

COMPARATIVE STUDY OF LEVEL OF ANXIETY BETWEEN YOGA PRACTITIONERS AND NON-PRACTITIONERS.

Rajeev Kumar

Department Of Psychology,
MLB Govt. Arts And Commerce College, Gwalior, M.P.

Associate Professor, Dr. Deepti Mishra

Department Of Clinical Psychology
Gwalior Mansik Arogyashala, Gwalior, M.P.

Abstract

From ancient times till the present electronic era Yoga has been an essential part of Indian culture. Studies have found that Yoga leads to physical and mental health by naturally modifying one's thoughts and behaviour helping one to realise the purpose and process of life. On the contrary, Anxiety has become a common and serious issue in present life. Anxiety is a bad feeling that comes from a person's assessment or evaluation that a certain event could be dangerous. Anxiety can be caused by a number of different things, including a perceived threat, apprehension, or worry about the future. Environmental demands are considered more threatening by an individual if future damage or loss is anticipated and there are limited available coping resources. Anxiety adversely affects both the psychological and physiological aspects of an individual. A regular yoga practitioner becomes well-equipped to deal with environmental demands. With this viewpoint present study was planned to assess the presence and levels of Anxiety if any, between Yoga practitioners and non practitioners. State-Trait Anxiety Test (Sanjay Vohra, 2001) was applied to a sample of 50 Yoga practitioners and 50 non-practitioners of the age range between 18 to 55 years. Results showed that comparing the anxiety levels of yoga practitioners and non-practitioners highly significant difference was found.

Keywords: Yoga, Yoga Practitioners, Mental Health, Anxiety.

Introduction:

A healthy body and a healthy mind are desired by all. To achieve that, many people try to do every possible thing. In earlier times the daily routine was full of physical labour and

people had lesser stress in life. Particularly Indian culture emphasized on stress-free life by inculcating physical exercise, yoga and meditation in daily routine. With time man's priorities changed and he invented and discovered

many things to reduce physical effort. With less physical labour, changed personal habits and cutthroat competition in every sphere of life, human beings are now in the custody of various physical and mental ailments. Stress, Anxiety, Depression, Sleeping and eating disorders are becoming very common. According to The Economic Times in the year 2017, 19.7 crore Indians which is approx 14% of the total population of the country suffered from mental disorders. Among these 4.5 crore had Anxiety disorders. Also, the number of people with mental illnesses rose from 2.5% of all people with diseases in 1990 to 4.7% of all people with diseases in 2017. according to what EconomicTimes thinks will happen in 2019. Anxiety is a feeling of worry, nervousness, or unease about something whose outcome is unknown. It is a bad feeling that happens when someone or something is seen as a threat. Anxiety is a bad feeling that happens when you see or think of something as a threat. Anxiety is a bad feeling that someone gets when they see or think that something could hurt them. When we say "anxiety," we mean a bad feeling that comes from scary demands or threats. The worst kind of anxiety is state anxiety. Before you can feel this way, you have to figure out on an intellectual level how dangerous the situation is.(Lazarus, 1991). Trait anxiety, on the other hand, demonstrates the presence of consistent individual variations in the propensity to react with state anxiety in anticipation of stressful events. Trait anxiety may be influenced by both genetics and environmental factors. Environmental demands are considered more threatening by an individual if future damage or loss is anticipated and there are limited available coping resources. Anxiety adversely affects both the psychological and physiological aspects of an individual. People cautious about their physical and mental health opt for different physical activities. One practice that successfully bridges the gap between the modern and the ancient is yoga. Yoga is often thought of as a way of stress management that may aid in the alleviation of mental health conditions such as depression and anxiety disorders. (Javnbakhta, Kenarib, & M.Ghasemic, 2009). Knowing the fact and recent trends people nowadays are often seen in yoga groups in parks, grounds, and meditation centres. The following study is done keeping in mind that practising yoga regularly must affect the mental health of a person. Hence the study

focuses on finding out the anxiety level of the people practising yoga regularly and of the people who do not.

Objective:

The aim of the study was to measure if any difference exists between the anxiety level of those who practice yoga regularly and those who don't do yoga or any other exercise.

Hypothesis:

H0: There will be no significant difference in the presence of anxiety among yoga practitioners and non-practitioners.

H1: There will be a significant difference in the presence of anxiety between yoga practitioners and non-practitioners.

Methodology:

Sample:

50 yoga practitioners and 50 non-practitioners were selected randomly from the general population. Both males and females in the age range of 18-55 years who were willing to participate and gave consent were included in the study. Those practising yoga for at least 1 year at least 3 times a week were considered yoga practitioners.

Data Collection Tool:

After the sample selection, required demographic information was collected and later State-Trait Anxiety Test (STAT) (2001) designed to measure the state anxiety and trait anxiety level from range low to high was administered individually.

Procedure:

People from various parks and yoga centres were contacted and a list of those fulfilling the criteria for yoga practitioners was made. Then every 3rd person was taken as the sample and thus a total of 50 practitioners were contacted after taking their consent their personal details were collected followed by the administration of the State-Trait Anxiety Test. Then the

general population who were not practising yoga or any other exercises were contacted and after taking their consent their personal details were collected and State-Trait Anxiety Test was administered. Both groups were matched according to the gender. Data thus obtained was scored

according to the manual. A chi-square test was applied to compare the two groups on the level of anxiety.

Results and Conclusion:

Descriptive analysis of data showed that out of the total sample, 56% were males and 44% were females. Among the yoga practitioners, 44% were undergraduates 24% were graduates and 32% had a qualification above graduation level. 60% of yoga practitioners lived in a nuclear family and 40% lived in a joint family. Among the total yoga practitioners, none had a high anxiety level whereas 28% had an average anxiety level and 72% had a low level of anxiety. On the other hand from the total sample of non-practitioners, 8% had a low level of anxiety, 52% had an average level of anxiety and 40% had high level of anxiety. When the two groups were compared highly significant difference ($p < 0.000$) was found between the two groups. Thus the hypothesis that there will be a significant difference in the presence of anxiety between yoga practitioners and non-practitioners was proved right. It fits with what AIIMS found in a previous study about the short-term effects of a complete and though brief lifestyle intervention based on yoga on anxiety levels in both healthy and sick people. In that study, it was found that people's anxiety levels drop a lot when they change their lifestyles and learn how to deal with stress. This finding is the same as what the last study found.. (Gupta, Khera, Vempati, Sharma,

□ Bijlani, 2006). Thus it can be said that Yoga has a positive effect on the mental health of a person and helps in dealing effectively in anxiety-provoking situations if practised on a regular basis.

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