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COMBINED EFFECT OF SELECTED YOGASANAS AND NUTRITIONAL SUPPLEMENTATION ON STRESS MANAGEMENT OF ARTS AND SCIENCE COLLEGE STUDENT

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ABSTRACT

The purpose of the present study was to find out the combined effect of selected yogasana practices and nutritional supplementation on stress management of the arts & science college students. The study was conducted on 50 arts & science college students. Two groups, namely, control and experimental, consisting of 25 students underwent twelve weeks practice in selected yogasana practices and nutritional supplementation whereas the control group did not undergo any type of training. The stress level was measured before and after the experimentation using the Stressful Life Event Questionnaire. The data were analyzed by 't' ratio and it was concluded that the selected yogasana practices and nutritional supplementation had significant ($P < 0.05$) effect on the stress level.

KEYWORDS: Yogasanas, Nutritional Supplimentation, Stress Management.

INTRODUCTION

Stress is an internal state of which can be caused by physical demands on the body or by environment and social situations which are evaluated as potentially harmful uncontrollable or exceeding our resources for coping.

Stress: In a medical or biological context stress is a physical, mental, or emotional factor that causes bodily or mental tension. Stresses can be external from the environment, psychological, or social situations or internal illness, or from a medical procedure. Stress can initiate the "fight or flight" response, a complex reaction of neurologic and endocrinology systems.

In psychology, stress is a feeling of strain and pressure. Small amounts of stress may be desired, beneficial, and even healthy. Positive stress helps improve athletic performance. It also plays a factor in motivation, adaptation, and reaction to the environment. Excessive amounts of stress, however, may lead to bodily harm. Stress can increase the risk of strokes, heart attacks, ulcers, dwarfism, and mental illnesses such as depression.

Yoga is an ancient discipline for the body and mind, the aim of which is to bring realization of the self. Yogic postures have a special effect on the body, on the skeleton, on the muscles, and on the internal organs. The yogasanas like Shashankasana, Yogamuthra, Ardha Matsyendrasana, and Paschimothanasana, are the special asanas for regulating the hormones of the adrenal glands as recommended by Swami Satyananda Saraswati (1999).

The following nutritional supplementation, as recommended by American Dietetic Association for

easing the effects of stress.

FOOD	EFFECT
Half a Chocolate bar or a small amount of sweets	The sweet stuff's sugar content can raise endorphin levels, and A compound called anandamide is believed to boost your mood
Popcorn or Whole – Grain crackers	Because they enhance the release of the feel-good brain chemical serotonin, this starchy carbohydrate – rich foods can induce a sense of calm and may help relieve depression.
Up to a cup of mashed potatoes or low-fat pudding	These high starchy foods may help boost soothing serotonin,
A cup of milk	Its calcium, magnesium and potassium content may help keep blood pressure down, and drinking milk, especially warmed, has a relaxing effect.
100 grams of salmon, half a can sardines	The omega- 3 fatty acids help reduce the risk of depression and irritability over the long term by increasing serotonin levels.
A cup of cereal	Eating cereal gives you more sustained energy and clearer thinking during the day, and research suggests that daily bowl is associated with lower levels of the stress hormones cortisol

The purpose of the present study was to find out the combined effect of selected yogasana practices and nutritional supplementation on stress management of the arts & science college Students.

METHODOLOGY

To achieve these purpose 50 arts & science college students were selected for this study from Chennai city. They were from the age group of 17 to 20 years. They were divided into control and experimental groups each consisting of 25 subjects.

The experimental group was exposed to selected yogasana practices namely the asana practices, which consisted of Padmasana, Vajrasana, Paschimothanasana, Shashankasana, Yogamuthra, Ardha Matsyendrasana, Udhanpadhasthasana, Bhujangasana, Makarasana, Savasana and prescribed nutritional supplementation were also included in their regular food. The training was given for a period of 12 weeks. The control group was not exposed to any type of experimental; treatment. Before and after training the pre and post tests were conducted by using Stressful Life Evens Questionnaire (Latha. Sathish, 1997) It consists of 52 items which measure stress level and the control index shows the level control in stressful situations.

STRESS CONTROL INDEX

0 to 51	Complete control
52 to 105	Moderate Control
106 to 156	No control

Table I: Mean, Standard Deviation, Mean Difference, and 't' ratio on the Stress level of Engineering students.

Variable	Group	Mean		Standard Deviation		Mean Difference	t - ratio
		Pre	Post	Pre	Post		
Stress Control Index	Control	113.63	112.95	2.09	2.09	0.68	1.66
	Experimental	113.26	103.47	2.02	1.61	9.79	12.56*

TABLE - $t = (19) (0.05) = 2.093$

RESULTS:

The mean of the selected variables were tested for significance using dependent 't' test and the results are presented in Table I.

The obtained 't' value (12.56) of the experimental group in Stress Control Index was significantly ($p < 0.05$) higher than the required 't' value (2.093) and no significant ($p < 0.05$) difference for the control group in stress control index.

CONCLUSION

Based on the results of the present study, it was concluded that the selected yogasana practices and nutritional supplementation had significant ($P < 0.05$) effect on the stress control index. The practice of yogasana with recommended nutritional supplementation will control the stress.

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