

# North Asian International Research Journal Consortium

*North Asian International Research Journal*

*Of*

*Multidisciplinary*

Chief Editor

Dr. Nisar Hussain Malik



Publisher

Dr. Bilal Ahmad Malik

Associate Editor

Dr. Nagendra Mani Trapathi

Honorary

Dr. Ashak Hussain Malik

NAIRJC JOURNAL PUBLICATION

North Asian  
International  
Research Journal Consortium



## Welcome to NAIRJC

ISSN NO: 2454 - 2326

North Asian International Research Journal is a multidisciplinary research journal, published monthly in English, Hindi, Urdu all research papers submitted to the journal will be double-blind peer reviewed referred by members of the editorial board. Readers will include investigator in Universities, Research Institutes Government and Industry with research interest in the general subjects

### Editorial Board

|  |   |  |
|--|---|--|
| J.Anil Kumar<br>Head Geography University<br>of Thirvanathpuram                        | Sanjuket Das<br>Head Economics Samplpur University  | Adgaonkar Ganesh<br>Dept. of Commerce, B.S.A.U<br>Aruganbad  |
| Kiran Mishra<br>Dept. of English,Ranchi University,<br>Jharkhand                       | Somanath Reddy<br>Dept. of Social Work, Gulbarga<br>University.                                   | Rajpal Choudhary<br>Dept. Govt. Engg. College Bikaner<br>Rajasthan                                 |
| R.D. Sharma<br>Head Commerce & Management Jammu<br>University                          | R.P. Pandday<br>Head Education Dr. C.V.Raman<br>University  | Moinuddin Khan<br>Dept. of Botany SinghaniyaUniversity<br>Rajasthan.                               |
| Manish Mishra<br>Dept. of Engg, United College<br>Ald.UPTU Lucknow                     | K.M Bhandarkar<br>Praful Patel College of Education,<br>Gondia                                    | Ravi Kumar Pandey<br>Director, H.I.M.T, Allahabad  |
| Tihar Pandit<br>Dept. of Environmental Science,<br>University of Kashmir.              | Simnani<br>Dept. of Political Science, Govt. Degree<br>College Pulwama, University of<br>Kashmir. | Ashok D. Wagh<br>Head PG. Dept. of Accountancy,<br>B.N.N.College, Bhiwandi, Thane,<br>Maharashtra. |
| Neelam Yaday<br>Head Exam. Mat.K..M .Patel College<br>Thakurli (E), Thane, Maharashtra | Nisar Hussain<br>Dept. of Medicine A.I. Medical College<br>(U.P) Kanpur University                | M.C.P. Singh<br>Head Information Technology Dr C.V.<br>Rama University                             |
| Ashak Hussain<br>Head Pol-Science G.B, PG College Ald.<br>Kanpur University            | Khagendra Nath Sethi<br>Head Dept. of History Sambalpur<br>University.                            | Rama Singh<br>Dept. of Political Science A.K.D College,<br>Ald.University of Allahabad             |

**Address: - Ashak Hussain Malik House No. 221 Gangoo, Pulwama, Jammu and Kashmir, India - 192301, Cell: 09086405302, 09906662570, Ph. No: 01933-212815,**

**Email: [nairjc5@gmail.com](mailto:nairjc5@gmail.com), [info@nairjc.com](mailto:info@nairjc.com) Website: [www.nairjc.com](http://www.nairjc.com)**

## IMPACT OF SURYANAMASKARA ON STRESS LEVEL AMONG ADIVASI COLLEGE STUDENTS



**DR. DEMDEO S. DURGE**

Principal Bhagwan Shri Chakradhar Swami College of Physical Education Talodhi (BA)

### ABSTRACT

*The aim of this study was to observe the effect of Suryanamaskara on Stress with the age range 20-25 yrs. For this 10 male subjects were drawn from BPE by using method of accidental sampling. Pre-post data of Suryanamaskara (for 15 days) is collected by using Stress Level Test. Calculated 't' value 3.47 for stress level is significant at 0.01 level of significance at 0.01 significant at 0.01 level of significance for df 9 respectively. It is concluded that Suryanamaskara plays a positive and significant role to decrease stress level of the subjects.*

**Keywords:** Suryanamaskara, stress level

### INTRODUCTION

Yoga is very ancient practice that originated in India; the terms to union or communion for this. Yoga is viewed as a physical, mental, and spiritual discipline that confers sound body and sound mind (Mohan. 2002). Researches in yoga shows significant positive changes in one's attitudinal cognitive and creative endeavors (Bhogalet.al 1993), Anantraman 1984, Kailappanet. Al., 1982). The American institute for stress has implicated, stress as the cause of nearly 90% of doctor's visits in the U.S. The total annual costs of stress & promote well-being; it can also increase one's flexibility and calmness of mind (Valizadeh, H., 1992). As flexibility increases it reduce the complexities of mind thus the stress and anxiety level of the practitioner gets reduced and increase the calmness of mind. Hence is it relevant to conduct this study to test the positive effects of Suryanamaskara on Stress level of participants.

**MATERIALS AND METHOD**

**Research Design: Pre Post single group**

Symbolically, A Q1 XQ2

Where A = Single Group

Q1 = Pre test

X = Suryanamaskara

Q2 = Post test

The total number of sampled elements under the study was 10 of an average range 25 from which all of them were in experimental groups. The baseline mean-SD on stress of pre-post readings. 31 5.13.04 for pre readings and 19 and 7.38 for post readings. Practice of Suryanamaskara was given to participants for (1&15 Feb. 2008) 15 days. Practice fixed 6.00 -6.25 am. Practice of warm up exercises for 5 minutes was followed by practice of Syryanamaskara for 10 minutes then Savasana for 5 minutes was given. The post stress level of subjects was measured by using the same test as aforesaid.

**SUBJECTS**

20 College boys having average age of 25 were sampled accidentally in the batch 2009 -2011 course at BPE All the students' were in conditions of normal health.

**TEST**

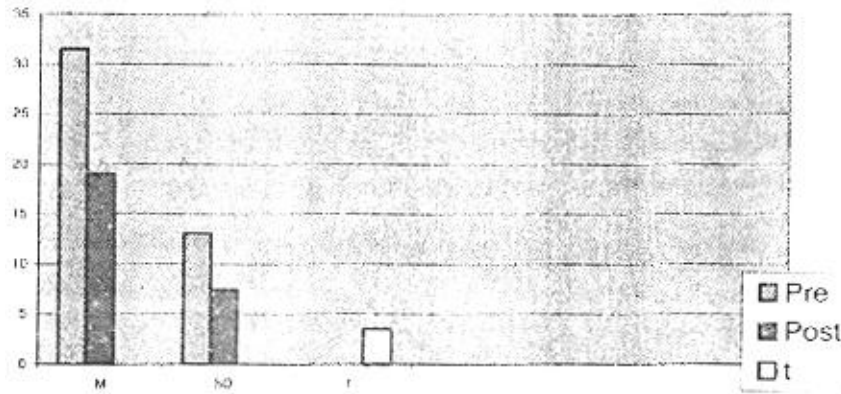
The researcher used Stress Scale developed by Mr. M. Singh (2002) to measure pre and post measure of stress level among college students. The test includes 40 items. One mark.

| Group | M    | SD    | Df | T    | p    |
|-------|------|-------|----|------|------|
| Pre   | 31.5 | 13.04 | 9  | 3.47 | <.01 |
| Post  | 19   | 7.38  | 9  |      |      |

For each 'Yes' response. In the end all the marks should be added, there are 40 maximum marks and '0' minimum marks on the questionnaire.

## RESULT

Suryanamaskara significantly decreased stress level of participants. In order to test the hypothesis H, t-test was applied. The calculated t-value 3.47 is greater than the critical t-value for df 9 at 0.01 level of significance. This included the significant positive effect of Suryanamaskara on stress of participants. Therefore, alternate hypothesis viz Suryanamaskara significantly decrease the stress level of participants is accepted.



## CONCLUSION

It is concluded that practice of significantly decreases the stress level of college male and the practice of Suryanamaskara can be recommended in combating stress level among students.

## REFERENCE

- *Anantraman R.N. Kabir, Rahila, (1984); ½ A study of Yoga Journal of Psychological researches, Vol-28, 'PP.97-101.*
- *Bhogal R.S. Gore M.M. and Rajapurkar MV (1993): Effect of Yoga Low Pitch or recitation on psycho-physiological paranters. Yoga Mimamsa; Vol.XXX (3 & 4), 194-204.*
- *Gibbons, V (2000). Working with high anxiety.Taking charge of your career smart money, August.*
- *Kaliappan K.V. Gopakr.R.; Vikay Kumar V.S. (1962) Effect of relaxation therapy on somatic defense and anxiety, Journal of psychological researches,26(3),1280132*
- *Mohan, A.G. (2002). Yoga for body, breath and mind: A guide to personal reintegration. Boston, MA: Shambala.*

- Niranjananda Sarawati Swami, 1997. Gherand Samhita Bihar Yoga Bharati. Munger, Bihar Singh, M. Stress Scale Institute of research and Test Development. Andheri East, Mumbai Uma K. Nagendra HR, Nagaarathna R. Vaidehi S, Seethalakshmi R. (1989) The integrated approach of yoga: a therapeutic tool for mentally retarded children: a one-year controlled study. [Journal Article, Research Support, Non-U.S. Govt't] J Ment Defic Res. Oct.: 415-21. Valizadeh, H., (1992) "Philosophy and training of Yoga", Tehran: Taban, (in Persian).

## Publish Research Article

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication.

**Address:-Ashak Hussain Malik House No-221, Gangoo Pulwama - 192301  
Jammu & Kashmir, India**

**Cell: 09086405302, 09906662570,**

**Ph No: 01933212815**

**Email: [nairjc5@gmail.com](mailto:nairjc5@gmail.com), [info@nairjc.com](mailto:info@nairjc.com)**

**Website: [www.nairjc.com](http://www.nairjc.com)**

