

## EFFECT OF YOGIC TRAINING ON THE ANXIETY OF WORKING WOMEN

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### **ABSTRACT**

*The present study described the influence of yogic practice on the state of anxiety of working women of Kalaburagi city, the author wanted to find out that the positive effect of yoga asana practice on the psychological factors of working women's and he tried to measure the anxiety among working women before and after the yoga asana training. The objective of the study- to measure the state of anxiety among the working women's in the Kalaburagi city, and to compare the anxiety levels before and after the yoga training for the working women's. The hypothesis of the study- there would be significant influence of yoga asana training on the state of anxiety among working women's. The sample of the study selected fifty women working in the state banks in kalaburagi city as sample of the study. The suitable statistical techniques like mean, SD, and t tests were used to analysis of the data. The study showing that the yoga asana practice for four weeks can reduce the state of anxiety level in the working women's.*

*Key words – yoga training, Anxiety in women.*

### **INTRODUCTION**

#### **MEANING AND CONCEPT OF YOGA:**

The word 'yoga' has many etymologically, it means integration. The term Samatva of Bhagavad-Gita conveys the same meaning certain other terms like hemostatic equilibrium, balance, harmonious development etc. more or less suggest the something. The word yoga has been derived from the root "Yuj". It means to join two thing is known as Yoga. 'Joining Prana and Apana.' Prana is situated in the heart and Apana is situated in Anus. Joining these and talking then to Sahasra Chakra is known as yoga. 'Joining Shakti with Shiva' 'Joining Soul with God.' 'Joining moon with sun.'

The science which gives us knowledge about all these is called the science of yoga.<sup>1</sup> The Geeta defines<sup>2</sup> yoga as the eventless of temper "Sidhyasidhayoh Samo Bhuta Samatvan yoga uchyate"

### **DEFINITION OF YOGA:**

According to Patanjali<sup>3</sup> "Yogashchitta vritinirodha" i.e. withdrawal of sense organ from the worldly objects and their control is yoga. Therefore, it can be said that control of sensory and motor organs and mind, is called yoga.

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as pacing back and forth, somatic complaints, and rumination. It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death. Anxiety is not the same as fear, which is a response to a real or perceived immediate threat, whereas anxiety is the expectation of future threat. Anxiety is a feeling of uneasiness and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration. Anxiety can be appropriate, but when experienced regularly the individual may suffer from an anxiety disorder.

People facing anxiety may withdraw from situations which have provoked anxiety in the past. There are various types of anxiety. Existential anxiety can occur when a person faces angst, an existential crisis, or nihilistic feelings. People can also face mathematical anxiety, somatic anxiety, stage fright, or test anxiety. Social anxiety and stranger anxiety are caused when people are apprehensive around strangers or other people in general. Furthermore, anxiety has been linked with physical symptoms such as IBS and can heighten other mental health illnesses such as OCD and panic disorder. The first step in the management of a person with anxiety symptoms is to evaluate the possible presence of an underlying medical cause, whose recognition is essential in order to decide its correct treatment. Anxiety symptoms may be masking an organic disease, or appear associated or as a result of a medical disorder.

Anxiety can be either a short term "state" or a long term "trait". Whereas trait anxiety represents worrying about future events, anxiety disorders are a group of mental disorders characterized by feelings of anxiety and fear.<sup>[10]</sup> Anxiety disorders are partly genetic but may also be due to drug use, including alcohol, caffeine, and benzodiazepines (which are often prescribed to treat anxiety), as well as withdrawal from drugs of abuse. They often occur with other mental disorders, particularly bipolar disorder, eating disorders, major depressive disorder, or certain personality disorders. Common treatment options include lifestyle changes, medication, and therapy.

## METHODOLOGY

The present study deals with the influence yoga asana training on the anxiety in working women`s, the study also showing the need of yoga asana for health improvement among the working women`s. The researcher met the sample group at morning time and given instructions regarding the study, sample of the study involved in four weeks of yoga training, data was collected twice before the training and after the training.

### Objectives

- ❖ to measure the state of anxiety among the working women`s in the Kalaburagi city,
- ❖ to compare the anxiety levels before and after the yoga training for the working women`s.

### The hypothesis of the study-

- ❖ there would be significant influence of yoga asana training on the state of anxiety among working women`s
- ❖ yoga training would be helpful in the reduction of anxiety among working women`s

### The sample

Sample selected on random sampling method, fifty women bank employees selected as the sample of the study. The researcher met the sample group at morning time and given instructions regarding the study, sample of the study involved in four weeks of yoga training, data was collected twice before the training and after the training.

### Tool

A. K. P. and L. N. K. Sinha's *Comprehensive Anxiety test*. This widely used test has sound reliability (test retest 0.85 and internal consistency (0.92) and validity (0.62). having the 90 items to measure the anxiety.

### Statistical Techniques

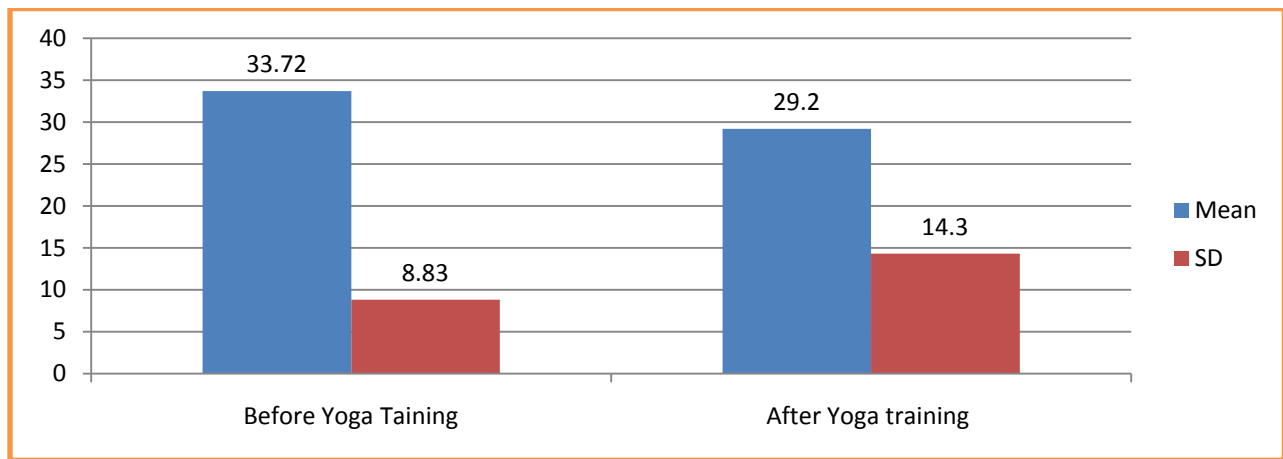
Mean, SD, t-test are used in the study to prove the research hypothesis of the study.

**DATA ANALYSIS**

**Table No 1 showing the Anxiety among working women before and after yoga asana training**

Yoga training	N	Mean	SD	T Value
Pre Anxiety	50	33.72	8.83	1.959**
Post Anxiety	50	29.20	14.30	

Significant at 0.01\*\* level.



The table and graph are showing the mean score and standard deviations of sample groups, the pre anxiety test mean score is 33.72 and the standard deviation is 8.83 after the four weeks yoga training the post anxiety mean score is 29.20 the t value is 1.959\*\* showing the significant at 0.01 level,

According to the manual of the scale higher the mean score indicates higher the anxiety level. The study revealed that the yoga asana training is helpful in the reduction of anxiety among working women. Many research works already have found the importance of yoga in the improvement of the psychological factors, like mental health, well being, depression in the working class women`s of the society.

**CONCLUSION**

The study found that the yoga asana training is helpful in the reduction of anxiety among the working class women`s, the study also analyzed that the yoga asana`s are having the higher importance in the society, the result

of study showing that the yoga training for working class women`s can reduce their anxiety level and also helping them to lead a healthy life in this busy society.

## REFERENCES

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