

Effect of Yoga Nidra on Anxiety among Male and Female College Students

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Abstract:

In the present study, the anxiety level of the students of Buxar district has been determined. The group of a student's has been divided into two groups on the basis of their research work it is experimental and control group. So the present studies divided into two category on the basis of 2/2 factorial design. Under the experimental group, the anxiety level of the student's was determined and it is found that female group of students are more anxious than the boys. After then boys and girls treated for training of yoga nidra on 15 days. After that their level of anxiety has been checked through Sinha comprehensive anxiety test. It is found in the results that after the training of yoga nidra, is significant difference has been found in the level of anxiety among students after the training of yoga which is found significantly defer due to that practice of yoga nidra.

Keywords: *Yoga nidra, anxiety, adjustment*

Introduction:

The source of anxiety may be frustration, conflict or any kind of pressure. Yoga Nidra creates adjustment problems for the depressed persons. Adjustment becomes a problem for individuals who feel a state of frustration, conflict of anxiety and the time state of the body becomes unbalance in such a state and the individual develops gender adjustment syndrome and that is a state of homeostasis. In such a situation, it is a very necessary for them to be energy- driven to establish adjustment, because a person becomes active only by energy driven. Such reactions which the individual to full time status, they adopt to the environment. The adjustment responses that can be produced by or increased by Yoga- Nidra are called the personality transformative practices. These kind of personality transformative practices are called adjustment responses. Anxiety or stress is a major obstacle to personality and development or transformation, but development, without which development is not possible, only to a specific degree of anxiety or stress is helpful in normal development of a person. As the intensity of stress increases. In the same way, the adjusted reactions of the individual's generally tend to move towards the place. As long as the individual feels that he or she is capable for coping with the presented stress or anxiety situation, his or her behaviour remains task oriented and he/she meets the needs through aggression, withdrawal and compromise according to the actual conditions of the environment.

On the contrary, the intensity of stress or anxiety will increase by in that situation when a person is field of adequacy and importance which are hurt then he/ she starts using vital defence mechanism true Yog Nidra. Although the purpose of these mechanisms like Yoga Nidra is to protect the person from self-devaluation and to reduce the distressing tension or anxiety, but due to excessive use of stress, if they are used excessively, their turn into psychotic symptoms and affect the person. But due to excessive intensity of anxiety or stress, it is used excessively, they turn into mental symptoms and can cause of neurosis and psychosis in humans. Ultimately the opposite situation would have happened for the persons which is not good for their personality as well as their mental health. Yoga Nidra is such a response that we can use on the basis of task-oriented responses. The purpose of Yoga Nidra is to learn the realistically face the demands of stressful situations. Therefore, it is necessary to make an objective assessment of the situation so that our behaviour can be full of judgement, self-judgement and awareness. Because the origin of stressful situation can be due to both internal or external reasons. That's why we have to try to change both inside and outside ourselves. it may also happen that due to stress or anxiety, there is a very high level of aspirations and due to which when the person cannot fulfil his aspirations, personality disorders arise in him. The reality is to direct the entire level of aspiration to suit your abilities and those realities as directly directed response which is based on their respiration, wireless travelling with the adverse forces of the environment to achieve the value or value-oriented target, there are three types of task-oriented reactions which are attacking situation withdrawal of that situation and compromise with the situation which crew which makes the person get success at every step and if the target is not visible from far and wide, it ignites at the same time and the person's behaviour becomes dialectical and destructive. When today's youth sees that there is an Empire of injustice, corruption, nepotism all around and it is being deprived of such opportunities which are available to others the and aggressiveness and anxiety starts accumulating in it, then its immersion takes place in conduct. Such as stealing, setting fire, levied behaviour etc. This kind of situation is a worse situation in which Yoga Nidra is such a process through which the malicious aggression of the person can be reduced and the person can be specified by meditative behaviour and the personality should be transformed through Yoga Nidra which is a very necessary and white active part of our life.

Review of Literature:

Veeraraghavan and Singh (2002) said that there are two ways of conceptualizing anxiety-behavioural and non-behavioural. Behavioural anxiety is taken as a set of responses involving a combination of cognitive and physiological responses, as well as the external stimuli and related situations. This physiological state of anxiety is associated with increased activation of the sympathetic pathways of the ANS and prepares the body for vigorous muscular activity. In addition to the continuous physiological patterns that indicate anxiety level in a patient, it also accounts for the following interpretations: (a) subjective interpretation of these responses, (b) patient's beliefs about the situations they encounter, and (c) their inferred ability to deal with their challenges. Non-behavioural anxiety is understood either in terms of the stimulus situation which may give rise to anxiety, or as a trait or characteristic of an individual's personality, very close to the Freud's concept of neurotic anxiety.

Bhushan and Sinha (2001) found that 15-day of yoga nidra practice significantly reduced the trait anxiety and hostility of the practicing subjects. Similarly, Kumar (2001) also found significant reduction in trait anxiety level of the subjects after 20-days meditation practice which included yoga nidra. Yoga nidra has been found as a successful treatment of insomnia (Shealy, 2001) and addiction (Hypner, 1979). In various other studies, the practice of TM was found to produce a significant effect in the reduction of trait anxiety (Eppley and Abrams, 1989; Ferguson and Gowan, 1975). Researchers also suggest that meditation and relaxation practices play a significant role in reducing both physiological and psychological symptoms of anxiety in the normal population (Shapiro 1982; Shapiro and Walsh, 1984; Pearl and Carlozzi, 1994). In a well-controlled study of college students, Smith (1976) found that subjects who practiced TM obtained significantly lower scores on trait anxiety than the controls.

Objectives of the Study:

1. To find out the Impact of Yoga Nidra on anxiety on college male and female students on experimental group.
2. To find out the Impact of Yoga Nidra on anxiety on Male and female College Students on experimental and control groups.

Hypotheses:

1. There would be significant difference on the anxiety level of the male and female college students on experimental group of Yoga Nidra.
2. There would be significant difference on the Anxiety level of the male and female college Students after the practice of Yoga Nidra on the basis of experimental and control group.

Methodology:**Design:**

This study is based on experimental and control group design in which yoga nidra sessions were assigned to the experimental group. Experimental group have been practicing the yoga nidra for 15 days at a fixed time every day half an hour daily. Each half an hour session mainly consists of Asana, Pranayama and Sha karma. Before giving the sessions of Yoga nidra among the rural and urban college going students of Buxar district which are selected as experimental and control group of students in the present study, they were tested with anxiety test.

Measuring Instruments:

The following tools were administered on the employees in an attempt to collect the data.

Personal Information Blank:

A personal information blank was prepared to seek information relating to age, sex, class, rural and urban, etc. Sinha's Comprehensive Anxiety Test:

In the present research, Sinha comprehensive anxiety test, has been used to measure the level of anxiety among the participants, in this scale yes or no has been given for responding. In this scale, an attempt has been made to measure 3 types of anxiety, which are reality anxiety, neurotic anxiety and moral anxiety. The present test is developed by L.N.K. Sinha and A.K.P. Sinha. The test we test reliability in this scale is 0.85 while the reliability Coefficient is found to be 0.92 which is significant. One score for each as item and zero score for no. percentile 71 requiring treatment and percentile 36 to 41 has been shown extremely high in scoring table on the other hand high anxiety is found on between 27 to 28, normal level of anxiety is found in 23 and low level of anxiety is found 15 to 16.

Sampling:

As per the design discussed above, the study was decided to be conducted on two samples of boy and girl students each consisting of about 200 cases: -

The age limit of the respondents will be 18 years to 25 years. The Male sample will be 100(50 will be from the rural group and 50 will be from the urban group). The Female sample will be 100(50 will be from the rural group and 50 will be from the urban group). Subjects of both the sex groups were students reading in the Postgraduate classes. All the student belonging to the two groups were residents of Buxar town and near about. The students were drawn from colleges located in Buxar town which were

premier constituent units of VKSU, Ara. The age limit of the respondents will be 18 years to 25 years.

Result and Discussion:

Anxiety is the main causes of personality fluctuations. There are such feelings that cause mental distortion in a person. Anxiety, Fear and apprehension are the main causes of psychopathological condition of a person. As per the definition of Riot, neurotic disorders have been used as the caused by anxiety. And it is the state of one's real inner feelings in which the person is helpless towards one or the other situation to keeps on exhibiting the logical situation and personality transformation. As a result, his behaviour become maladapted.

Table-1

Effect of yoga nidra on anxiety level among male and female college students on experimental group before training of yoga nidra

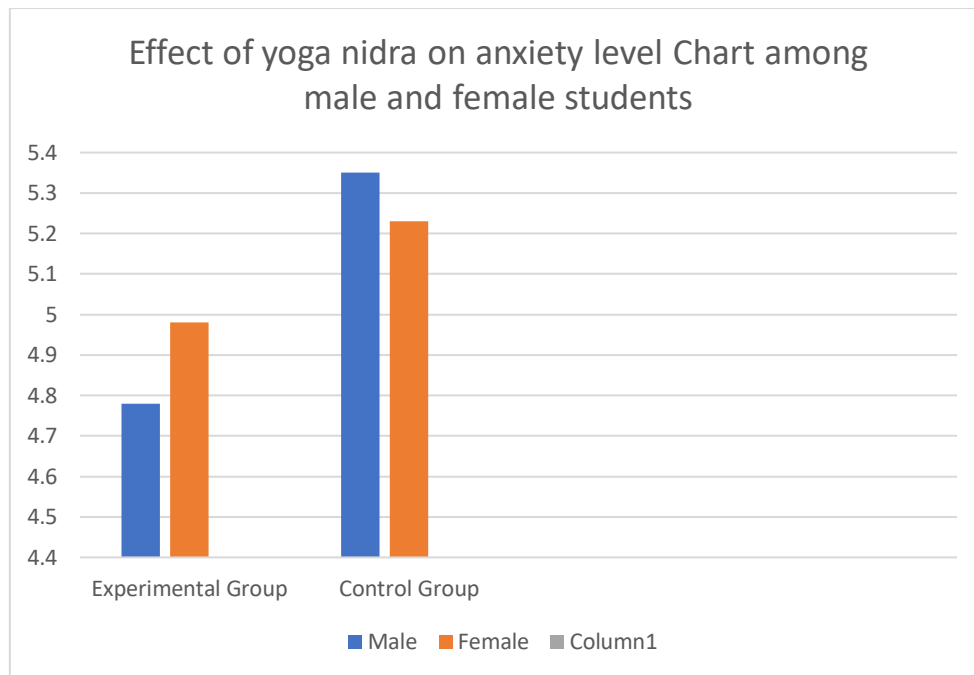
Groups	Male students	N-100	Female Students	N-100	t-value	Significance level
Experimental	Mean	SD	Mean	SD		
	4.35	1.76	4.87	1.56	0.77	NS

All the students who were participated in this research has been administered with anxiety test on experimental group basis. Divya tested on anxiety test. The result of the research was marked in under experimental condition. it is clear from the observation that the 100 male students and 100 female students have been administered with anxiety test. And it is clear from the results that Mel students got 4.35 and SD got 1.76 on experimental condition, in which the training of yoga nidra has not been given. While the level of anxiety in female students has been found to be higher than that of male students. it is clear from the observation of the table that the mean of female group is 4.87 and therefore it is 1.56, which is slightly higher than that of male students. The difference between the mean values between male students and female students is very less. to know the difference between male and female students, there are significant difference was also determined and it is clear from the results that there was a significant difference between the two groups is not found. The t- ratio is found to be 0.77 which is not significant. Therefore, the difference between male students and female students is found to not significant on experimental condition.

Table-2

Effect of yoga nidra on anxiety level among male and female college students on the basis of experimental and control groups.

Groups	Male	N-100	Female	N-100	t-Value	Sig.Level
Experimental Group	Mean	SD	Mean	SD		
	4.78	1.39	4.98	1.86	2.79	0.01
Control Group	5.35	1.80	5.23	1.57	2.96	0.01



Effect of yoga nidra on anxiety was seen in table 2, for which male and female college students were kept in experimental and control groups. Students of each male and female groups were divided into 100-100 each category on the basis of experimental and control groups. The male and female students of the experimental group were compared and male and female students of control group were also compared on anxiety. On observing the mean and SD value of male and female students on experimental group it is clear that mean of male students of experimental group is 4.78 and their SD value is 1.39 respectively. On the contrary, the mean of experimental group of female students was 4.98 and their SD value is 1.86. In order to find out the significant difference between these two groups, the t value of male and female of experimental group was determined which was found to be 2.79. It is significant at 0.01 level. It is also revealed on table to that the two groups of male and female work also calculated in control group, in which the mean value of male group student was a 5.35 and there SD value is 1.80, where is the female group of control group have also scored 5.23 mean value and their SD value is 1.57. The t ratio is also calculated between male and female college student of controlled group on anxiety and it is found that the found the value is 2.96 which is significant at 0.01 level.

Conclusion:

In order to find out the effect of yoga nidra on anxiety, graduation and post-graduation is students of Buxar district were selected for the study. In present research pre-test and post-test research work conducted. For this purpose, anxiety scale was administered on them. For the present research, male and female students were administered Sinha anxiety scale on experimental group and then after 15 days of training program of yoga nidra post-test was administered for anxiety test. Anxiety test of male and female students or recorded in table 1 of experimental group. It is clear from the scores of table 1 which is obtained in experimental group that in the experiment group the mean and standard deviation of the female group is higher than that of the male students, which shows that the anxiety level is higher in female students because they are facing lots of adjustment problems. As per the description of table 2, a study was done to see the effect of yoga nidra on anxiety among male and female college students on the basis of experimental and control groups. It is clear from the result that when the post-test in a control study on male and female college students, which was done after 15 days of yoga nidra training for half an hour. It is clear from the analysis that the students who participated in the research those who were trained in yoga nidra were found to have well adjustment level, while they were not found to be good in the experiment condition and their level of anxiety is higher in experimental condition. That is, they do not have the ability to adjust to the circumstances. But after the Yoga nidra training it was found that they have good adjustment condition and low anxiety level.

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