

THE EFFECTIVENESS OF YOGA ON QUALITY OF LIFE AND PSYCHOLOGICAL WELL-BEING IN ANXIETY DISORDERS

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ABSTRACT

The benefits of Yoga are not restricted to spiritual well-being but also have physical and psychological benefits. This paper will look at the impact of yoga on psychological well being. The present study was undertaken on 100 subjects to evaluate effectiveness of Yoga therapy on Psychological well-being and Quality of life in Anxiety disorders (Generalized Anxiety disorder and stress) mild to moderate categories, diagnosed according to DASS-21 questionnaires, aged between 20 to 25 years, under medication, from Universities of Haryana to yoga department, who were willing to participate in the program were recruited. The study shows that there is significant decrease in anxiety and depression symptoms, also significant improvement in psychological well-being in players suffering from anxiety disorders with mild and moderate categories, indicating that yoga therapy with medication is significantly effective on Quality-of-life and Psychological well-being in anxiety disorders.

INTRODUCTION

There are benefits of yoga on psychological well being and yoga alludes to the association of the person's spirit with the all-inclusive (Lanman, 1918) Mental health is a condition of well-being in which an individual understands his or her own abilities, can cope with the usual demands of life, can work productively and is able to make a contribution to his or her community. Force employee welfare is a vital determinant in quality, performance and efficiency. (Jangra & Singh, 2021). There is a deep relation of spirituality and psychological well-being of young adults (Upadhyay & Vashishtha, 2014)

Breathing is the most indispensable constituent to living, but also underscores the importance of correct breathing in enhancing the overall quality of our lives (Valentine et al., 2004). Pranayama is a set of specific breathing exercises that positively affects the

respiratory system. Scientific investigation indicates that the deep nasal breathing that pranayama involves affects neuro-hormonal mechanisms that improves overall health functions (Sengupta, 2012). Surya Namaskara' or Sun Salutation' is an essential part of the yogic approach. Surya Namaskara is a series of twelve physical postures or asanas. Regular practice of sun salutation regulates pingalanadi. Suryanamaskar is an ideal way to relax the mind as it uses the whole body and produces sweating. (Froeliger et al., 2012)

METHOD

This study will evaluate effect of yoga therapy on Psychological well being and Quality of life in Anxiety disorders and stress test (mild to moderate categories) The practice of yoga in this study intends:

- To increase psychological well being
- To improve quality of life

The present study was undertaken on 100 subjects to evaluate effectiveness of Yoga therapy on Psychological well-being and Quality of life in Anxiety disorders (Generalized Anxiety disorder and stress) mild to moderate categories, diagnosed according to Dass-21 questionnaires, aged between 20 to 25 years, under medication, from Universities of Haryana to yoga department, who were willing to participate in the program were recruited. Written consents were taken and they were trained in Yoga therapy. Measures were assessed by following parameters:

- (i) Anxiety.

All subjects underwent sessions of asana, pranayama, and suryanamaskar relaxation training for 45 minutes which were suitable for anxiety players. The subjects were instructed to practice once a day for 12 weeks. The strict balanced dietary intake is also advised. At the end of three months practice all parameters were measured and recorded.

Statistical Analysis

Data Collection: In this study, the pretest-post test non equivalent group design will be used. The study will include 100 male and female students aged 20-25 years old from around the state, separated into two groups of 50: the controlled group (50) and the experimental group (50). The control group will not be engaged in any special activities. A pre-test employing a questionnaire will be utilized to examine the change in the psychology of yogic and non-yogic participants. Both groups were given a post-test after completion of the six-week.

Data Analysis

In this study data would be derived from open and close-ended questions in the questionnaires, and that meant to supplement quantitative data availed by the questionnaire. The data from the study would be analyzed qualitatively and quantitatively using percentages, means frequency distribution with the aid of Excel.

Psychological Test

The Study was further delimited to the selected psychological variables i.e. anxiety & stress. For assessment of anxiety by using Questionnaire of DASS-21 assessment of mental toughness by using Stress Questionnaire (MTQ); the subject did not take part in routine physical exercises during the period of experiment. However, their dietary habits were as per their socio-economic status.(Shobha Rani Vedala & Mane, 2013).

Criterion Measure

Questionnaire of DASS-21

Purpose: The purpose of Questionnaire of DASS-21 is to assess individual differences in sports competition anxiety or to response to these situations with important state of anxiety.

Procedure: The Questionnaire of DASS-21 consists of fifteen items. The subject response to each item using a three point ordinal scale (hardly ever, sometime, or often)

Scoring: The items 2, 3, 5, 8, 9, 14 and 15 worded in such manner that they score according to the following key: 1Point given in Often, 2 Point given in Sometimes and 3 point given in case of Hardly ever.

In the case of item 6 and 11 scoring carried according to the following key: 3 Point given in Often, 2 Point given in Sometimes and 1 point given in case of Hardly ever. 1, 4, 7, 10 and 13 not to score as suggest by Rainer martens. The total score is from ranging between 10 (low competition anxiety) to 30 (high competitive anxiety). The subjects assigned to the following category according to the scores obtained by them.

Raw	Classification
Less than 17	Low Anxiety
17-24	Moderate Anxiety
More than - 24	High Anxiety

Stress Questionnaire

Purpose: The purpose of Stress Questionnaire is to assess the level of mental toughness of the Participants.

Procedure: The Stress Questionnaire consists of sixty items, which has four categories namely: handling pressure (20), concentration (17), mental rebounding (14) and winning attitude (9).

Every statement has two possible responses i.e. True or False. The subjects response to each question by placing a ✓ on the appropriate response.

Scoring: There are total 60 score is possible on this questionnaire. The classification criterion given Stress Questionnaire as follows:

Raw	Classification
55-60	Mentally-Tough
48-54	Pretty Solid Mentally
40-47	Average Mental Toughness
Below 40	Need mental Toughness Exercise

Analysis of Data and Results of the Study

	Mean	SD	SE Mean
Pre-Data	17.70	2.11	0.42
Post-Data	18.30	1.34	0.67

Table 1: Comparison of Means of experimental and control group of pre-test and post-test of Anxiety

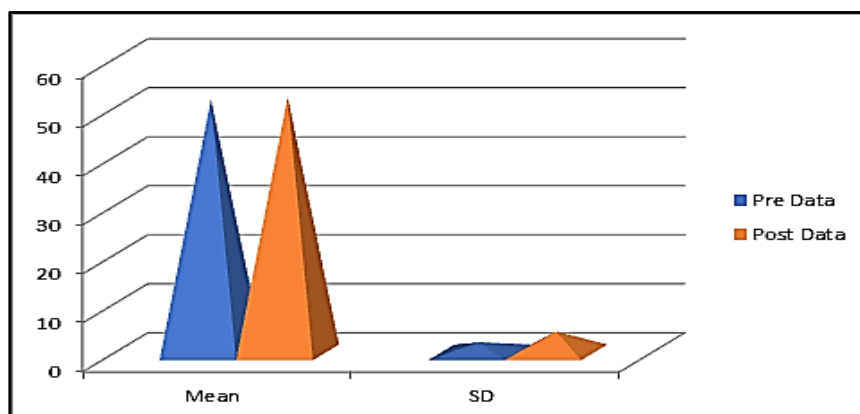


Figure 1: The graphical representation of experimental and Control group of pre-test and post-test of Anxiety

	Mean	SD	SE Mean
PreData	51.60	3.06	0.97
PostData	52.20	52.20	52.20

Table 2: Comparison of Means of experimental and control group of pre-test and post-test of stress

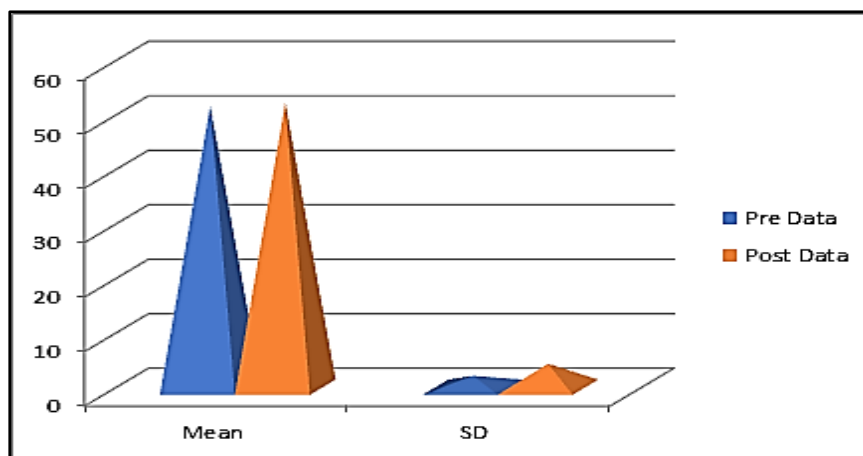


Figure 2: The graphical representation of experimental and control group of pre-test and post-test of stress

Discussion

The present study evaluates the positive changes seen in the subjective well-being while completing yoga therapy for three months (Dhruva et al., 2012). Studies have shown that life style modification through yoga practice along with conventional treatment has an added beneficial effect on the outcome of anxiety disorders (N. Kaur et al., 2020)

The analysis of data revealed that the experimental groups trained by yogic practices, specially designed (Yogasana, Pranayama, and Surya Namaskar) showed significant improvement in the selected psychological variables. The mean gain achieved by yogic practices was higher in resting pulse rate, systolic blood pressure, diastolic blood pressure, vital capacity, respiratory rate, Breathe holding capacity, The result of the study confirms the notion that yogic practices programme of (Yogasana, Pranayama, and Surya Namaskar)

improves quality of life and psychological well-being.

As result showed in the present study there is significant decrease in anxiety and depression symptoms, also significant improvement in psychological well-being, self-control, general health, vitality and satisfaction with life in players suffering from anxiety disorders with mild and moderate categories, indicating that yoga therapy with medication is significantly effective on Quality-of-life and Psychological well-being in anxiety disorders.

All these results suggest that the integrated package of yoga therapy administered in this study has a favorable effect on psychological and subjective well-being, and there is no additional anxiety resulting during the practice and course of yoga therapy. The intervention can therefore make an appreciable contribution to primary prevention as well as management of anxiety disorders. Though yoga can be practiced as a therapy, it is not a panacea for all diseases and can be used in conjunction with conventional medical treatment. Thus yoga therapy with medication is significantly effective on anxiety disorders in Quality-of-life and Psychological well-being.

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