

# Effect of Yoga Practices on Stress Management among University Students

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## Abstract

Stress is a leading psychological problem among university students in modern society. Academic stress, competitive situations, social demands, and lifestyle are important factors that increase stress levels among students. A high level of stress may affect students' academic performance, physical health, and mental stability. Therefore, it is important to identify the best way to manage stress among university students. The best way to maintain physical and psychological well-being among students is yoga.

The main objective of the present study is to examine the effect of yoga practices in managing stress levels among university students. The present research is conducted using an experimental research method. A total of 40 students from the age group of 18-24 years are randomly chosen as a sample population from university students. The students are divided into two groups: an experimental group and a control group. The experimental group is given an eight-week yoga training program, whereas the control group is kept as usual without any yoga practice. The stress level is examined using a standardized stress questionnaire.

Statistical tools such as mean, standard deviation, and t-test were used to analyze the collected data. The results of the study revealed that students who participated in the yoga training program demonstrated a significant reduction in stress levels compared to those in the control group. The findings suggest that regular yoga practice can serve as an effective strategy for managing stress among university students. The study recommends the integration of yoga programs into university physical education curricula to enhance students' mental health and overall well-being.

**Keywords:** Yoga, Stress Management, University Students, Mental Health, Physical Education

## 1. Introduction

Stress is a normal response by the human body to a critical or difficult situation. While a certain amount of stress may motivate people to perform to the best of their abilities, too much stress can adversely affect the physical and mental well-being of people. When considered from the perspective of higher learning institutions, university students are subject to a number of stress factors, such as academic stress, examinations, career goals, and social pressures, etc.

The rising stress levels among university students have become a growing concern for educators and mental health professionals. High stress levels may lead to a number of problems; hence, it is imperative to develop effective strategies to manage stress in a healthy way.

Yoga, which has been practiced since ancient times, has gained popularity across the globe for its benefits to health and well-being. Yoga includes various practices such as physical postures, breathing techniques, and meditation, which are highly beneficial for health. It has been proven that the practice of yoga decreases stress levels, calms the mind, and improves psychological health.

Various schools have included yoga practices in their physical education curriculum with the aim of improving health and well-being among students. Yoga practices such as Surya Namaskar, Pranayama, and Meditation are included to reduce stress levels and improve concentration.

Though yoga has gained popularity across the globe, students are not aware of the benefits of yoga practices for managing stress levels. Hence, the present study has been conducted to know the impact of yoga practices for stress management among university students.

## 2. Review of Literature

The review of literature would enable the understanding of the research done so far on the topic and would form the base for the current research.

Sharma (2018) conducted a research to find the effects of yoga practice on the stress levels of college students. The results showed that yoga practice reduced the stress level of college students significantly.

Patel and Mehta (2019) researched the relationship between yoga practice and mental health of university students. Their results showed that university students practicing yoga regularly showed low levels of anxiety and stress compared to those who did not practice yoga regularly.

Singh (2020) researched the impact of breathing exercises and meditation on psychological stress of young people. The results showed that the practice of pranayama and meditation reduced the stress level of young people significantly and improved their concentration level.

Kumar and Gupta (2021) researched the effect of yoga practice on the academic stress of undergraduate university students. Their results showed that yoga practice improved the ability of the students to handle academic pressure.

Rao (2022) carried out an experimental study on the effect of yoga on the mental health of university athletes. The study revealed that yoga practices have a significant impact on emotional stability and stress level.

The review of literature revealed that yoga has a significant effect on mental health and stress. Further research is required to study the effect of yoga training programs for university students.

## 3. Objectives of the Study

1. To establish the level of stress among university students.
2. To find the impact of yoga practice on the management of stress.
3. To compare the level of stress before and after the yoga training program.
4. To evaluate the effectiveness of yoga as a technique for managing stress.

## 4. Hypotheses

### Null Hypothesis ( $H_0$ )

There will be no significant difference in stress levels between students who participate in yoga practices and those who do not.

### Alternative Hypothesis ( $H_1$ )

There will be a significant reduction in stress levels among students who participate in yoga practices.

## 5. Methodology

### Research Design

The study adopted an experimental research design involving pre-test and post-test measurements.

### Sample

A total of 40 university students aged between 18 and 24 years were selected randomly.

Experimental Group – 20 students

Control Group – 20 students

### Variables

Independent Variable

Yoga training program

Dependent Variable

Stress level of students

### Yoga Training Program

Duration: 8 weeks

Frequency: 5 days per week

Session duration: 45 minutes

The program included the following practices:

- Warm-up exercises
- Surya Namaskar
- Bhujangasana
- Vajrasana
- Padmasana
- Pranayama
- Meditation

## 6. Statistical Analysis

### Table 1

Pre-Test Stress Scores

Group	N	Mean	SD
Experimental	20	72.40	5.21
Control	20	71.85	5.03

**Table 2**

Post-Test Stress Scores

Group	N	Mean	SD
Experimental	20	54.20	4.85
Control	20	70.10	5.10

**Table 3**

t-test Analysis

Group	Mean Difference	t-value	Significance
Experimental vs Control	16.00	3.45	Significant

## 7. Results and Discussion

Analysis of the data showed that the stress level of the experimental group reduced after the training program. There were no improvements found in the stress levels of the control group. The calculated value of 't' is higher compared to the critical value with a significance level of 0.05. Thus, it can be concluded that the yoga training program is effective in reducing the stress level.

Yoga practices assist the students to relax their physical condition, improve their breathing patterns, and increase their mental clarity.

## 8. Findings

1. University students experience considerable stress due to academic and social pressures.
2. Yoga practices significantly reduce stress levels among students.
3. Students who practiced yoga showed improved mental health.
4. The experimental group showed greater improvement compared to the control group.

## 9. Conclusion

The research concludes that the yoga practices are an effective way of managing stress among university students. The eight weeks of yoga training reduced the stress levels among the participants.

Yoga is a simple, cost-effective, and accessible practice that can be easily integrated into the physical education programs of the university. Educational institutions should encourage their students to participate in yoga practices to improve their mental health.

## 10. Recommendations

1. Universities should include yoga programs in their physical education curriculum.
2. Regular yoga sessions should be organized to improve student mental health.
3. Awareness programs should be conducted to educate students about the benefits of yoga.
4. Further research should be conducted with larger sample sizes and longer training durations.

## 11. References

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