

Effectiveness of Yoga Exercise Program on Anxiety and Stress in Covid-19 Pandemic among Teacher Trainees

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The COVID-19 crisis that has dramatically changed the ways we work and live has also changed the way we exercise and stay fit. An anxiety and stress can manifest many health problems such as high blood pressure, muscle tension, breathing issues, etc. Stress is the element that affects our nervous system causing the health issues and in such situations, yoga can help us to stay healthy. An attempt is being made to find the effectiveness of Yoga Exercise program on anxiety and stress in covid-19 pandemic among teacher trainees. The objective of the research to assess the existing status regarding the Stress and Anxiety among Teacher Trainees (B.Ed.) also to develop Yoga exercise program and find its effectiveness on anxiety and stress in covid-19 pandemic among teacher trainees(B.Ed.). Multi-method research was adopted, by using survey method, researcher assess the existing status regarding the Stress and Anxiety of 200 Teacher Trainees (B.Ed.) Standardize Questionnaire DASS-21 (Depression Anxiety Stress Scale-21) was used. Program based on Yoga Exercise was developed by Researcher. Developed Yoga program implemented on 50 Teacher trainees of Dr. M. A. Khan College of Education (B.Ed.), Manchar, Pune Researcher used Quasi Experimental method with non-equivalent control group design and conducted posttest. Data analyzed using t test after normality test were conducting using SPSS program.so study concluded that researcher developed Yoga exercise program is useful to reduce the Stress and Anxiety among Teacher Trainees in covid-19 pandemic very easily.

Key Words: Yoga Exercise Program, Anxiety, Stress, Covid-19 Pandemic.

INTRODUCTION

The COVID-19 crisis that has dramatically changed the ways we work and live has also changed the way we exercise and stay fit. As gyms remain closed, open spaces and parks remain restricted, people are resorting to home workouts. Runners and cyclists are looking for indoor exercise options to burn calories and stay agile. A natural corollary has been a surge in demand for home workout equipment and accessories such as treadmills, exercise bikes, resistance bands, skipping ropes, dumbbells along with fitness apps and online fitness programmes.

As a form of exercise that can be easily practised even in a small enclosed space, yoga has found new converts during the pandemic. However, virtual yoga has now become viable for many people as they stay

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at home. Yoga apps and online yoga lessons are witnessing surging popularity. Yoga, is a word that became popular across the world in the last few years. Yoga is not only beneficial for the body but also for the mind. It helps to improve blood flow and helps in building mind clarity. For ages, yoga was known to be beneficial for our physical & mental health. It not only help us to stay calm but also help us to lose weight.

(<https://www.biospectrumindia.com/59/18960/importance-of-yoga-amidst-covid-19>)

During this pandemic, when we are all bound to live a restricted life under the constant fear of infection risks, it is natural for anyone to develop anxiety. The continuous flow of negative news, the inadequacy of daily resources, everything is adding to this growing anxiety and depression. Being confined at home for such long periods of time, can be mentally challenging for us. When our mind is flooded with the uncertainty of the future, we often experience sleepless nights causing fatigue. Many of us are unable to relax our mind during this time thereby increasing the stress on our minds. During this time, it is important to understand that mental health is very important for survival.

Continuous anxiety or stress can manifest many health conditions such as high blood pressure, muscle tension, breathing issues, etc. Stress is the element that triggers our sympathetic nervous system causing all these health issues and in such situations, yoga can help us to stay calm. The posture and asanas of yoga help us to reduce muscle tension, joint issues and relax our sympathetic system, resulting in a relaxed mind. There are a lot of yoga poses which help us to manage our blood pressure level and anxiety. Yoga also teaches us to regulate our breath, which can make a person feel relaxed and at peace.

To live through this lockdown & pandemic period, yoga is the best thing to adopt as a lifestyle habit. It helps us build a strong physical, mental and spiritual health system. When combined with breathing and meditation, it acts as the best element to take care of our mind, body and soul. There are different forms of yoga that can help us to stay physically strong and mentally balanced. It could also be something you can motivate others in your family & social circle to do, as it could help them get through these times easily & healthily. (<https://sarvodayahospital.com/blog/importance-of-yoga-during-pandemic>)

OBJECTIVE OF THE STUDY:-

1. To assess the existing status regarding the Stress and Anxiety among Teacher Trainees (B.Ed.)
2. To develop Yoga Exercise program for Teacher Trainees (B.Ed.)

3. To find out the effectiveness of Yoga Exercise program on Stress and Anxiety among Teacher Trainees (B.Ed.).

HYPOTHESIS:-

1. There is a significant difference between the mean scores of stress of Experimental and Control Group on the posttest.
2. There is a significant difference between the mean scores of Anxiety of Experimental and Control Group on the posttest.

NULL HYPOTHESIS

H01: There is no significant difference between the mean scores of stress of Experimental and Control Group on the posttest.

H02: There is no significant difference between the mean scores of Anxiety of Experimental and Control Group on the posttest.

ASSUMPTION

1. Yoga has an effective role in reducing stress, anxiety, and depression. (M.Shohani & G.Badfar, 2018)

SCOPE, LIMITATION AND DELIMITATION

SCOPE: -

1. The research is conducted in Maharashtra State.
2. This study is related to Teacher trainees (B.Ed.) in Maharashtra

LIMITATION:

1. The attitude, interest and fatigue of Teacher Trainees are beyond the control of researcher.
2. The Teacher Trainees who were present at the time of data collection are included in the study.

DELIMITATIONS

1. This survey is delimited to the Teacher trainees (B.Ed.) of Savitribai Phule Pune University.

2. Only two Teacher training (B.Ed.) colleges from Savitribai Phule Pune University are included in the Experiment.
3. This experiment is delimited to the 98 Students of B.Ed. College.
4. The research study includes Marathi and English Medium College.
5. This study is delimited to the use of Yoga Exercise program.

PLAN AND PROCEDURE OF STUDY:-

The present study is based on Applied Research and Multi method was used. This study is a Quasi-Experimental Design. In survey research 200 students selected as a sample, sample selected as purposive sample method, Standardize Questionnaire DASS-21 (Depression Anxiety Stress Scale-21) was used. Program based on Yoga Exercise was developed by Researcher. Developed Yoga program implemented on 98 Teacher trainees of Dr. M. A. Khan College of Education Manchar, Pune (Experimental Group) and Motiwala college of Education, Nashik (Control Group). Researcher used nonequivalent pretest-posttest control group design for Experiment.

DATA ANALYSIS:-

In the present study survey study data analyzed using mean after normality test were conducting using SPSS program. For the experimental study descriptive and inferential analysis used. Mean, media and mode, Standard deviation calculated. T-test' used to determine the difference between pretest and posttest scores in Stress and Anxiety of experimental group.

HYPOTHESIS TESTING:-

H01: There is no significant difference between the mean scores of stress of Experimental and Control Group on the posttest.

Table No: 01

Paired T test for posttest of Experimental and control group of Stress

Group	N	Mean	S.D.	correlation	Paired T-value(p value)	Decision
Control	48	7.9	4.6	0.7	9.54	Significant
Experimental	50	5.8	4.0		(0.0001)	

S.D= Standard Deviation

Observations:

The result of the experiment shows the t value of Experimental group is 9.54 also $P = 0.0001 < \alpha = 0.05$, therefore null hypothesis is rejected at 0.5 level. It reflects that there were a significant difference between the Stress of Experimental and Control Group on the posttest after the implementation of the Yoga Exercise Program. After implementation of the Yoga Exercise Program it reduce the stress of Experimental Group.

H02: There is no significant difference between the mean scores of Anxiety of Experimental and Control Group on the posttest.

Table No: 02

Two sample T test for posttest of Experimental and control group of Anxiety

Group	N	Mean	S.D.	correlation	Paired T-value	Decision
Control	48	5.6	4.8	0.7	10.46	Significant
Experimental	50	4.0	4.1		(0.0001)	

S.D= Standard Deviation

FINDINGS:

The result of the experiment shows the t value of Experimental group is 10.46, also $P = 0.0001 < \alpha = 0.05$ therefore null hypothesis is rejected at 0.5 level. It reflects that there were a significant difference between the Anxiety of Experimental and Control Group on the posttest after the implementation of the Yoga Exercise Program. After implementation of the Yoga Exercise Program it reduce the Anxiety of Experimental Group.

MAJOR FINDINGS:

From objective: 1

Most of the Teacher Trainees were high Stress and Anxiety during covid-19 Pandemic.

From objective: 2

Researcher made Yoga Exercise Program were useful and positive responses given by the Teacher Trainees.

From objective: 3

1. There is a significant difference between the mean scores of Stress of Experimental and Control Group on the post test.
2. There is a significant difference between the mean scores of Anxiety of Experimental and Control Group on the post test.

DISCUSSION ON FINDINGS:

The present research study was conducted by using the Multi Research Methods such as; Survey Method, Product Development Method and Experimental Method. The survey Method was conducted to assess the existing condition regarding stress and Anxiety of Teacher Trainees. The findings regarding the Survey reflected that Stress and Anxiety of teacher trainees was high during Covid-19 pandemic. So Yoga Exercise program made by researcher.

The objective number three of the present research study was to find out the effectiveness of the Yoga Exercise Program on Stress and Anxiety of Teacher Trainees. For fulfill this objective Experimental Method was followed. This objective was assessed by Standardize Questionnaire DASS-21 (Depression Anxiety Stress Scale-21) was used. Program based on Yoga Exercise was developed by Researcher.

Developed Yoga program implemented on 50 Teacher trainees. The test was administered on Experimental and Control Group. The finding indicates that the Test of Stress and Anxiety of Experimental Group was reduced than Control Group because of the implemented Yoga Exercise Program. The developed Program was effective. Similar finding regarding the effect of strategies were found in the research of Shohani M, Badfar G, Nashircandy M, Kaikhavani S, Rahamati S, Modmeli Y, et al. (2018) was conducted to investigate the effects of yoga on stress, anxiety, and depression in women living in Ilam, Iran. It found that Yoga has an effective role in reducing stress, anxiety, and depression. Also Sahni P, Singh K, Sharma N, Garg R, et al. (2021) was Conducted Yoga an effective strategy for self-management of stress-related problems and wellbeing during COVID19 lockdown: A cross-sectional study and it was also found that yoga practitioners had lower depression, lower stress, lower anxiety, higher wellbeing, and higher peace of mind than the other spiritual practitioners and non-practitioner group.

CONCLUSION:

Yoga Exercise program were reduced the Stress and Anxiety of Teacher Trainees during covid-19 Pandemic.

CONTRIBUTION OF THE STUDY TO THE FIELD OF EDUCATION:

The present study is helpful to the Teacher -

1. to understand the theoretical and practical aspects of the Yoga Exercise
2. to acquaint with various benefits of Yoga, meditation in Covid-19 Pandemic situation.
3. to plan their teaching by including Yoga training sessions..

The present study is helpful to the students -

1. to get an idea about Yoga and Meditation Exercise.
2. to learn the things with group or peers about Yoga in day to day life.
3. to do daily Yoga Practices for healthy life.

The present study is helpful to the Researchers -

1. to acquaint with research methodological aspects of the present study..
2. to get the base for their research problem.
3. to select research design, development of tools, development of product, data analysis etc.

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