

A Study on the Effect of Yogic Intervention on Anxiety

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Abstract

Anxiety is one of the important psychological problems people facing now days. Approximately 40 million American adults ages 18 and older, or about 18.1 percent of people in this age group in the year 2005, have an anxiety disorder. Contemporary researches done in the area of 'Yogic intervention and their effect over various parameters of Psychological health' provoked the researcher to attempt an individual project to judge the effect of Yoga on normal people at the level of anxiety. To observe the effect of Yoga on anxiety level of the normal people a pre - post research design study has been conducted at the Center of Complementary & Alternative Medicine of Dev Sanskriti Vishwavidyalaya, Haridwar, India. For this study a group of 30 persons of range 30 – 40 years from the semi urban area of Haridwar and Dehradun Districts were selected through purposive quota sampling as subject. They practiced a set of Asana and Pranayama regularly for sixty days. The present study shows a significant change on the anxiety level of the normal persons as the result of yoga practice. The results are significant at 0.01 level of confidence. At the end it can be concluded that Yoga practice having a positive impact over the anxiety level of the normal persons.

Key Words: Anxiety, Asana and Pranayama

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Introduction:

Anxiety is a general term for several disorders that cause nervousness, fear, apprehension, and worrying. These disorders affect how we feel and behave, and they can manifest real physical symptoms. Mild anxiety is vague and unsettling, while severe anxiety can be extremely debilitating, having a serious impact on daily life.

People often experience a general state of worry or fear before confronting something challenging such as a test, examination, recital, or interview. These feelings are easily justified and considered normal. Anxiety is considered a problem when symptoms interfere with a person's ability to sleep or otherwise function. Generally speaking, anxiety occurs when a reaction is out of proportion with what might be normally expected in a situation.

Current researches on anxiety disorder prove that anxiety disorders are unceasing, relentless and can even grow worse if not properly treated. Modern scientific research tells us that improved treatments are being gradually introduced and implemented to treat severe anxiety disorders.

In modern societies, human beings are gradually becoming more uncompromising and egoistic resulting in unsuccessful marital relationships. Such situations adversely affect the young generation of the family and they feel absolutely unsecured and left out.

According to current researches on anxiety disorder, such kinds of social problems may greatly affect the progressive attitude of the future generation. There are several studies done in the area of Anxiety management through yoga and allied systems of therapy.

One of the study concludes that the effect of Yoga nidra on stress and anxiety on college going students. The study was conducted at the Yoga clinic of Dev Sanskriti Vishwavidyalaya. Practice time was 30 minutes and duration was 6months. 80students were taken from P.G. Yoga classes for

observing the effect as well as 30 was in control group. The result shows a significant change in the practice group as yognidra positively decreases the stress and anxiety level of both the male and female subjects¹.

Another study done in this area shows a significant change due to the effect of Yoga Based Lifestyle Intervention on State and Trait Anxiety of the subjects².

A group of researcher states after their study that the effect of yoga on depression and anxiety of women referred to yoga clinic were found very significant³.

One of the studies concludes with a significant change as an effect of Yoga Intervention on Anxiety and Subjective well-being of the practitioners⁴.

One such study states that the Efficacy of Mindfulness-Based Meditation Therapy on Anxiety, Depression, and Spirituality in Japanese Patients with Cancer and find a significant change in above mentioned parameters⁵.

One of the study states that the effect on the volunteers of a Yoga Practice Session and a Yoga Theory Session, and find a significant change on the level of State Anxiety⁶.

The above study shows that researchers are keen to know the effect of Yoga on various directions; thus it is the right time to go deep into the search of the impact of Yoga having the following aims and objectives: to study the effect of yoga on Anxiety level of the normal subjects.

Methods:

The study is based on the data collected on 30 subjects (20 males and 10 females), age ranging 30 – 40 years, who attended regular yoga session provided to the people with common health problems came to Center of Complementary & Alternative Medicine, at Dev Sanskriti Vishwavidyalaya, Haridwar, India. Although 45

subjects were selected for the study, due to various reasons 15 subjects could not complete the study. The study was approved by the ethical committee of Dev Sanskriti Vishwavidyalaya. The subjects were a heterogeneous group having Diabetes, Hypertension, Obesity and joints problem but otherwise healthy and were voluntarily wanted to join Yoga session for general physical mental wellbeing.

The subjects were selected from the semi urban area of Haridwar and Dehradun Districts through purposive quota sampling as experimental group. They practiced a set of Asana and Pranayama regularly for sixty days under the guidance of a Yoga Expert. The Yoga Sessions consisted of an integrated package of Asana and Pranayama regularly the protocol of the session is given below in Table 1.

Table 1. - Yogic Intervention introduced to the subjects

Sr. No	Practice	Physical Awareness	Rounds	Duration
1	Tadasana	Spine	5	120 sec.
2	Tiryak Tadasana	Wastes	5	120 sec
3	Kati chakrasana	Scapulas	5	120 sec
4	Surya Namaskar	All internal organs	2	180 sec
5	Shavasana	Whole muscles	-	300 sec
6	Kapalbhati	Abdomen	100-150	120 sec
7	Nadisodhan	Eyebrow Centre	5	240 sec
8	Ujjai	Throat region	10	240 sec
9	Bhramari	Brain region	10	240 sec
10	Om chanting	Whole Head region	-	120 sec

In this pre - post research study the anxiety level has been measured through Sinha's Comprehensive Anxiety Scale⁷ and the data has

been analyzed through Proper Statistical Method on 't' test basis. The result has been shown in the table 2.

Results:

Table 2. - Difference between pre and post value at the Anxiety level of subjects.

	Mean	SD	T value	Significance level
Pre	33.43	5.78	15.93	0.01
Post	29	5.62		

Mean and standard deviation of the pre and post values of anxiety level of the subjects practiced the Yoga has been shown in the table. Where N = 30, M1 = 33.43, M2 = 29, df= 29 as well as the t

value is 15.93, which is significant at 0.01 level of confidence.

Discussion & Conclusion:

The reduction into the anxiety level is a normal mechanism as per the effect of Yoga Practice, as yogic practices stop the fluctuation of the Mind. Due to excessive activity on the mental plane, the mind always remains in a state of arousal, which results in anxiety. Throughout life the mind is fed with negative data. In the practice of yoga, especially during shavasana and breath awareness, the mind is relaxed, thereby releasing the mental tensions. In this way, through the regular and sincere practice of yoga, tensions at the physical, and anxiety at mental level can be minimized^{8,9}.

Practice of Yoga stops the uncontrolled and uninterrupted thoughts. So the set of Asana and Pranayama in combination plays a vital role for anxiety. Previous researches also support our study. Gersten, D J (1978) said that the practitioner of Yoga becomes his own psychotherapist, recognizing and systematically alleviating his own personal problems and interpersonal difficulties¹⁰. Matthew, R J (1981) reported that yoga is a successful therapy for both recent and long-standing psychological disturbances of all kinds, especially high anxiety levels and neurotic behavior patterns¹¹. Telles, S. Gaur, V. Balkrishna, 2009 observed the effect of a Yoga Practice Session and a Yoga Theory Session on Anxiety level¹². In this manner, various researches show that the practice of Yoga can be successfully administered to manage various psychological disorders. As the previous studies shows that practice of Yoga, Meditation and Relaxation significantly lowers all the psychological problems.

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