

Effect of Yoga Nidra on Stress Parameters of Tribal Students

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Key words: *Yoga Nidra, Stress and Tribal etc.*

Abstract

The purpose of this study was to determine the effect of yoga Nidra on Stress parameters of tribal students. Sixty tribal students with age ranging between 17 to 22 years were randomly selected as subject of study. The Experimental group – A participated in Yoga Nidra practice whereas control group (Group B) did participate in yoga programmes. The training was conducted for a period of twelve weeks, five days a week. To find out the significance of the difference between pre and post-test—means- the experiment group and control group, t test was applied. The result of the study revealed that significant improvement was found in stress parameter between the subjects belonging to experimental group and that of control group. Experimental group was better than the control group.

Introduction

Yoga Nidra is a systematic method of inducing complete physical, mental and emotional relaxation. The term yoga Nidra is derived from two Sanskrit, words, yoga meaning union or one pointed awareness, and nidra which mean sleep. During the practice of yoga nidra, one appears to be asleep, but the consciousness is functioning at a deeper level of awareness. For this reason, yoganidra is often referred to as psychic sleep or deep relaxation with inner awareness. In this threshold state between sleep and wakefulness, contact with the subconscious and unconscious dimensions of the state, occurs spontaneously. In Yoga Nidra Relaxation it is reached by turning inwards, away from outer experiences occurring spontaneously. In yoga Nidra, the state of relaxation is reached by turning inwards, away from outer experiences. If the consciousness can be separated from external

awareness and from sleep, it become very powerful and can be applied in many ways, for example, to develop the memory, increase knowledge and creativity, to transform one's nature. In the present study, an attempt was made to investigate the effect of yoga nidra on stress and social adjustment of tribal students.

Objective of the study

To study the effect of yoga Nidra on stress parameter of tribal students.

Methodology

Subjects: Thirty tribal students with age ranging between 17to 22 year were randomly selected as subject from B.Sc. &B.Com.student of Ch. Charan Singh University, Meerut. Thirty Subject (N=30) were selected for experimental group and thirty (N=30) acted as control group.

Experimental Treatments

The Experimental group – A participated in yoga Nidra and the control group (Group –B) did not participate in practice of yogic programmes. The training was conducted for a period of twelve weeks, five days a week. The scholar explains and demonstrated the yoga Nidra experimental group A, all the subjects of the experimental groups participated in training programmes.

The details of the training programme are: Five days a week training session.Each session of training was 20 to 40 minutes duration.Total training programmes was for twelve week.

Criterion Measures

This Miller and Allen stress inventory contains twenty five questions to be answered with two alternatives choice i.e. 'yes' and no the inventory provides information on a variety of stress indicator and in his report would logical validity obviously the examiner who marks 'yes' by many items would be viewed as having a high level of stress. A low stress individual would respond "No" to most of the items. It would be unusual for an individual to mark "No" by all items since everyone function with a certain level of stress, for information on other aspects of this inventory, including reliability validity and scoring refer to the original source.Scoring: The total index score is the sum of the points for the 10 items in for

Statistical procedures

To determine the effect of yoga Nidra on stress parameter of tribal student of Ch. Charan Singh University Meerut test was applied.

Results

The 't' test was applied to find out the significance of difference between the pre-test and post-test means of the selected variables. The level of significance was chosen to test the hypothesis was 0.05.

TABLE-1

MEAN AND STANDARD DEVIATION OF STRESS PARAMETERS

GROUP	TEST	MEAN	S>D	T'
Experimental group	Pre-test	34.74	3.83	6.25
	Post-test	30.36	3.23	
Control group	Pre-test	35.16	5.71	0.817
	Post-test	36.00	5.72	

Tab. (29)(0.05) $t' = 2.00$ level of significance at 0.05.

Table 1 indicates the mean and standard deviation of experimental group and control group on stress parameter, significant difference was found between the mean score of experimental group (pre and posttest) in relation to impact of yoga Nidra practice on stress of tribal students, as the 't' – value was found 6.25 which was higher value than the required value at 0.05 level of significance. It is evident from table-1 that insignificant difference was found between the mean scores of control group (pre and posttest) in relation to impact of yoga nidra practice on stress of tribal student as the 't' value was found 0.817 which was lower value than the required value at 0.05 level of significance.

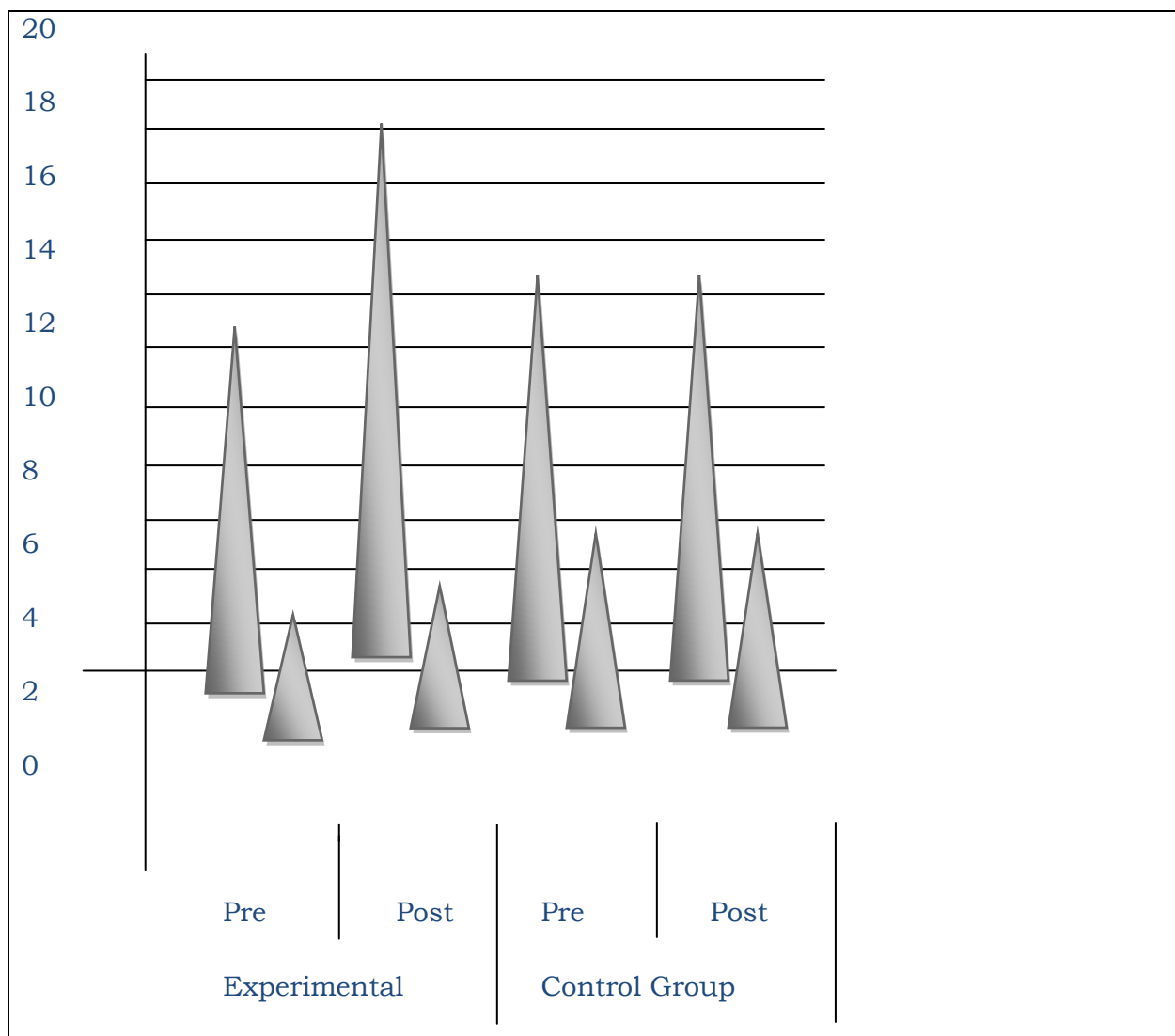


Figure 1:- Comparison of the means and standard deviation on stress of the control group and experimental group.

Conclusion

On the basis of result obtained it is concluded that there was a significance improvement in the experimental group of stress parameter after the twelve weeks of yoga-nidra practice on the tribal students. Secondly, insignificance difference was found on the control group after the twelve weeks of yoga Nidra practice.

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