



# ASSESSING THE IMPACT OF YOGA ON PSYCHO-SOCIAL HEALTH OF DEGREE COLLEGE STUDENTS IN MURSHIDABAD DISTRICT

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## Abstract

This research delves into the profound impact of a one-year yoga and meditation program on the psycho-social health of degree college students in Murshidabad District. The study aims to assess the effects of Yoga, Pranayama, and Meditation on the overall well-being of students enrolled in various degree colleges. A carefully chosen sample of 60 participants, aged 19 to 25 years, from a university setting formed the basis of this investigation. The participants were divided into two groups, with 30 individuals each – a yoga group (15 males and 15 females) and a non-yoga group, ensuring gender balance in both. The yoga group consisted of participants actively engaged in a one-year yoga and meditation program, serving as the experimental cohort for the study. This group presented an opportunity to explore the sustained impact of yoga practice on the psychological and social dimensions of college students. The age range of 19 to 25 years was deliberately chosen to capture the unique challenges and developments associated with this transitional period in young adulthood, marked by academic, social, and personal growth. The research employed the Adjustment Inventory questionnaire designed by Prof. H.S. Asthana as the primary instrument to measure psycho-social well-being. The study revealed significant differences in the dimensions of adjustment concerning psycho-social variables among the yoga and non-yoga groups. The findings highlight the notable influence of yoga on the psycho-social health of college students, shedding light on the potential benefits of incorporating yoga practices into the lives of young adults pursuing higher education.

**Keywords:** Yoga, Psycho-social health, Degree college students, Murshidabad, Well-being, Mental health, Holistic approaches, Intervention, Academic success.

## Introduction:

In the contemporary landscape of higher education, the mental health and well-being of college students have emerged as pivotal concerns. The transition to degree-level studies introduces a myriad of challenges, encompassing academic pressures and social adjustments, thereby creating an environment wherein mental health can be significantly influenced. Recognizing the necessity for holistic approaches to address these challenges, this research endeavors to explore the potential impact of yoga on the psycho-social health of degree college students in the Murshidabad district.

Murshidabad, situated in the eastern part of India, is not only distinguished for its historical and cultural significance but also houses a diverse population of degree college students navigating a crucial phase of personal and academic development. The examination of yoga as an intervention in this specific context is not only timely but also holds the promise of contributing valuable insights to the broader discourse on mental health within educational settings.

Yoga, rooted in ancient Indian philosophies, presents a comprehensive approach to wellness by integrating physical postures, breath control, and meditation. While its benefits have garnered widespread acknowledgment in diverse populations, the potential impact of yoga on the psycho-social health of degree college students in Murshidabad remains an underexplored area of research. Given the global prevalence of stress, anxiety, and other mental health challenges affecting students, investigating the role of yoga in mitigating these issues becomes imperative.

The primary objectives of this research encompass a thorough assessment of the current psycho-social health status of degree college students in Murshidabad, with a particular emphasis on prevalent stressors and indicators of psychological well-being. Subsequently, through the implementation of a structured yoga intervention encompassing Yoga, Pranayama, and Meditation, we aim to evaluate how incorporating these practices into the routine of these students may positively influence their psycho-social health outcomes.

By scrutinizing the impact of yoga on psycho-social health within the unique cultural and academic milieu of Murshidabad, this research not only seeks to contribute to the existing body of knowledge on yoga's efficacy but also aims to provide practical insights for educators, mental health professionals, and policymakers. If proven effective, the integration of yoga into the college experience could emerge as a sustainable and culturally relevant strategy to foster the psycho-social well-being of degree college students, promoting resilience and enhancing overall academic success.

In conclusion, this research strives to address a critical gap in the literature by exploring the impact of yoga on the psycho-social health of degree college students in the specific context of Murshidabad. Merging the rich cultural heritage of the region with the ancient wisdom of yoga, this study aspires to offer a nuanced understanding of the potential benefits of yoga in promoting psycho-social health among college students, thereby paving the way for informed and targeted interventions in similar educational settings.

## Objectives of The Study:

1. To assess the impact of Yoga, Pranayama, and Meditation on the psycho-social health of the students studying in different degree colleges.
2. To assess the psycho-social health of the students studying in different degree colleges.
3. To compare the impact of Yoga, Pranayama, and Meditation on the psycho-social health of the students studying in different degree colleges.

## Methodology:

### Selection of Subjects:

This study aims to explore the potential effects of a one-year yoga and meditation program on the overall well-being of college students. The research involved a carefully selected sample of 60 participants from a university setting, comprising 30 individuals in a yoga group (15 males and 15 females) and another 30 in a non-yoga group (with an equal gender distribution). The participants' ages ranged between 19 and 25 years.

### Selection Criteria:

Participants in the yoga group were selected based on their active participation in a one-year yoga and meditation program. This group served as the experimental cohort, providing an opportunity to investigate the impact of sustained yoga practice on both the psychological and social aspects of college students. The non-yoga group, on the other hand, consisted of individuals who had not engaged in any structured yoga or meditation program, serving as a control group for comparison. To ensure a comprehensive understanding of potential gender-specific effects, the selection of participants aimed for gender balance in both groups. This careful consideration enhances the study's ability to discern the true impact of the yoga program on well-being.

### Participant Demographics:

The participants in both groups were college students, offering insights into the experiences of young adults pursuing higher education. The decision to focus on the age range of 19 to 25 years was deliberate, acknowledging the transitional nature of this period characterized by significant academic, social, and personal development.

### Criterion Measure:

To assess the impact of the one-year yoga and meditation program on the psycho-social health of college students, the study employs standardized psychological well-being scales and social interaction metrics. These criterion measures include self-report assessments of psychological well-being, stress levels, mood, and overall life satisfaction. Additionally, social interaction metrics may include qualitative and quantitative assessments of participants' social connections, communication patterns, and support networks.

## Selection of Variables:

In the exploration of mental and social aspects, key variables such as personality traits play a pivotal role in shaping individual behavior. Extraversion, reflecting the degree of sociability and enthusiasm, interacts with conscientiousness, emphasizing organizational skills and goal-directed behavior, and neuroticism, indicating emotional stability or reactivity to stress. Attitude-related variables, such as attitude strength and cognitive dissonance, offer insights into the intensity and stability of beliefs, as well as the psychological discomfort arising from conflicting attitudes. Social interaction variables, encompassing social influence and interpersonal relationships, shed light on the impact of others on an individual's thoughts and the quality of their connections, respectively. Together, these variables form a multifaceted framework for understanding the intricate interplay of mental and social dimensions, providing a foundation for comprehensive research in psychology and sociology.

## Research tools:

The research instrument used here was designed to gauge psycho-social well-being, such as the Adjustment Inventory questionnaire crafted by Prof. H.S. Asthana.

H.S. Asthana introduced the Adjustment Inventory in 1968, aiming to assess individuals aged 14 and above, particularly students in both school and college settings. The primary objective is to distinguish between those who exhibit poor adjustment and those who are comparatively better adjusted, identifying individuals who may benefit from psycho-diagnostic evaluations and counseling interventions. Comprising 47 items, each presenting two alternatives (Yes or No), respondents are required to select their responses accordingly. The Inventory demonstrates a robust level of reliability and validity, particularly among the Indian population.

## Result and Discussion:

*Table No. 1 Mean and SD of male Yoga and Non-yoga groups concerning Mental and Social Adjustment*

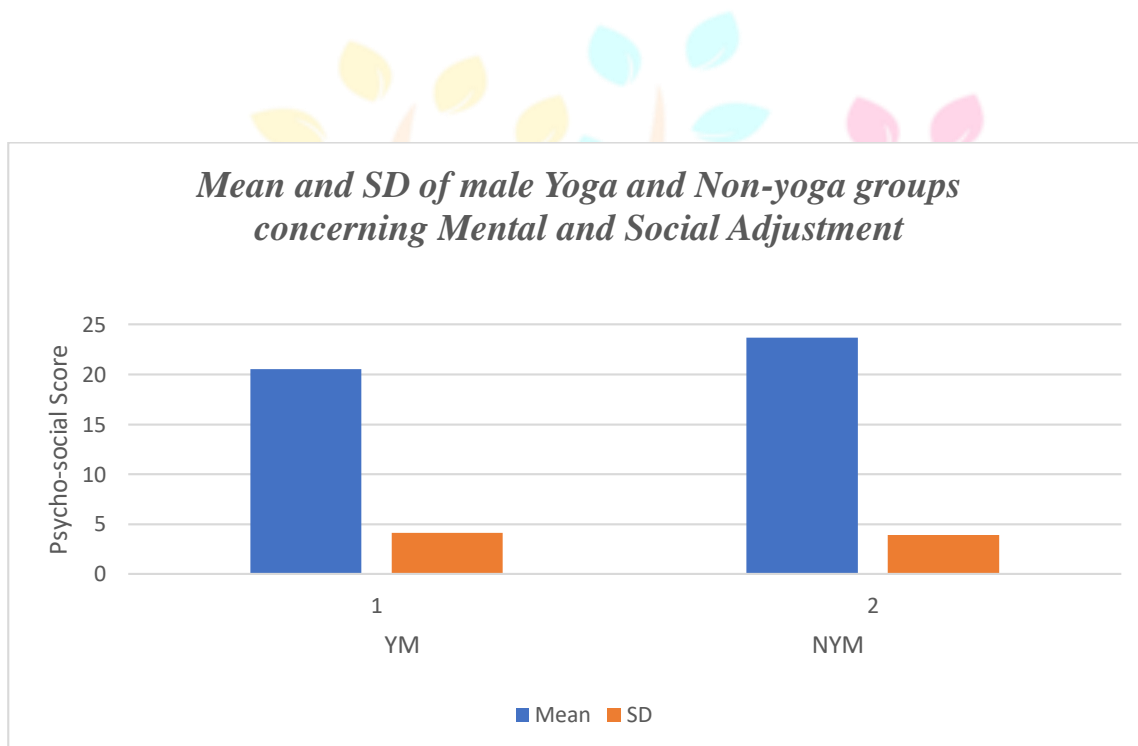
Group	Mean	SD
YM	20.53	4.12
NYM	23.66	3.90

**Note:** YM- Yoga Male, NYM- Non-Yoga Male

**Table No. 2: Two sample t-test (Welch), using T distribution (df=27.9183) of YM and NYM**

Group	Mean	SD	T	P
YM	20.53	4.12	-2.1379*	0.04142
NYM	23.66	3.90		

\* Significant

**Fig No. 1: Mean and SD of male Yoga and Non-yoga groups concerning Mental and Social Adjustment**

It appears that you've provided information about two groups, YM and NYM, along with their respective means (average values) and standard deviations (SD). This kind of data is commonly found in statistical analyses, particularly in comparing the central tendency and variability of different groups. For YM Mean and Standard Deviation (SD) are 20.53 and 4.12 respectively. For NYM Mean and Standard Deviation (SD) 23.66 and: 3.90 respectively. The mean represents the average value for each group. Standard deviation indicates the spread or variability of the data within each group. Group NYM has a higher mean (23.66) compared to Group YM (20.53). This suggests that, on average, the values in Group NYM are higher than those in Group YM. The standard deviation for Group YM (4.12) is higher than that for Group NYM (3.90). This implies that there is more variability or dispersion in the data points within Group YM compared to Group NYM.



According to Table No. 2 since  $p\text{-value} < \alpha$ ,  $H_0$  is rejected. The average of YM's population is considered to be not equal to the average of NYM's population. In other words, the difference between the sample average of YM and NYM is big enough to be statistically significant.

The p-value equals 0.04142, ( $p(x \leq T) = 0.02071$ ). It means that the chance of a type I error (rejecting a correct  $H_0$ ) is small: 0.04142 (4.14%). The smaller the p-value the more it supports  $H_1$ . The test statistic T equals -2.1379, which is not in the 95% region of acceptance: [-2.0487: 2.0487].  $x - x = -3.13$ , is not in the 95% region of acceptance: [-3.0025: 3.0025]. The standard deviation of the difference, S' equals 1.466, is used to calculate the statistic. The observed effect size d is large, 0.78. This indicates that the magnitude of the difference between the average and the average is large.

**Table No. 3: Mean and SD of female Yoga and Non-yoga groups concerning Mental and Social Adjustment**

Group	Mean	SD
YF	19.33	3.67
NYF	24.13	3.52

**Note:** YF- Yoga Female, NYF- Non-Yoga Female

**Table No. 4: Two sample t-test (Welch), using T distribution (df=27.9484) (two-tailed) of YF and NYF**

Group	Mean	SD	T	P
YF	19.33	3.67	-3.6505*	0.001066
NYF	24.13	3.52		

\* Significant

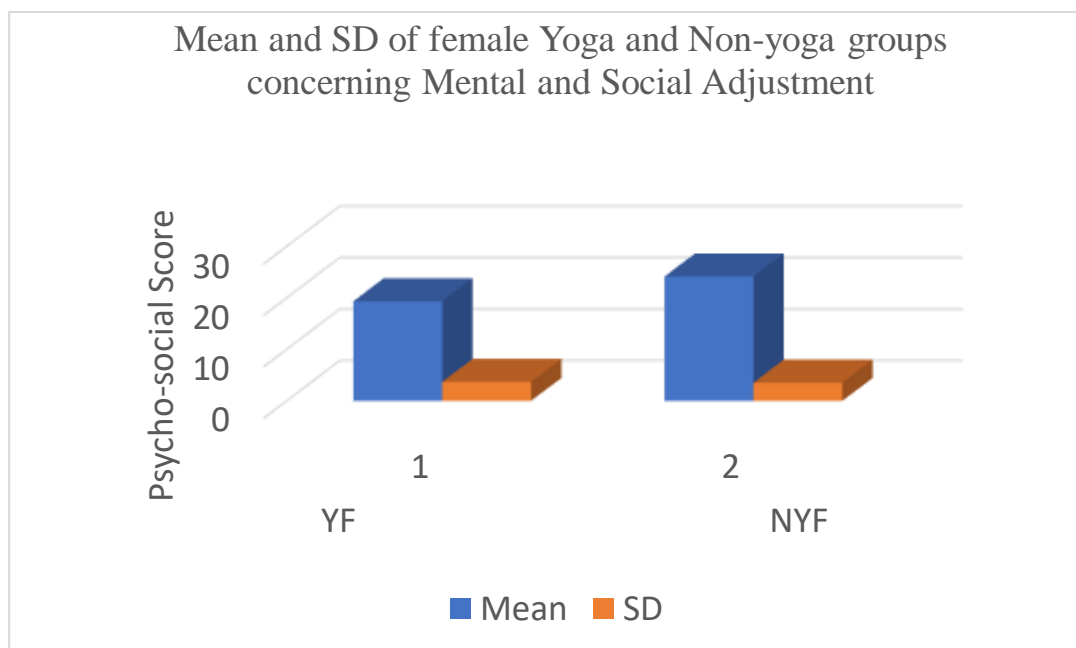


Fig No.2 *Mean and SD of female Yoga and Non-yoga groups concerning Mental and Social Adjustment*

Table No. 4 presents the results of a Two-sample t-test using a T distribution with degrees of freedom (df) approximately equal to 27.95 (two-tailed) for the comparison between two groups: YF (Yoga Female) and NYF (Non-Yoga Female). The table provides key statistical measures for each group, including the mean and standard deviation (SD). For the YF group, the mean is 19.33, with a SD of 3.67. The corresponding t-value is -3.6505, and the p-value is 0.001066, indicating a significant difference between the YF and NYF groups. The NYF group has a mean of 24.13 and a SD of 3.52. The table's T and P columns facilitate the interpretation of the t-test results, highlighting the significance of the observed differences between the two groups.

## Discussion

The ancient sage and scholar who is often regarded as the father of yoga, the practice of yoga involves the integration of physical postures (asanas), breath control (pranayama), and meditation. These elements collectively contribute to a holistic approach to well-being, affecting not only the physical body but also the mind and spirit.

The observed reduction in adjustment problems among college students following regular yoga practice aligns with the principles of yoga and its potential benefits for mental and emotional well-being. The discipline imparted by yoga encourages individuals to develop self-awareness, self-regulation, and a heightened sense of mindfulness. This, in turn, may facilitate a more harmonious interaction with one's surroundings, leading to improved adjustment.

Furthermore, the incorporation of pranayama, or breath control, in yoga practice has been associated with stress reduction and enhanced emotional stability. The rhythmic and conscious breathing exercises in yoga can have a

calming effect on the nervous system, helping individuals manage stress and anxiety more effectively. As college students often face high levels of stress and pressure in their profession, the application of these yogic principles may contribute to a more resilient and adaptive response to the challenges they encounter.

It is important to note that while the observed reduction in adjustment problems is promising, further research with larger sample sizes, diverse populations, and control groups is needed to validate and generalize these findings. Additionally, considering individual differences and the multifaceted nature of adjustment, future studies could explore the specific aspects of yoga practice that contribute most significantly to improved adjustment among school teachers.

The present analysis suggests a positive correlation between practicing Yoga and a reduction in depression, anxiety, and stress levels among school teachers, leading to a subsequent improvement in their adjustment problems. This observation is consistent with the findings of previous studies conducted by Shamser Singh (2009) and Nidhi et al., (2009), which also support the idea that Yoga can have beneficial effects on mental well-being.

The link between stress reduction through Yoga and improved academic performance is further supported by the study conducted by Kauts and Sharma (2009). In their research, a group of high-stress and low-stress students was selected based on Stress Battery scores. The experimental group, exposed to a comprehensive Yoga module including yoga asanas, pranayama, meditation, and a value orientation program, demonstrated better academic performance compared to the control group over seven weeks.

The results of the study highlight the potential of Yoga to positively impact academic outcomes, with particular emphasis on the role of stress in affecting student performance. The finding that low-stress students outperformed high-stress students underscores the detrimental impact of stress on academic achievement.

It is essential to acknowledge the multifaceted benefits of Yoga, including its effects on mental health, stress reduction, and academic performance. However, while these findings are promising, it is crucial to interpret them with caution. The need for further research, considering factors such as sample size, control groups, and the specific components of the Yoga intervention, is emphasized. Additionally, the generalization of these results to diverse populations and settings should be approached with careful consideration of potential variations in individual responses to Yoga practices.

The result of the present study showed a high score in Psycho-social health of the persons not practicing yoga, pranayams, and meditation in their daily lives. A high score in the inventory score means low in Psycho-social adjustment. So, the conclusion of the study was given according to the analysis of the data.



## Conclusion

In general, Yoga experts and practitioners say that Yoga always produces the same effects on any group of people of any type, either male or female, or any age group, etc. In this study, the significant influence of Yoga on the differently aligned groups in the dimensions of adjustment concerning the Psycho-social variables of college students was seen.

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