

Effect of Yoga Practice on Stress of Volley Ball Girls Players

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Introduction

Today going to school is a historic milestone in children's lives; school is a place that plays one of the most important roles in their physical, mental and emotional development. School can be dynamic settings for promoting health. Regular physical activity, fitness and exercise are critically important for the health and well being of people of all ages. Research has demonstrated that virtually all individuals can benefit from regular physical activity through yoga practice, whether they participate some type of moderate mental health enhancing yoga activity. Regular yoga practice has been shown to reduce the morbidity and mortality from many psychological diseases. Yoga is leading and a very popular, mode of relaxation, it provides a good mental stability and improves school children's body mind connections and even alleviates stress also. Yoga plays very important role in our society. The ancient Indian practice of Yoga is increasingly becoming a focal point of therapy and research in treating psychological disorders. Yoga offers modern approach to control the stress. Stress has been defined in terms of source (e.g., internal and external). Health science programs can be a demanding and difficult period for many students, which can lead to high-level of stress. Stress is an important factor which often comes in the sports and should be well tackled or avoided to achieve the best performance. Stress can negatively affect the field of sports. Sports performance can be improved through practice of Yogic Asanas. Research suggests that Yoga is an effective, simple method to reduce stress. The purpose of this study is the effects of yoga practice on stress in girl volley ball players.

Dependent variables

In the present study dependent variable is the Stress. Dependent variables selected by the research scholar to observe the effect of Yoga on stress.

Independent variables

The set of selected Yogasana such as Vajrasana, Bhujangasana, Janusirasana, Pashchimottanasana, Hasthapadasana, Tadasana, Vrukhsasana, Naukasana, Meditation, Pranayama, Shavasana etc were selected as independent variables.

Limitations

In this study subjects were school children and they come from different families. So their food habits or diet factor and regular activities were not controlled by the research scholar.

Delimitations

In this study research scholar takes subject volley ball players girls from Kendriya Vidyalaya, Colaba, Mumbai. In this study research scholar has taken mental stress only.

Methodology

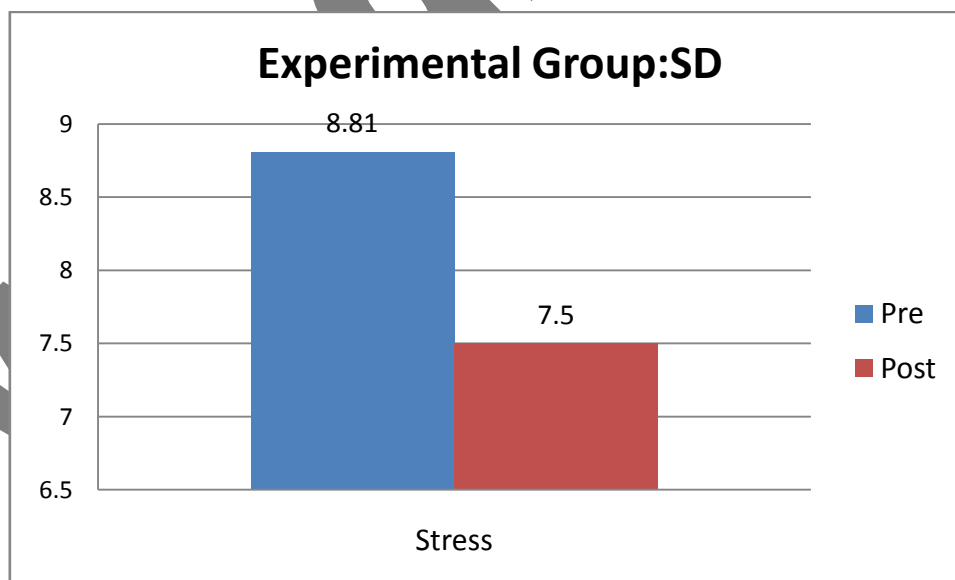
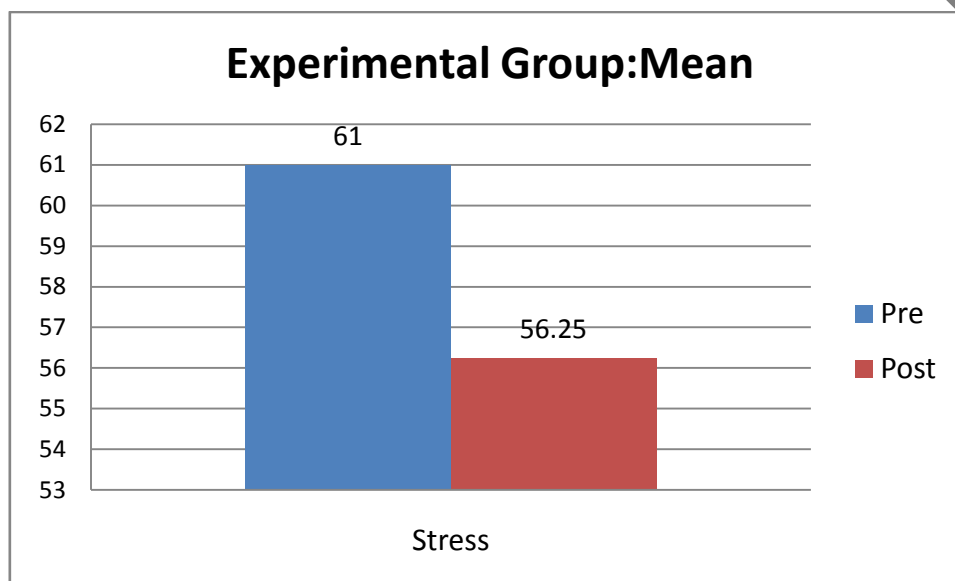
Design of the Study

The researcher has chosen experimental design consisting of one group experimental group. The subject was Kendriya Vidyalaya school children Colaba, Mumbai. Subject chosen through randomly selecting process. Total no. of girl students (n=20). Student practiced Yoga for 8 weeks, Monday to Saturday in the evening for one hour, except Sunday. Stress Inventory for School Students (SISS) used of pre test and post test stress measurement for collected the data.

Table 1

Experimental Group

Variables	Mean			SD		t score
	Pre	Post	Diff(Pre-Post)	Pre	Post	
Stress	61	56.25	4.75	8.81	7.5	2.478

**Result**

The mean value of stress measurement for the group has reduced from 61(pre test) to 56.25 (post test). The difference is 4.75. The Standard Deviation value of stress measurement are 8.81(pre test) and 7.5(post test), and difference is 1.76. The obtained value of t score 2.478 is

statistically significant at 0.05 level of confidence with degree of freedom 19. The table value is 2.093. Hence the reduction in stress on the group post Yoga training period is significant.

Conclusion

The experimental study of Yoga related to the psychological aspects that Yoga contributes to take care of one's stress, attention, motivation, anxiety, concentration, mental balance, mind and body coordination etc. Therefore the research scholar has undertaken the above study and analysis concluded that Yoga training or practice shows a significant effect on stress of school children.

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