



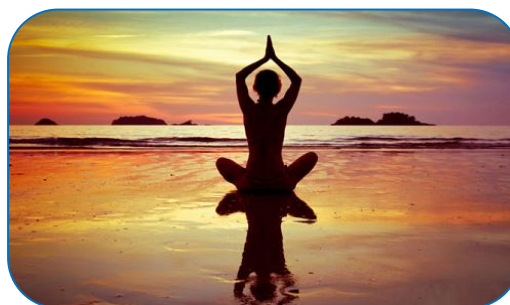
## A BRIEF STUDY ON THE IMPACT OF RAJ YOGA ON MANAGING THE STRESS LEVEL AMONG STUDENTS

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### ABSTRACT :

*The As indicated by the World Health Organization, stress is a huge issue of our times and influences both physical just as the emotional well-being of individuals. Stress is characterized as a circumstance where the life form's homeostasis is undermined or the living being sees what is going on as compromising. Stress survival strategies are the mental, social and mental endeavors to manage stress. In any case, a few analysts guarantee profoundly useful outcomes from Yoga practice in reducing stress and its belongings. The practices prescribed reach from exceptional to direct to loosened up asana arrangements, alongside pranayama and contemplation. In this multitude of ways to deal with managing stress, one normal component sticks out: The cycle is pretty much as significant as the movement embraced. Since it encourages mindfulness, Yoga is a promising methodology for managing the stress reaction. The fundamental target of the review is to assess the viability of RajYoga contemplation on stress control among understudies. The viability of Raj yoga reflection on stress management was assessed utilizing three scale for example stress scale, nervousness scale and disappointment scale. It was a blended technique and cross-sectional review. The review was led on 60 students who were supposed to feel stressed because of feverish review plan for example scholastic execution, actual wellness necessities combined with situation and choice. The members for study were blended of designing and expressions streams including male and female students. The consequences of this study showed that rehearsing raj yoga contemplation favorably affects stress, nervousness and dissatisfaction control among test gathering's members.*



**KEYWORDS :** Raj Yoga Meditation, Stress, Stress management students.

### INTRODUCTION :

Stress is your body's approach to reacting to any sort of interest or danger. At the point when you sense risk whether it's genuine or envisioned the body's safeguards get going in a quick, programmed process known as the "instinctive" response or the "stress reaction." It is widely known that stress can have genuine wellbeing results. On the off chance that ignored could result to scope of medical issues, including helpless school execution, sleep deprivation, social disengagement, debilitated resistant framework, food particularity, corpulence and so forth Understudies figure out how to disguise the stresses. Their purposeful assumptions to satisfy the guidelines set by their parental figures, schools, and society might cause them tension. Understudies are great at concealing their distress and enthusiastic stress from their folks, sincethey don't need their folks to stress for them.

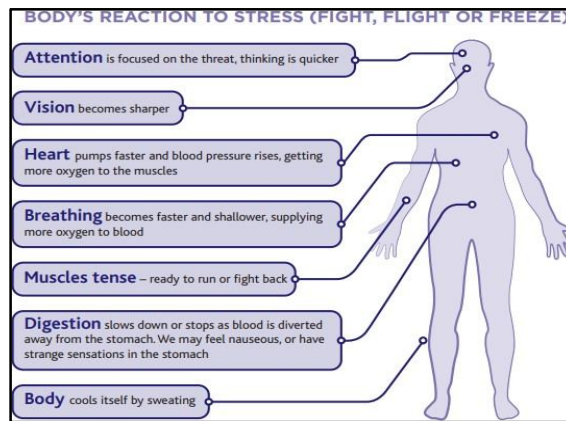


Fig-1. Body's Reaction to Stress

**Negative Effects of Stress**

Stress Affects us in Different ways: These are few listed here	
<b>How we feel</b>	On the edge or wound up, Impatient, Irritable, or aggressive Sad or worried, Lonely or isolated, Confused, trapped or helpless
<b>How we Act</b>	Irritably and Angry, Eating Too much or too little, Smoking or drinking alcohol more than usual, Restless like I can't still, Difficulty in Sleeping
<b>In the Body</b>	Tiredness, Tense, Headache Body pain, Indigestion or heartburn, Feeling Sick
<b>How we Think</b>	Racing Thought like you can't switch off, Worrying, Difficulty in concentration Difficulty in making decision, Feeling distracted

**STRESSMANAGEMENT**

Stress can be managed in two ways as shown in the below table:

Addressed -Effect of Stress	Addressed -Cause of Stress
<ol style="list-style-type: none"> <li>1. Relaxation mindfulness and controlled breathing</li> <li>2. Progressive muscular relaxation</li> <li>3. Audio relaxation exercises</li> <li>4. Get Active/ Remain active</li> <li>5. Consider the effects of excessive alcohol, drugs and smoking</li> <li>6. Take some time out for self</li> <li>7. Build up your support network both at work place (ship) and home</li> </ol>	<ol style="list-style-type: none"> <li>1. Identify what is contributing the stress</li> <li>2. Manage your time as well as you can</li> <li>3. Address the problem</li> </ol>

**STRESS MANAGEMENT AND RAJ YOGA MEDITATION**

We know about word "Yoga" which just signifies "Association" or "correspondence". Raja Yoga is correspondence between oneself and the Higher Being (God). "Raja" signifies "Preeminent", "Ruler" or "Expert". Raja Yoga is the lord of all yoga in light of the fact that through it one can become sovereign. Raja Yoga contemplation is a type of reflection that is available to individuals of every back ground. Raj Yoga isn't actual exercise; rather it is a simple mental exercise. Raja Yoga rises above the brain past the body and makes enduring tranquil encounters. Raja Yoga contemplation is an otherworldly interaction for assisting you with understanding yourself better and controls the body utilizing the force of the mind. It stirs your positive characteristics that are covered profound inside. In this manner, it takes into consideration upgraded execution and shows the significance of contemplation and quietness. The normal practice brings about great wellbeing, satisfaction and success throughout everyday life. This current contextual investigation centers around the advantageous impacts of Raja Yoga Meditation on stress management

components. Customary act of Meditation upgrades the mental limits like better fixation, memory and concentration. Contemplation practice is valuable to foster the positive connections conquering the negative inclinations.

### THE RAJA YOGA MEDITATION TECHNIQUE

#### This reflection is polished in four phases

- Commencement: Comfortable, tranquil, sitting stance with eyes open, loosening up the body and psyche.
- Reflection: An associated series of unadulterated and positive contemplations that delivers the fuel for inward excursion of the spirit.
- Fixation: In this stage, world contemplations stop without trouble, as the psyche becomes captivated with its own existence and the presence of Supreme Being becomes apparent.
- Acknowledgment: Realization of harmony and satisfaction of psyche, experienced as euphoria.

Raj yoga Meditation educates to be right now and spotlight on each thing in turn. Zeroing in on each thing in turn increases the value of the work and permits you to get the ideal outcome. On the off chance that Raj yoga Meditation is polished from an exceptionally youthful age, it helps in improving the brain power and assists with dominating in numerous areas like investigations, sports, extra-curricular exercises, and so on as it works on the self-assurance. Everybody needs to dispose of from stress Raj yoga associates with the psyche and lift condition of serenity. Yogic procedures have been tracked down successful in management of tension. Raj yoga contemplation is accepted to blend otherworldly, mental and actual energy, consequently expanding internal solidarity to lead a without stress life.

### STUDY METHODOLOGY TOOL

The following three standardized tests were used in the Present-study.

**STRESS SCALE-** The Scale comprises of 40 things, every things of the scale has three responses (Multiple Choice) reviewed on two-point scale on the positive aspect and a no point on the negative aspect. Test re-test dependability is viewed as 82 higher score shows high stress. There is no time limit for the test, yet customarily inspect take as around 30 minutes in contending entire stock.

**ANXIETY SCALE-** There scale had 100 'Yes' - 'No' sort of things in the scale, split half unwavering quality of the test was accounted for to be 93 and test-retest dependability was accounted for to be 91, in the manual. The connection was viewed as '73' and '71'. There was no time limit for the test. Yet, customarily analyze takes around 20 to 25 minutes in finishing entire stock. Higher score demonstrates undeniable degree of Anxiety.

**FRUSTATION TEST-** The scale comprises of 40 things. The accompanying four methods of disappointment were considered and every mode has 10 things :(1) Regression (2) Fixation (3) Resignation (4) Aggression. Everything has six responses (Multiple decision) evaluated on five-point scale on the positive aspect and a no point on the negative aspect. Higher score demonstrates high disappointment.

### MATERIAL and METHODS

A review was led and sixty members were chosen through a self-revealed stress survey .Subjects were then similarly partitioned into two gatherings .Experimental gathering was shaped from volunteers who communicated their readiness to learn and rehearse Raj yoga (n=30) and 30 subjects who announced stress yet not didn't rehearse any sort of reflection (n=30) filled in as the benchmark group for this review. The segment subtleties have been displayed in [Graph-1]. Every one of the 30 volunteers rehearsed Guided

contemplation directed by the relating creator, aside from directed reflection practice, volunteer attempted self-contemplation rehearses in their inn lodge also.

**RESULT**

Mean stress scores of analysis bunch were fundamentally higher ( $p < 0.001$ ) in meditators when contrasted with those in non-meditators (control bunch). The quantity of meditators experienced loose, light, sans stress status was fundamentally higher ( $p < 0.05$ ) in examination with non-meditators. Meditators scored fundamentally higher on self-stress scores ( $p < 0.001$ ) when contrasted with non-meditators. There was no relationship among's age and scholastic long periods of members and their past contemplation practice with stress score. During the fourth seven day stretch of study, understudies' nervousness and stress scores diminished while their complete reflection scores expanded.

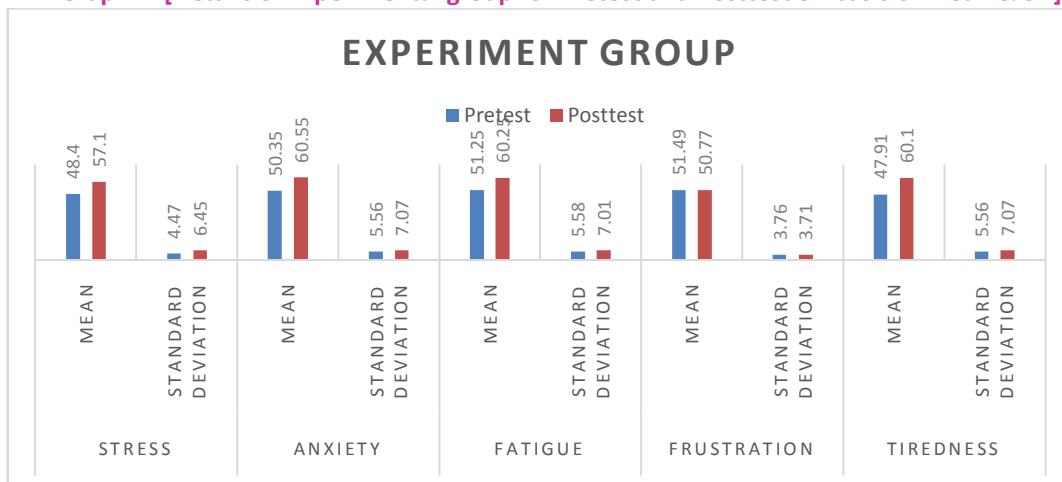
**VARIABLES RESPONSIBLE FOR STRESS MANAGEMENT DURING RESEARCH: -**

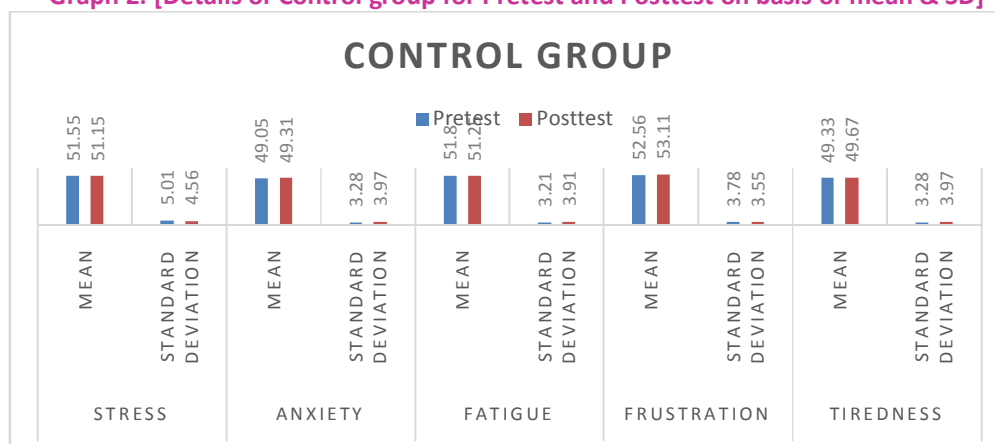
1. Stress
2. Anxiety
3. Fatigue
4. Frustration
5. Tiredness

**DESCRIPTIVE STATS OF STRESS SCORES& PSYCHOLOGICAL WELL-BEING SCORES DIVIDED BY PRETEST AND POSTTEST: -**

Component	Index	Experimental		Control	
		Pretest	Posttest	Pretest	Posttest
Stress	Mean	48.40	57.10	51.55	51.15
	Standard Deviation	4.47	6.45	5.01	4.56
Anxiety	Mean	50.35	60.55	49.05	49.31
	Standard Deviation	5.56	7.07	3.28	3.97
Fatigue	Mean	51.25	60.25	51.80	51.25
	Standard Deviation	5.58	7.01	3.21	3.91
Frustration	Mean	51.49	50.77	52.56	53.11
	Standard Deviation	3.76	3.71	3.78	3.55
Tiredness	Mean	47.91	60.10	49.33	49.67
	Standard Deviation	5.56	7.07	3.28	3.97

**Graph 1: [Details of Experimental group for Pretest and Posttest on basis of mean & SD]**



**Graph 2: [Details of Control group for Pretest and Posttest on basis of mean & SD]**

Seventeen (85%) of the 30 students who volunteered to participate in Raj yoga meditation were retained for the duration of the study. The mean age of the participants was 20.7 years, with a range of 18 to 24 years. Thirteen participants were female (6%). The majority were first-year (35%). The majority of participants reported some level of previous yoga experience morning PT (99%) and meditation experience (1%). Nautical students & marine Engineering students were well matched 50%. 50% in both control group as well as experimental group, with control group reporting higher levels of stress and anxiety at baseline both pre and post intervention.

## DISCUSSION

The goal of our review was to assess the viability of a one month's Raj yoga contemplation intercession on understudies stress. Students self-saw/self-detailed stress score was high in the start of the review, roughly 33% of the understudies revealed an undeniable degree of stress and uneasiness. Subsequent to rehearsing the Raj yoga contemplation for one month's posttest understudies self-saw/self-detailed stress level fundamentally talked positive on rehearsing the reflection routinely before the month's over's thoughtful practice, not a single one of them revealed high stress or nervousness. The post-intercession poll was directed during fourth week (end of one month) of Raj yoga contemplation practice, after directed reflection practice had finished. The information was gathered and broke down utilizing clear and inferential measurements. Pre-test level of stress among recruits/understudies uncovers that 3(5%) had gentle stress, 51(85%) had moderate stress and 6(10%) had serious stress with a normal mean of  $39.02 \pm 3.77$ . Post-test level of stress among Cadets/oceanic understudies uncovers that 3(5%) had least stress, 56(93.3) had gentle stress and 1(1.7%) had moderate stress with a normal mean of  $19.88 \pm 2.98$ . Pre-test and post-test mean were measurably tried by utilizing combined t-test, result uncovers that t esteem ( $t=34.79$ ) and p esteem ( $p=0.000$ ) which was profoundly huge at 0.01 degree of importance.

## CONCLUSION

In our calculated investigation of analyzing the adequacy of raj yoga reflection, both designing and expressions understudies from exploratory gathering showed a decrease in stress and nervousness levels subsequent to finishing one month of directed and self-contemplation practice. These outcomes propose that taking on a propensity for contemplation practice for just ten minutes on consistent schedule might diminish stress and tension in understudies. The discoveries of the current review infer that understudies experience stress because of different reasons which influences their scholastic exhibition and cooperation in co-curricular exercises during their expert review program. The review infers that alongside morning actual activities, yoga practices Raj yoga reflection practice was viewed as successful in lessening the stress level among recruits. It is vital to accentuate on stress strategy for dealing with especially difficult times to

assist understudies with dealing with their stress that they may experience during their own life and expert life. Raj yoga Meditation is an exceptionally engaging method for bettering oversee manifestations of melancholy and uneasiness. Raj yoga Meditation practice might fill in as a successful mediation in controlling uneasiness and sorrow among professional students.

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