



## EFFECT OF YOGA ON MENTAL HEALTH AMONG COLLEGE STUDENTS

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### ABSTRACT

*Yoga is an ancient Indian science which helps to improve physical, mental, social and spiritual health. Stress is a major factor affecting the mental health of a person irrespective of age. Presentation of the stress may vary from that of fight to flight phenomenon. Chronic stress is the major cause of many physical and mental disorders. Yoga has been effectively used in the management of stress. It has been observed that the practice of yoga decreases verbal aggressiveness compared to physical exercise. It is also useful against physical stress like cold exposure and stress due to diseases like epilepsy. Yoga has been found useful for mental disorders like depression. In a study conducted by Oken et al., on healthy seniors participants were divided into three groups as yoga, exercise and waitlist control. The yoga group showed significant improvement in quality of life and physical measures compared to the exercise and waitlist control group.*

### INTRODUCTION

The application of yoga as a therapeutic intervention, which began early in the twentieth century, takes advantage of the various psychophysiological benefits of the component practices. The physical exercises (asanas) may increase patient's physical flexibility, coordination, and strength, while the breathing practices and meditation may calm and focus the mind to develop greater awareness and diminish anxiety, and thus result in higher quality of life. Other beneficial effects might involve a reduction of distress, blood pressure, and improvements in resilience, mood, and metabolic regulation.

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A positive effect on physical fitness, cognition and psycho-social wellbeing is yoga. Yoga is one of the components of 'Be a Fit Kid' which aims at improving physical exercise and nutrition in children. Following the 12 week program, there was a significant improvement in body composition, fitness, nutrition knowledge, dietary habits and significant reductions in total cholesterol and triglyceride levels. This suggested that yoga based health promotion programs are well received by children and can favorably change being overweight and the development of adult life-style related diseases.

Yoga aims at developing an integrated personality of which the body, mind and spirit are integral components. It does not operate within the old mind/body dualism of Cartesian thought, which separates physical from mental health. Some say happiness depends on physical fitness, mental agility and spiritual verve. Spiritual joys and mental delights are subject to bodily conditions, free from every type of ailment. Yoga is a path to both physical and mental well being and higher spiritual awareness. Thus it presents a wider spectrum than modern viewpoint of psychosomatics which accounts for bodily ailments only on a functional basis. The real objective of Yoga is to attain peace and tranquillity within. Those who sincerely practise Yoga are not only free from stress

## Methodology:

**Objectives of the study:** To examine the effect of yoga on mental health among college student.

## Hypothesis:

There was no significant difference between experimental group and control group of College students dimension on mental health.

## Sample:

60 College students were included for the study and aged mean 20.21 SD 3.16 years were randomly divided into two groups: first experimental group and second control group. Experimental Group participated in sessions regular 4 weeks gave the yoga Selected students were subjected to 30 min of yoga classes per day for a two months. Yoga classes were conducted in the morning between 6 am to 7 am. Were instructed to practice Asanas, Pranayama and Meditation. and the Control Group did not participate in any sessions. All the subjects were evaluated through the mental health inventory for pre-and post-session.

## Tools

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## Mental Health Inventory (MHI):

Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav. 56 items are in the questionnaire and each of the items has four responses – 1. Almost always true, 2. Some time true, 3. Rarely true and 4. Almost never true. The reliability of the inventory was determined by split-half method using odd-even procedure. Overall mental health reliability coefficients is .73 and Construct validity of the inventory is determined by finding coefficient of correlation between scores on mental health inventory and general health questionnaire (Gold beig, 1978) it was found to be .54.

## Variable

### Independent variable

### 1) Type of Yoga group

- a) Experimental
- b) Control

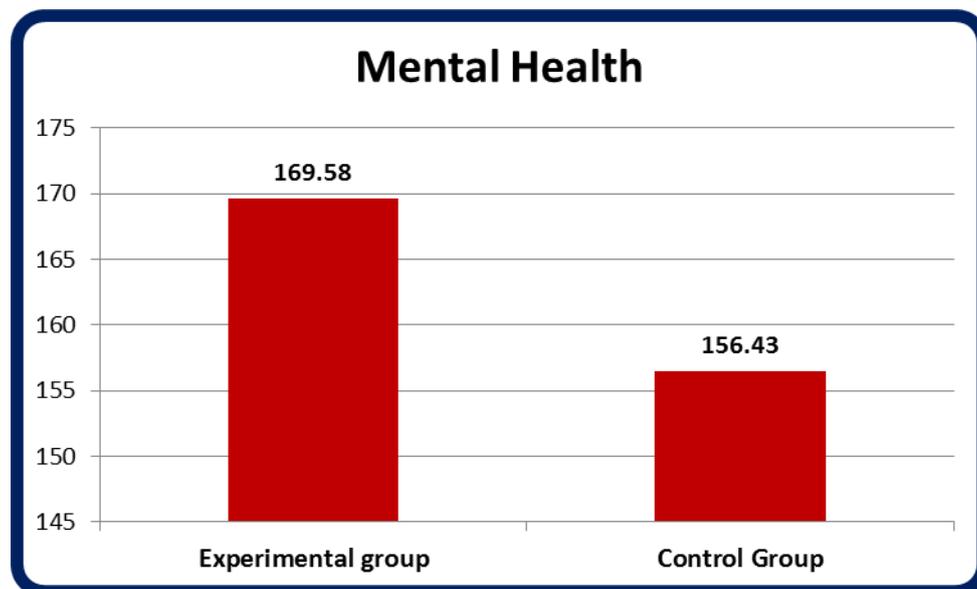
### Dependent Variable

### 1) Mental Health

## Statistical Analysis and Discussion

Experimental group and control group of College students shows the mean S.D and t value of mental health

Dimensions	Experimental group		Control Group		DF	t
	Mean	SD	Mean	SD		
Mental Health	169.58	4.32	156.43	4.77	58	11.19**



The results related to the hypothesis have been recorded. Mean of experimental group of College students 169.58 and control group of College students 156.43 dimension on mental health the difference between the two mean is highly significant  $t(58) = 11.19, P < 0.01$ . null hypothesis there was no significant difference between experimental group and control group of College students dimension on mental health have rejected and research hypothesis was accepted it mean that experimental group of College students have significantly high mental health than the control group of College students. It was prove that the positive effect of yoga on our mental health.

Research has provided significant findings related to physical activity such as sport and exercise in improving areas of mental health and well-being (Greenberg & Oglesby, 1996). Engaging in physical activity has a positive impact on increasing mood and self-esteem. Physical activity can improve self-image, self-confidence, mood, relieve stress tension and premenstrual tension, increased alertness, increased energy and increased ability to cope with stress (Greenberg & Oglesby).

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