

Analyzing the Impact of Selective Yoga Practices on Student Anxiety in the Marathwada Region

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Abstract

This study investigates the effects of selective yoga practices on reducing anxiety among students in the Marathwada region. By employing a mixed-methods approach, we analyzed the quantitative and qualitative outcomes of yoga interventions on students aged 18-25 over a period of three months. Results indicated significant reductions in anxiety levels, as measured by the Beck Anxiety Inventory (BAI), and qualitative interviews revealed improvements in focus, emotional regulation, and overall well-being. The findings suggest that yoga practices tailored to student needs can be an effective intervention for managing anxiety.



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Keywords

Yoga, Anxiety, Students, Marathwada, Mental Health, Beck Anxiety Inventory, Mixed-Methods Study

Introduction

Anxiety disorders are among the most common mental health issues faced by students, often exacerbated by academic pressure, financial challenges, and social stress. The Marathwada region, characterized by its socio-economic diversity, presents a unique context for exploring interventions that address student anxiety. Yoga, an ancient practice integrating physical, mental, and spiritual disciplines, has gained recognition for its therapeutic potential in mental health management. This research aims to explore how selective yoga practices influence anxiety levels among students in this region.

Today is life is highly complicated and the life if not smooth any more as before, that is in the past and every day it is becoming more confused and the people especially children are forced to enter into the life which has unsolvable problems which make the people to have more stress which lead them to have more stressful life and make them end up into the trap of Anxiety and its related

mental and physical wealth problems. In today's world children are not able to express their emotional in a correct way as the adult do.

This is the root cause of a lot of Unas Swerable problems which sometimes lead them to have mental disorder in some way or the other. These kind of high risk problems enforce them to go for a poor performance in academies in high school, and lead them to have less social skills and social network. These problems lead them to be in an enclose a shall and to be more ineffective / prone to have more Anxiety and to use more abusive languages and totally they make them selves as unmanageable people in the society. Normally it is a general idea / concentric that children at young age from childhood i.e. at the age of 5 even to till their school going age do not have any mental Anxiety as adults do. But number of researches and students which have been done on these issues have come out with the results this is rather a shocking one to know that the children also vulnerable to have many Anxieties and instabilities due to many unknown reason. (Anxiety Disorders Association of American ADAA 2000).

Students in their Adolescent age (i.e.) High school age and their teenage period it is very much proved that they also do suffer from anxiety disorders as the adults because of stressful life events like starting period having more stress about their performance whether it is well or not. In the school impressing their peers and making both the ends to meet by living up to the mark according to their parents. If they are unable to reach their aim they envelop a high level of Anxiety in their mind. Even small things which are small things according to the adults.) Like shifting from an used place to some new place (to their new home). The loss of a parent or a close family member or a friend can induce the onset of an close Friends Family (Felicia M Tomasko. 2007) In many incidents people including children and adult. When they experience some anxiety they feel that they are totally at the loss of their control and they develop the kind of feeling that they cannot manage anything around them, including themselves for this kind of Anxiety 'Yoga' can bring out some solution. This is a science in Fact it can be a bridge between a physiques mind and soul. The practice of Yoga is very smooth and soft which will make meaning of the functions of bones. Muscles brain and more than that our Physique. Which helps to enhance the Physical and mental health as well because it nurses the human brain which is immaterial for bringing some modulations in attitudes altogether in a humans characteristics slowly. But gradually practicing Yoga beings the eternal mental peace which is the ultimate goal of any human. (Manasi Bera. 2007)

Research Works Review :

According to the study of Dr. William T. Goldman (2001). Though Anxiety and some Mental Disorders in all aspects are common in America. According to the available data which is

released by United State Department of Health and Human Services that about 13% of 7 Years to 17 Years old Children live with either and or some Anxiety disorders and above all these Children line with Mental Health problems like depression and inarentness (Sarah Toler 2007).

According to the study conducted by Kazdin (2003) the result indicted that most clinical referrals for children and youth are combined to the symptoms internal and external domains out of these two. The major focus is on the external domain which is the behavioral disorders when they come across some peoples and if these symptoms are in an aggressive way, it is better for them to be referred and suggested for undergoing the treatment. Because the children may not know how to express themselves on their own so taking them for the treatment is suggested.

The results of 25 studies done by the Cochrane Library indicated that cognitive behavioral treatment may be the best for the population those who are Suffering from GAD i.e. Generalized Anxiety. Disorders for almost 13.000 participants. It we look at the results. That almost 46% of the above mentioned population had shown a remarkable improvement company\ with the opposite group which had shown 14% of overall improvement (June Deaton Mar 2007).

Rahimi and Bavaghar (2010). in their study, found that a Yoga exercise is effective on the anxiety and depression of the women, so that the effect of anxiety and depression is Decreased after implementing Yoga. This confirms the results of the research too.

Also. Javanbakht et al (2009). According a research on Iranian women, showed that Yoga Reduces the stress and anxiety. Nidhi et al (2012) also studied the effect of Yoga on anxiety symptoms in girls by polycystic ovary syndrome. They found that Yoga decreases the Property Anxiety. But no effect on Trait anxiety.

The results of studies performed by Moore and Blumenthal (2002). Paluska and Schwenl (2000) and Pilkington et al (2005) that all of them somehow studied the effect of Yoga on Psychological problems, confirm the results of present research. Only the results of Lance Mary (2011) studying the effect of Yoga on the anxiety are inconsistent. Of course, the difference may be related to the kind of Yoga selected exercises focused only on physical Activities, intensive exercises and nervous pressure related the research conditions. Also, the Low number of Yoga exercise sessions can also be the reason of difference. For example, in the research done by Lance (2011), Yoga exercises were done for 20 minutes once a week. But, the results of this study consistent with several other studies can be an efficient and Impressive proof of Yoga positive effect to improve the children's psychological status.

The results indicated that students with learning disorders obtained higher grade on cognitive obstruction Inattention and worry hut at the same time their score was less than non-leaving

disordered students on Performance enhancement / facilitation Anxiety and Lie. Which inters that the leaving disorder as a possible risk. Factor for test anxiety not only this but also they pointed out how to come out of this problem (Sarah Toler 2007).

A recent studies the Yoga some special and selected Yoga practice was (Group 1 N = 53) as compared with drug (diazepam) therapy (Group 2 N + 53) anxiety neurotic out patients of 18-47 47 Years of age had to undergo the pre and post treatment.

The results indicated, that the number 1 group who had Finished the denotation of (5 days week for) months) of yoga when compared with group number 2. The group 1 population (at least 7%) were reported to be asymptomatic as compared with none of the Group 2 population (Sahasi. G. Mohan. D. and Kacker C. 1989).

A recent studies When the immediate effect of Relaxation Therapy (RT) were given to 40 hospitalized patients (adolescents and Children) having the problems in adjusting with others and suffering from depression. These subjects were asked to undergo preplan posttest design and the control group of 20 depressed and disorder patients were compared when they were asked to watch one hour RT relaxing video tape. This 1 hour RT. claim consisted the yoga practice a brief manage and progressive muscle relaxation.

Background

Previous studies have demonstrated that yoga can significantly reduce symptoms of anxiety by modulating the autonomic nervous system and improving mindfulness. However, limited research has focused on tailoring yoga practices to specific populations, such as students in rural and semi-urban areas like Marathwada. This study bridges this gap by examining the impact of structured yoga interventions on student anxiety.

Objectives of the proposed study :

The objectives of this study were as follows :

1. To find out the effect of selected yogic practices (asanas and pranayamas) on anxiety among students.
2. To find out the level of Physiological anxiety among students.

Methodology

Study Design

This research employed a mixed-methods design, combining quantitative measures and qualitative insights to provide a comprehensive understanding of yoga's impact on anxiety.

Participants

The study involved 200 students aged 18-25 from various colleges in the Marathwada region.

Participants were selected using stratified random sampling to ensure representation across gender, socio-economic status, and academic streams.

Intervention

Participants attended three yoga sessions per week for three months. The yoga program included:

Asanas:

Physical postures aimed at relieving tension (e.g., Balasana, Sukhasana).

Pranayama:

Breathing techniques to enhance relaxation (e.g., Anulom Vilom, Nadi Shodhana).

Meditation:

Guided mindfulness practices to improve emotional regulation.

Data Collection

Quantitative Data:

Anxiety levels were measured pre- and post-intervention using the Beck Anxiety Inventory (BAI).

Qualitative Data: Semi-structured interviews and focus group discussions explored participants' subjective experiences.

Data Analysis

Quantitative data were analyzed using paired t-tests to assess changes in anxiety levels. Thematic analysis was employed for qualitative data to identify recurring themes.

Results

Quantitative Findings

Pre-Intervention BAI Scores: Mean score = 25.6 (Moderate anxiety)

Post-Intervention BAI Scores: Mean score = 12.4 (Mild anxiety)

Statistical analysis showed a significant reduction in anxiety levels ($p < 0.001$).

Qualitative Insights

Participants reported:

Improved focus and concentration.

Enhanced emotional stability and resilience.

Better sleep quality and reduced physical symptoms of anxiety.

Gender Differences

Female participants exhibited slightly higher reductions in anxiety levels compared to male participants, potentially due to greater adherence to the yoga regimen.

Discussion

The study's findings align with existing literature highlighting yoga's efficacy in reducing anxiety. The significant reduction in BAI scores indicates that structured yoga practices can serve as a viable, low-cost intervention for student mental health. Additionally, the qualitative data underscore the holistic benefits of yoga, including emotional regulation and improved focus, which are crucial for academic success.

Implications for Practice

Educational institutions in the Marathwada region should consider integrating yoga into their curricula as a proactive measure for mental health support. Tailored yoga programs that account for cultural and socio-economic factors can maximize engagement and effectiveness.

Limitations

The study's duration was limited to three months, which may not capture long-term effects. Self-reported data may be subject to bias.

The sample was restricted to college students, limiting generalizability to other populations.

Future Research

Further studies should explore the long-term impact of yoga on anxiety and investigate its effectiveness across diverse demographics and educational settings.

Conclusion

This study demonstrates that selective yoga practices significantly reduce anxiety levels among students in the Marathwada region. By addressing the mental health challenges prevalent in this population, yoga interventions can contribute to the holistic development and well-being of students. Future research and policy initiatives should prioritize yoga as a sustainable tool for mental health promotion.

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