

A Study on the Impact of Yoga on Stress Management Among Student

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Abstract

This study looks at how yoga helps students manage stress in their daily lives. Young people today face a lot of pressure from studies, family expectations, career concerns, and social life, which often leads to stress, anxiety, and poor concentration. The research was done with 57 respondents using a questionnaire to understand their views and experiences with yoga. The findings show that many students who practice yoga regularly feel calmer, more focused, and better able to handle stressful situations. Yoga also appears to improve sleep, emotional balance, and confidence. Breathing exercises, meditation, and simple yoga postures were found to be especially helpful in reducing stress. Overall, the study suggests that yoga is a simple, natural, and effective way for students to improve their mental well-being and cope with everyday pressure. It also supports the idea that yoga can be included in schools and colleges to help young people lead healthier and more balanced lives.

Keywords: Yoga, Stress Management, Students, Mental Well-being, Meditation

INTRODUCTION

Stress is one of the most important health problems facing the youth in our modern life. Increasing competition at school, job pressures, parental expectations, social media exposure and changing lifestyles have put tremendous pressure and caused increased stress in the lives of many young people. Prolonged stress can have devastating effect on the physical and mental health of youngsters including anxiety, depression, low concentration levels, emotional instability, loss of productivity etc. Thus the management of stress is one of the most necessary aspects for maintaining an ideal life in young people.

Yoga is an ancient art that aims at integrating physical postures with breathing techniques, meditation and relaxation exercises to achieve well-being. The benefits of Yoga are widely acknowledged in the recent world as a natural way of combating stress and mental disorders. Regular yoga can help in calming the mind, improving concentration, controlling emotions and gaining inner peace, in addition to contributing to better physical fitness and emotional stability. Youths now-a-days find it quite challenging in education, jobs, personal lives and have increased chances of suffering from stress related issues. According to many health professionals and researchers, Yoga is instrumental in the management of stress among young people and it works as a tool of mediation and breathing exercise, this in turn reduces tensions, increases self-awareness and promotes positive feelings.

The current study has aimed to understand the role of yoga on stress management among young people. It has attempted to analyze whether the practice of yoga among youth population can result in improved stress management. This study has importance in emphasizing the need for healthy lifestyle practices for managing the stress in an efficient and healthy way among the young population.

REVIEW OF LITERATURE

Manoj Sharma (2014) conducted a systematic review on '**Yoga as an alternative and complementary approach for stress management.**' In his review, several relevant articles on yoga and stress management were discussed. He stated that an individual's psychological and physiological stress are lowered, and their mental health is enhanced through practice. As per his study, the authors reported yoga to be an effective approach for the reduction of stress. **A study by Kristen E. Riley and Crystal L. Park (2015)** on '**How Does yoga reduce stress?**' used a systematic review to examine the psychological and biological mechanisms of yoga that enhance the reduction of stress, as well as youths and adults' emotions regulation, mindfulness, relaxation and self-awareness. **Wang and Szabo (2020)** conducted a systematic review on '**Effects of yoga on stress among healthy adults**' in which a variety of yoga forms were examined including, Hatha yoga, Kundalini yoga and Bikram yoga. They found that for most of the studies reviewed the yoga interventions helped in decreasing stress levels and in enhancing mental relaxation in healthy adults. In a paper titled '**Yoga for children and young people's mental health and well-being**' **Ingunn Hagen and Usha Nayar (2014)** demonstrated how yoga aids in bringing balance to emotions and self-control and enhancing the mental health and well-being among the young people. The authors concluded that yoga supports children and youths in managing stress and developing good mental health. In a systematic review on **randomized controlled trials in yoga for youths by Shari Miller and co-authors (2019)**, it was demonstrated that programs which used yoga in school settings helped children and youth to develop positive behavioural outcome, improve concentration, emotional stability and decrease the stress levels among children and youth. **A study by Aurora James-Palmer et al (2020)** examined **the use of yoga in order to reduce anxiety and depression among children and adolescents.** This review showed how yoga as an intervention helps to reduce psychological symptoms such as emotional disturbances, stress and anxiety symptoms and in enhancing mental well-being of children and youth. A systematic review on '**Reducing Stress with Yoga**' by **Aayushi Khajuria and co-authors (2023)** explained the different ways yoga affects the body's biological stress signals such as heart rate, brain activity and relaxation. As stated in this study, yoga was reported to produce positive changes in a variety of stress measures through both physical and mental interventions. **Tina Cartwright and Tatjana Doronda (2023)** carried out **a qualitative study about the experiences of young people participating in yoga.** According to this study, youths using yoga achieved greater control over emotions and reduced stress as well as improved concentration and self-confidence. The youths reported that the breathing exercises in the study were useful in coping with stress related to exams and negative emotions. **Thaynan Faria Barros et al (2022)** reviewed **how yoga impacts adolescent's mental health.** In their findings, yoga has been shown to improve measures of psychological well being, reduction in stress and enhancements in mental health. **A study by Kaitlin N. Harkess et al (2016)** on **the effect of yoga for individuals with high to moderate stress levels**, established that participants in the yoga group displayed an increase in positive emotions and a decrease in psychological distress and perceived an enhanced feeling of relaxation and emotional balance.

Statement of the Problem

Stress among youths has now become one of the major issues in our society owing to academic pressure, career competition, and even changing lifestyles of the youths. Stress affects the mental and emotional balance of the youths, and leads to such issues as anxiety, lack of concentration, and even mental exhaustion. This may result in poor academic performance, physical illness, and low self-confidence of the youth. Various ways to cope with stress have been identified. Yet, many youths are unaware of such practices which are not only natural but healthy for them and may help them control stress levels. One such method is yoga. Yoga is considered to be a vital practice aimed at promoting mental peace and emotional stability as well as physical fitness among the youth. There are many studies which show the effectiveness of yoga in reducing stress. But the effectiveness of the practice among the youths needs to be analyzed further in detail. This explains why there is a need to conduct research on the issue. The aim of this research is to see whether yoga helps the youths manage stress.

Need for the Study

The above-stated study will be conducted to address the problem arising among youths as the problem of growing stress. This problem is becoming a reality today due to various reasons such as academic rivalry, job insecurity, family expectations, social pressure, and an unhealthy lifestyle. Stress causes adverse effects on youths as it harms their psychological and physical health in various ways such as anxiety, depression, inability to concentrate, lack of self-esteem, and poor academic results. The majority of youths cannot cope with stress properly as they often adopt negative

strategies to do that. Yoga has become famous recently due to its positive effects on a person's mental condition, as it contributes to relaxation, emotional stability, and physical health of a person. In addition, yoga can help to enhance one's ability to concentrate and improve their self-respect and stress coping skills. Despite all the benefits offered by yoga, most youths are not familiar with

Objectives

1. To analyse the impact of yoga on managing stress levels among youths.
2. To examine the effects of yoga in managing stress among the youths.
3. To evaluate how effective yoga practice is in improving youths emotional health.

Hypothesis

Null Hypothesis – There is no significant relationship between Yoga and Stress Management.

Alternative Hypothesis – There is a significant relationship between Yoga and Stress Management.

Research Methodology

Research Design

The research uses Descriptive Research Design in order to analyze the effect of Yoga on stress reduction among youth. The use of descriptive design is beneficial in gathering information about the use of yoga and its effect on the stress levels of youths.

Sampling Design

1. Sampling Methods

Non-probability Sampling

The respondents for the study are selected using availability and willing youths in order to participate in the research.

2. Sampling Techniques

Convenience Sampling

The technique that will be employed in the research is convenience sampling due to its ability to help the researcher gather data from easily accessible respondents.

3. Sampling Unit and Population

The population of the research involves youths within the age group of 15-29 years practicing yoga or aware of yoga and stress reduction.

4. Sample Size

The sample size of the research involves 57 respondents.

Source of Data:

Primary Data

Primary data is collected through questionnaires given directly to respondents.

Secondary Data

Secondary data is gathered from books, journals, research papers, internet sources, magazines, etc., about yoga and stress management.

Plan of Analysis

The collected data will be sorted, listed, and analyzed using various means, including:

Percentage analysis

Charts

Tables

Mean and Ranking Analysis (if necessary)

The results will be interpreted in the light of the association between yoga and stress management amongst youths.

Limitations of the Study (Constraints)

- The study is confined to a certain selection of youths only.
- The success of the study depends on the response received from the respondents.
- Time and financial constraints can affect the data gathering process.

- The study confines itself to the effect of yoga alone on stress management and disregards other stress-management methods.
- The study findings cannot be applied universally because of the limited number of subjects.

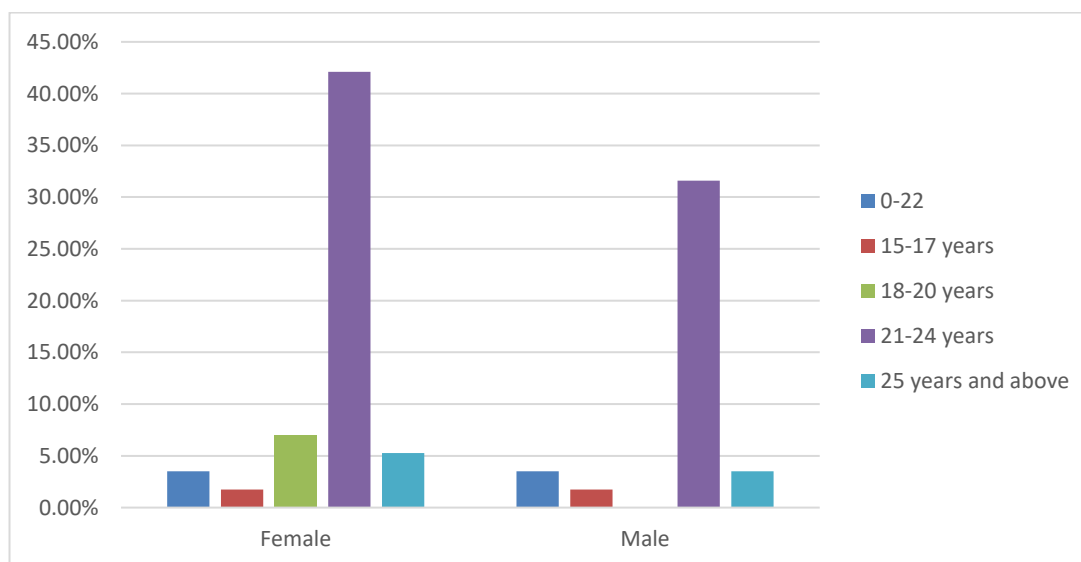
DATA ANALYSIS

Demographic Variables:

2. Age Group						
1. Gender	0-22	15-17 years	18-20 years	21-24 years	25 years and above	Grand Total
Female	3.51%	1.75%	7.02%	42.11%	5.26%	59.65%
Male	3.51%	1.75%	0.00%	31.58%	3.51%	40.35%
Grand Total	7.02%	3.51%	7.02%	73.68%	8.77%	100.00%

Analysis: From Table 1 below, one observes that a high percentage (73.68%) of those surveyed fall within the 21-24 years old category. Females form a larger percentage of the respondents compared to males, at 42.11% and 31.58%, respectively. More females (59.65%) form the survey population than males (40.35%). The age groups of 15-17 years

Interpretation: The sample of the study is mostly made up of female participants within the ages of 21 to 24 years, implying that this age range represents the largest portion of the population being studied. This means that the results generated by the study are based on the opinions of this age group.

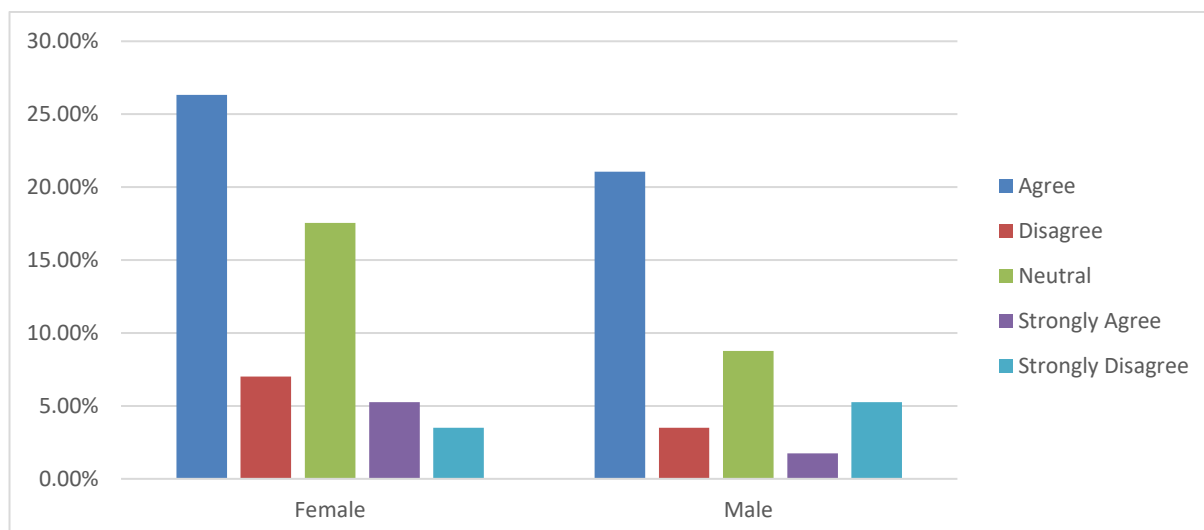


Independent Variables:

7. I feel confident in my ability to perform basic yoga postures (asanas) properly.						
1. Gender	Agree	Disagree	Neutral	Strongly Agree	Strongly Disagree	Grand Total
Female	26.32%	7.02%	17.54%	5.26%	3.51%	59.65%
Male	21.05%	3.51%	8.77%	1.75%	5.26%	40.35%
Grand Total	47.37%	10.53%	26.32%	7.02%	8.77%	100.00%

Analysis: From the table above, it is evident that a greater percentage of the respondents are confident that they can perform simple yoga positions correctly (47.37%). The female respondents recorded a higher percentage of agreement (26.32%), while the male respondents were 21.05%. Additionally, 26.32% of the respondents were neutral.

Interpretation: The results suggest that many youths are confident about executing fundamental yoga poses, with females appearing to be more confident compared to males. It reflects a certain level of self-efficacy in their yoga practice.



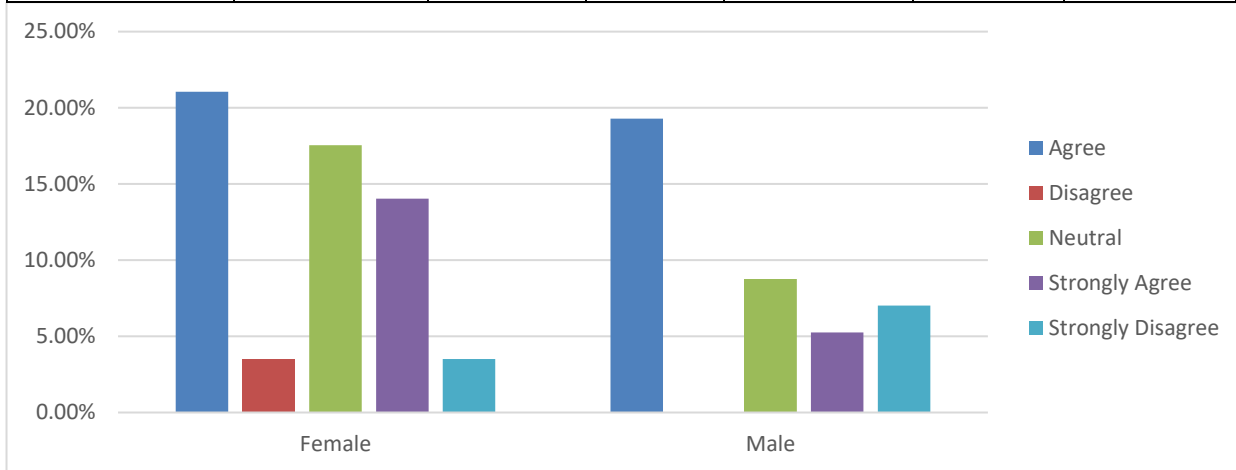
10. I prioritize yoga as an essential tool for my overall health and well-being.						
1. Gender	Agree	Disagree	Neutral	Strongly Agree	Strongly Disagree	Grand Total
Female	21.05%	3.51%	17.54%	14.04%	3.51%	59.65%
Male	19.30%	0.00%	8.77%	5.26%	7.02%	40.35%
Grand Total	40.35%	3.51%	26.32%	19.30%	10.53%	100.00%

Analysis: The percentages in the table reveal that there are 59.65% females and 40.35% males. Overall, there are 40.35% individuals who agree and 19.30% who strongly agree that yoga plays an important role in health and wellness, whereas only 14.04% disagree or strongly disagree

Interpretation: This result suggests that the youths have positive perceptions about yoga; more than half of both the male and female participants view yoga as essential to their health. It can be seen that the female participants are slightly ahead of the male ones.

13. My sleep quality is good, and I rarely experience restlessness due to anxiety or worry.

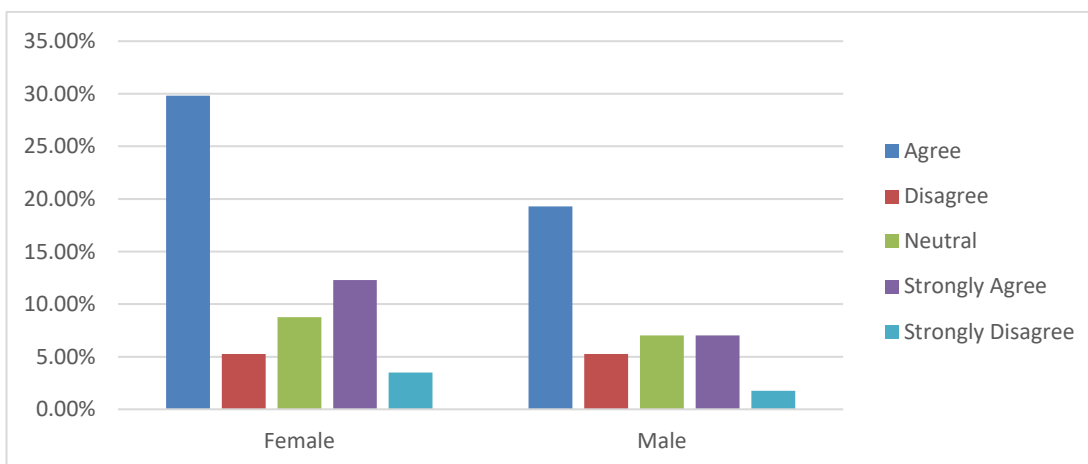
1. Gender	Agree	Disagree	Neutral	Strongly Agree	Strongly Disagree	Grand Total
Female	29.82%	5.26%	8.77%	12.28%	3.51%	59.65%
Male	19.30%	5.26%	7.02%	7.02%	1.75%	40.35%
Grand Total	49.12%	10.53%	15.79%	19.30%	5.26%	100.00%



Dependent Variables:

Analysis: Based on the data presented above, 68.42% of participants (49.12% Agree and 19.30% Strongly Agree) say they get high-quality sleep without experiencing any restlessness as a result of being anxious or worried. Female participants agreed more frequently (29.82%) than male participants (19.30%).

Interpretation: The results show that a majority of young people have good-quality sleep, which is not associated with much restlessness caused by anxiety. This implies that proper stress management measures, including yoga, have a positive impact on their sleep quality.

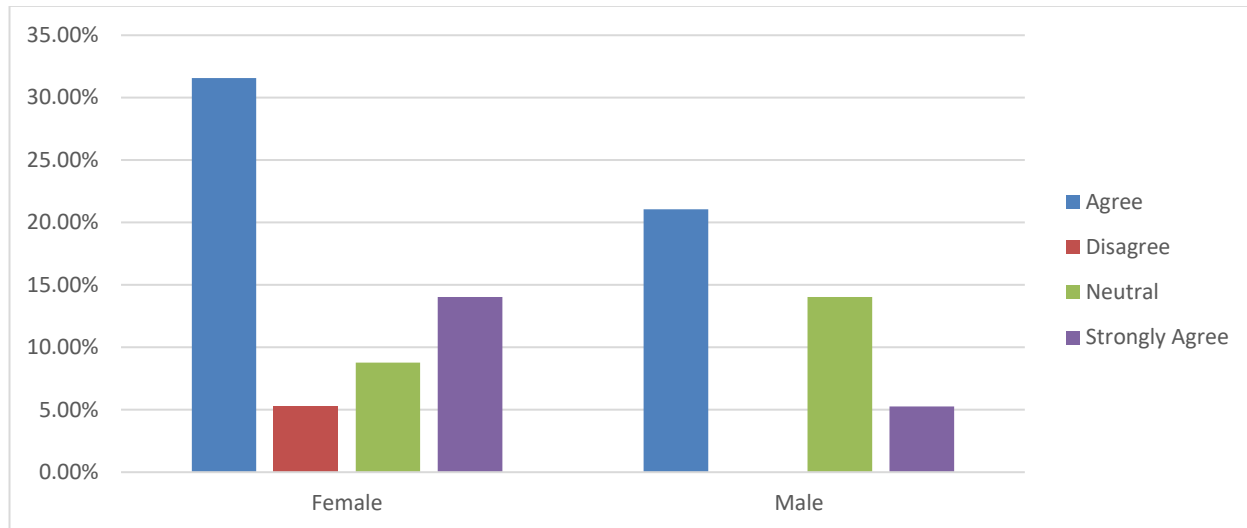


15. I am able to maintain a positive and focused mindset even during challenging situations.

1. Gender	Agree	Disagree	Neutral	Strongly Agree	Grand Total
Female	31.58%	5.26%	8.77%	14.04%	59.65%
Male	21.05%	0.00%	14.04%	5.26%	40.35%
Grand Total	52.63%	5.26%	22.81%	19.30%	100.00%

Analysis: From the table above, it can be seen that a large number of people (52.63%) are in agreement with the assertion that they can keep their mindset positive and focused amidst tough times. 19.30% of respondents strongly agreed, while only 5.26% disagreed with the assertion.

Interpretation: The results indicate that majority of the youth are confident of their ability to stay positive and focused despite experiencing challenges. This is a sign of adequate mental resilience and stability, a situation that can be enhanced through yoga exercises.



SPSS TEST

RELIABILITY

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.848	.853	10

HYPOTHESIS TEST

Hypothesis Test Summary

	Null Hypothesis	Test	Sig.	Decision
12	The categories of 12. When I feel overwhelmed, I am able to calm my mind and regain emotional balance quickly. occur with equal probabilities.	One-Sample Chi-Square Test	.000	Reject the null hypothesis.
13	The categories of 13. My sleep quality is good, and I rarely experience restlessness due to anxiety or worry. occur with equal probabilities.	One-Sample Chi-Square Test	.000	Reject the null hypothesis.
14	The categories of 14. I experience fewer physical symptoms of stress (e.g., headaches, muscle tension, rapid heart rate). occur with equal probabilities.	One-Sample Chi-Square Test	.005	Reject the null hypothesis.
15	The categories of 15. I am able to maintain a positive and focused mindset even during challenging situations. occur with equal probabilities.	One-Sample Chi-Square Test	.000	Reject the null hypothesis.

Asymptotic significances are displayed. The significance level is .05.

N PAR TESTS

Summary Item Statistics

	Mean	Minimum	Maximum	Range	Maximum / Minimum	Variance	N of Items
Item Means	3.512	3.281	3.860	.579	1.176	.035	10
Inter-Item Correlations	.368	.115	.681	.565	5.901	.019	10

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
35.12	45.788	6.767	10

Chi – Square Test

Frequencies

12. When I feel overwhelmed, I am able to calm my mind and regain emotional balance quickly.

	Observed N	Expected N	Residual
1	2	11.4	-9.4
2	6	11.4	-5.4
3	19	11.4	7.6
4	23	11.4	11.6
5	7	11.4	-4.4
Total	57		

14. I experience fewer physical symptoms of stress (e.g., headaches, muscle tension, rapid heart rate).

	Observed N	Expected N	Residual
1	8	11.4	-3.4
2	5	11.4	-6.4
3	15	11.4	3.6
4	21	11.4	9.6
5	8	11.4	-3.4
Total	57		

Test Statistics

	12. When I feel overwhelmed, I am able to calm my mind and regain emotional balance quickly.	13. My sleep quality is good, and I rarely experience restlessness due to anxiety or worry.	14. I experience fewer physical symptoms of stress (e.g., headaches, muscle tension, rapid heart rate).
Chi-Square	28.877 ^a	33.439 ^a	14.842 ^a
df	4	4	4
Asymp. Sig.	.000	.000	.005

a. 0 cells (.0%) have expected frequencies less than 5. The minimum expected cell frequency is 11.4.

Findings:

- As per the study, the majority of youths experience stress because of academic pressure, career and personal life concerns.
- Most of the participants knew about the positive effects of yoga on health and wellbeing.
- It was seen from the results that the youths practicing yoga regularly felt less stressed compared to those who did not practice yoga at all.
- It was found that youths practicing yoga regularly had good mental relaxation, emotional stability and self-confidence.
- It was found that breathing exercises and meditation were the best yoga techniques for relieving stress.
- The results also showed that yoga improves the concentration and overall psychological wellbeing.
- Majority of the participants stated that yoga helps them to deal with stress.

8. It was found from the results that the youths practicing yoga regularly slept well and had less anxiety.
9. The majority of the participants suggested adopting yoga in learning and working environments to enable stress management among youths.
10. Generally, it was found that the research indicated that there is an important connection between yoga and stress management among youths. Yoga is an effective means to reduce stress and improve wellbeing among youths.

CONCLUSION:

From the study, yoga proves to play an important part in stress management among youths. Practice of yoga on a regular basis, consisting of asanas, pranayama, and meditation, makes one feel less stressed, anxious, and emotionally disturbed while being mentally concentrated and relaxed. The results have proved that youth engaging in yoga practice feel more emotionally stable, confident about themselves, physically and mentally healthier than youth who does not practice yoga. Moreover, yoga assists in living a healthy life by improving the quality of sleep, relaxation, and coping up with various difficulties in life. Hence, yoga can be said to be a safe, effective, and natural way of handling stress among youth.

SUGGESTION:

1. The youth should be motivated to perform yoga on a regular basis to relieve stress and enhance their physical and psychological well-being.
2. Schools and other educational institutions should include yoga in their curriculum to ensure that the students can cope with stress in academics.
3. Awareness programs and seminars should be conducted to inform the youths of the advantages of performing yoga to deal with stress.
4. Yoga teachers should be hired at schools, colleges, and community centers to guide the youth.

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