts.

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