



## YOGA FOR STRESS MANAGEMENT IN STUDENTS APPEARING FOR COMPETITIVE EXAM

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**Abstract-** In recent years many studies and researches conducted all across the world proved that yoga is useful in the physical, mental, social and spiritual wellbeing. In today's world a huge crowd of student appearing for competitive exam. The students entering new academic and competitive world experience higher academic work load and family expectations. Due to their immaturity and uncertainty that they seem not to have any control over the situation. The study involved 50 first-year MBBS students to assess the effects of yogic practices on anxiety levels during routine activities before examinations. The result of the indicated a statistically significant reduction in not only the number of failures but also in the anxiety level of student. With reference to this the Indian Government should keep the special practice hours for yoga and pranayama from the school itself. This will not only maintain the physical, mental, social wellbeing of the school going student but also prepare their mind for accepting the new challenges and managing stress for future

### Introduction –

Stress is not what happens to you but how you react to it. (*Hans Selye - Stress without distress*). Positive stress is required in life as a motivator but the negative stress must be eliminated from the life as it is dangerous for future. A huge population of student in India appears for competitive exam every year. Competitive exams are intended to provide equal opportunities to all the students and identify merit, that often results in increased pressure, stress and anxiety among the students which can adversely affect their mental health. Today's students are tomorrow's responsible shoulders of India. The Government of India should implement various yoga and pranayama programmes for the better health of the students. Yoga

and pranayama are the most effective practises to manage the stress . 'Yoga' is a Sanskrit word meaning 'Yuj' unity of body and mind and has been used in Indian subcontinent which recently has received a great deal of attention from the western countries .

### **Understanding stress management :**

In today's world people have started believing that stress is like an extra organ they have in their body and they can not remove it or learn to manage it.

### **METHODS**

"Fifty first-year MBBS students, aged 18–19 years, voluntarily participated in the study. None had any major medical or psychiatric conditions, and none had previously practiced yoga. The participants were randomly assigned to either a control group or a yoga group. The yoga group followed a structured program for one hour, three times a week, over a period of three months. On the day of the exam, their anxiety levels were assessed to determine exam-related stress, both before and after the yoga practice.

a) Prayer

b) Sthithapragnyasan ---1 min ---2 mins

c) Ananas- Talasan, Hastapadaasan, Utkatasan, Parvatasan, Sashankasan, Yogamudra, Uthitekapadasan, Uthitedwipadasan, Shalabhasan, Sulabhabhujangasan, Ushtrasan ---25 mins

d) Anulomvilom, Ujjayi, Bhramari ---5 mins

e) Yoganidra with visualisation ---20 mins

Meditation on Onkar & Tratak ---5 min

g) Prayer & Stithapragnyasan ---2 mins

The various asanas were chosen to improve their concentration, coordination, memory, and attitudinal behaviour.

'Spielberger anxiety scale' was used to determine the anxiety score of both groups

### **RESULTS**

#### ***Spielberger anxiety score: Before Practice***

A month before exam (basal reading)

The mean anxiety scores a month before the exams were 30.64 in the yoga group and 30.92 in the control group, measured prior to the practice sessions.

On the day of exam:

The mean anxiety scores a month before the exams were 30.64 in the yoga group and 30.92 in the control group, measured prior to the practice sessions. After practice

A month before exam . The mean anxiety score reduced to 20.30 In yoga group which was statistically significant as compared to the score prior to practice. There was no statistically significant change in the anxiety score in control group

On the day of exam:

On the day of the exam, the mean anxiety score in the yoga group was 46.75 before the practice session and decreased to 30.84 after practicing yoga. The decrease in anxiety score at the time of exam was statistically significant change in control group .

### **DISCUSSION**

It is in such challenging situations that yoga is beneficial as seen in the present study wherein an optimal level of arousal did persist at the time of exam resulting in better performance as compared to control group with high levels of anxiety .

### **CONCLUSION**

From 2014 we are celebrating the '21<sup>st</sup> June' as International Yoga Day but for reducing the stress of students suddenly entering into the world of competitive exam it should be implemented by the Government of India and Ministry of Ayush from the school level itself by adding the yoga & pranayama in the school hours like physical training.

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