

# Academic Anxiety among Student and the Managementthrough Yoga

Dr. Vikesh Kamra, Associate Professor, Victorious Girls College, Amritsar  
Dr. Shikha Bansal, Associate Professor, SV Jain College, Bhadra

## ABSTRACT

As they study for the exams, college students are already under a lot of pressure. Yoga has been used in India for ages as an anti-anxiety therapy. Yogic intervention is being tested in this study to see how it affects students' academic anxiety. Under Uttrakhand, a town in development, a pre- and post-study was done at an intercollege. For 45 days, a half-hour of daily yogic practice was presented to a randomly selected group of thirty students as part of the Yogic intervention. The respondents' academic anxiety was shown to be significantly reduced, as evidenced by the study's statistical findings. Anxiety over school is a common ailment among today's youth, and research shows that yogic intervention can help alleviate this condition. Key Words: Academic anxiety, Asana, Pranayama & Meditation. Yoga is very helpful nowadays peoples re so busy in their daily life they don't have enough time to do yoga so that there are so many problems anxiety take place. Anxiety is very core problem we can remove by yoga, in academic field yoga is very necessary because players must face anxiety problem and by yoga session, they can overcome this problem and get good result. In this article we study about anxiety among students and management in academic. A series of practises that were both spiritual and practical in character were included in yoga's early days. Many young people nowadays are plagued by school-related anxiety, and research suggests that yogic intervention can help reduce this problem.

**Keywords:** Anxiety, Yoga, Students, Meditation, asana, pranayama

## 1. INTRODUCTION

When yoga was first developed, it featured a set of practises that were both spiritual in nature and practical in nature. Meditation and breathing techniques that help improve physical posture (asanas) and mental well-being (pranayama) are at the heart of most modern yoga practises. Yoga has been shown to provide a variety of health advantages in prior research. Yoga has been shown in several studies to reduce anxiety and tension while also improving overall health and well-being. Low to moderate amounts of psychological stress have been shown to adversely affect performance, according to several studies. Cognitive responses are triggered when one is unable to focus on a stressful situation. Yoga is a way of life that promotes peace, balance, and wellness. Maharishi Mahesh Yogi says that meditation, the seventh limb of Ashtanga Yoga, is a condition that is part of yoga. Situations in which a person's positive or negative reaction to external stimuli, and the person in control's mental fortitude reactions are somewhat intense are expected to be reached via the practise of yoga. Practices of Hatha Yoga are primarily taught as physical exercises, such as asana (posture), pranayama (breathing exercises aiming at affecting vital forces), kriyas (cleaning procedures), Mudras (fixed interval approaches), and bandhans (neuromuscular locks). The modifications are intended to help each person grow as a person (Bhole MV 1977). Yoga activities (meditation, asana, and pranayama) have been shown to improve well-being, reduce body weight, enhance endocrine functioning, boost acceleration, and enhance memory in six months. Singh RH and Udupa KN examined the 86 patients who had shown improvement in their three-month headache, sleeplessness, and anxiety research during that time period (Datey KK). Yoga has the capacity to alleviate stress and stabilise the body and metabolism, which can aid in the understanding of oneself (Udupa KB, Singh RH, Dwivedi KN). Yoga practises have been shown to be useful in reducing anxiety and increasing attention / focus, according to Sahasi et al.

Meditation, asana, and pranayama can help teenagers cope with stress by using their own technology. In order to lessen the aggressive conduct of pupils, a four-week yogasana study and programme has been developed. Another study found that maladaptive behaviours were linked to fewer problems, better emotional and physical health, and a higher level of psychological well-being; they were also associated with lower rates of substance abuse; they were also associated with a higher level of well-being and an overall higher standard of living (Dua J. 1998). Research by Bakshi, A. Kumari, A. (2009) demonstrated a substantial improvement in Subjective Well-Being and Academic Performance among adolescents who practised yoga regularly. The impact of a yoga intervention on anxiety and subjective well-being was also found to be considerable by Jadhav, S.G. Havalappanavar, N.B. (2009). Researchers found that yoga had a substantial impact on the stress levels of high school students during their study, which was conducted by Venkataramana, H.L. Poomalil, S.N. Shobhasree, T. The current study analyses whether yoga has an influence on college students' levels of academic anxiety.

## 2. LITERATURE REVIEW

**Kamakhya Kumar** (2014) College students are already under a great deal of stress as they prepare for final examinations. Yoga has long been practised as an anti-anxiety method in India. Yoga therapy is being studied to determine whether it might help pupils who are anxious about their schoolwork. A pre- and post-study was conducted at an intercollege in Uttrakhand, a developing town. As part of the Yogic intervention, a randomly selected group of thirty students received daily exposure to a half-hour of yogic practise. Anxiety among college students has decreased significantly, according to the data. Young people nowadays are often concerned about academic anxiety, and research shows that yoga intervention reduces academic anxiety in the subjects investigated.

**Aparna Ashtaputre** (2015) On a daily basis, college students deal with a great deal of anxiety and stress. One of these techniques is yoga, which has been practised in India for millennia as a way of decreasing stress. We are looking at how yoga interventions affect college students' anxiety levels in this study. A pre-post research study was conducted during an inter-college event in Aurangabad. Every day for 45 days, 50 students were chosen at random to participate in the Yogic intervention. The participants' level of anxiety decreased significantly, according to the study's statistical data. Anxiety is a major issue for today's youth, and research shows that yogic intervention reduces academic anxiety in participants.

## 3. METHODOLOGY:

In the town of Uttrakhand, an intercollegiate institution is still under construction. Academic Anxiety Scale (AASC) was administered to 30 seventh-grade students in a research. With 15 boys and 15 girls taking part, the participants varied in age between the ages of 15 and 17. Students took the AASC to get a sense of how worried they were about school. Students were instructed to choose one of many alternatives on a response sheet in order to answer questions with a predetermined answer. As expected, the students in this enormous classroom were arranged in a rowdy fashion. Statements and answer sheets were distributed to each student. It was the investigator's job to instruct the volunteers. The claims were made in Hindi. The meaning of obscure phrases was also clarified. There was a one-hour time limit for students to complete their evaluations. To keep their identities a mystery, the students were given a code to use during the pre-test. The researchers did not share their academic records with their schools, and solely used them for the study's aims. Institutional Ethics Committee and College Principal signed an informed consent form. For 45 days, the students were given an hour of

yoga every morning for an intervention. The investigation used AASC as a pre- and post-test to examine the effect of the yoga module on the participants' academic anxiety.

#### 4. RESULT AND ANALYSIS

Yogasana, pranayama, and meditation were taught to the participants for 45 days, and each day they practised for an hour in the morning. The same academic achievement test was administered as a follow-up evaluation.

**Table- 1: Yoga Module**

For 3 minute	Gayatri mantra, Guru vandana (starting prayer).
For 15 minutes	3-5 rounds Surya Namaskar, and other simple asana
For 10 minutes	Shavasana
For 5 minutes	5 rounds of Nadi shodhan pranayam.
For 15 minutes	Jyoti Avtaran dhyan (Meditation).
For 2 minute	Shantee Paath (ending prayaer).

The participants were given a 30-second break between each training session to help them emotionally and physically prepare for the next one.

**Table – 2: Result**

Academic Anxiety	M	SD	N	df	t- score
Pre test	12.8	3.14	30	29	5.11
Post test	10.2	2.92	30	29	

$r = 0.58$ ,  $m1 \sim m2 = 2.6$ ,  $SE_D = 0.508$

\* Significant at 0.01 level

The results of the pre and post-tests are shown in the graph above to check whether there are any differences that might be ascribed to the yoga intervention. Statistically significant differences were found between students' pre- and post-test anxiety levels in academics.

#### 4.1 Discussion:

Study participants reported decreased levels of academic stress after participating in a yoga session, according to researchers. The findings are consistent with earlier studies indicating that long-term meditation practise changes perception, attention, and cognition. In order to be statistically significant, the t-score must be 5.11.

Counselling and stress management programmes are available to students in industrialised countries. Mental health services are available to medical students at several institutions in North America and the United States. Study participants reported lower levels of stress and despair after receiving a short yoga intervention in 2001, according to Roberts LW and co-authors (Simard AA et al 2009). Recent research shows that yogic relaxation can lessen college students' levels of stress and anxiety (Kumar Kamakhya 2008).

After 45 days of practise, study participants reported a substantial decrease in academic anxiety. Practicing yogic breathing practises can help students alleviate their scholastic stress and boost their marks. The stress of students may be reduced if these tips are followed, which will help them achieve both academically and as a human being in harmony with the natural environment.

#### 5. CONCLUSION

A series of practises that were both spiritual and practical in character were included in yoga's early days. Many young people nowadays are plagued by school-related anxiety, and research suggests that yogic intervention can help reduce this problem. Several studies have demonstrated that even low to moderate levels of psychological stress have a negative impact on performance.

Anxiety-induced cognitive reactions occur when a person is unable to focus on the problem at hand. One of the best ways to cultivate calm and harmony in one's life is via yoga. Ashtanga Yoga's seventh limb, meditation, is a state, according to Maharishi Mahesh Yogi. Teenagers may use their own technology to benefit from the stress-relieving benefits of meditation, asana, and pranayama. A four-week yogasana study and programme has been devised in an effort to reduce the violent behaviour of students. In the town of Uttrakhand, an intercollegiate institution is still under construction. Thirty pupils in Class 11 took the Dr. A.K. Singh-designed AASC test to gauge their level of academic anxiety. With 15 boys and 15 girls taking part, the participants varied in age between the ages of 15 and 17. After 45 days of practise, study participants reported a substantial decrease in academic anxiety. Practicing yogic breathing practises can help students alleviate their scholastic stress and boost their marks. The stress of students may be reduced if these tips are followed, which will help them achieve both academically and as a human being in harmony with the natural environment.

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