

“A COMPARATIVE STUDY BETWEEN YOGA AND NON-YOGA STUDENTS ON THE
LEVEL OF ANXIETY AND PRO-SOCIAL BEHAVIOUR”

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ABSTRACT

The purpose of the present research work is to see the effect of yoga practice on the level of anxiety and pro-social behaviour. A comparative study of the level of anxiety and pro-social behaviour has been done on people who practice yoga and do not practice yoga. 60 samples have been taken in this study, in which 30 students are practicing yoga, and 30 students are not practicing yoga, all these students studying in Pt. Ravishankar Shukla University, whose age is 18 to 20 years. Sinha Comprehensive Anxiety Scale and altruism Scale developed by Dr. S. N. Rai and Dr. Samvat Singh has been used in this research. In this research work t-test statistical method was used. In which the hypothesis made was proved at 0.01 level of significance. The result of the present study found that there is a significant difference in the level of anxiety and pro-social behaviour of students who practice yoga and those who do not practice yoga this indicates that yoga practice has a significant effect on the level of anxiety and pro-social behaviour.

Keywords: yoga-practice, anxiety, prosocial behaviour

INTRODUCTION

Man is a social animal from the time he is born he becomes an integral part of the society. one takes birth in this society and has to live in this society. Therefore, to live in the society, it is necessary that a person should lead a life of mutual cooperation and affinity with others.

In today's crowded world, we can see that as modernization has increases, it has led to the development of happiness and wealth, but along with this man has also had to face losses. With the development of modernity, competition has increased in life, people have started keeping only their profit paramount, there is a lack of feelings of intimacy, sensitivity, kindness, love etc.

in the mind of people. The peace of people's life has started decreasing, their life has become chaotic. The changing nature of the society has also affected our mental health through research it is known that stress, depression, anxiety, nervous disorders, mental retardation, fatigue etc. have increased in people. When a person is unable to achieve success in life, a sense of inferiority arises in him. He feels himself as incapable of doing any work. Due to which various psychological problems have arisen in him. People's life has become busy. It has also been seen that man has become so focused in himself that he has stopped seeing the sorrows of others, he doesn't care that much about the people he has harmed in order to get his benefits. People are not ready to help others. Due to their antisocial behaviour, such people are not adopted by the society; this condition is also the cause of mental diseases.

There has been a lack of morality in the people, due to which the incidents of violence, theft, terror, murder, dacoits and robbery have increased. Due to all these problems, the person is upset; he wants to get rid of these problems.

Anxiety, stress, depression and other mental problems also affect our physical health, due to this many psychosomatic problems like heart disease, high blood pressure, asthma, constipation, insomnia etc. are likely to occur. The changing life style has given rise to various diseases. To overcome these problems, people are trying to find different ways, how to get rid of all these problems.

Yoga has proved to be very helpful. Our physical health is better because of the activities that are done in yoga. The meditations, pranayama; mudras that are done in yoga have a positive effect on our mental health. Maharishi Patanjali has described Yama-Niyam under Yoga. By following these rules and regulations, ethics and sociality is developed in a human being, and mental peace is attained. Yoga is an ancient tradition through which mental and physical benefits are achieved. In the present time, a person wants to get rid of his mental problems by any means; it is possible to remove various problems through yoga.

The present study is related to the level of anxiety and altruism in people, how through yoga practice, the level of anxiety can be reduced and the antisocial behaviour of people can be increased. Its purpose is also to know whether yoga is helpful in increasing mental health or not. Various previous researches confirm that yoga practice is associated with psychological changes,

through which stress and health can be increased. Previous researches also provide evidence that yoga practices also increase pro-social behaviour as well.

REVIEW OF RELATED RESEARCH

Anxiety related research:

Nidhi Gupta et. al. (2006), conducted a study on “Effects of yoga based lifestyle intervention on state and trait anxiety” in their research work they included participants suffering from hypertension, coronary artery disease, diabetes mellitus, obesity, psychiatric disorders (depression, anxiety, stress) they participated in yogic practices for 10 days after the completion of practice sessions there anxiety level has been measured it showed significant reduction.

M. Javnbakht et. al. (2009), worked on the topic “Effects of yoga on depression and anxiety of women” and found out that participating in yoga classes for two-months can lead to reduction in anxiety of women. This study was carried on 65 participants whom which 34 were placed in experimental group and 31 participants were placed in control group participants of experimental group practiced yoga for 2 months.

Angela Gallagher, Daria Kring, Tracey Whitley (2020) conducted a study on the topic “effects of yoga on anxiety and depression for high risk mothers on hospital bedrest” in their study randomized controlled design has been used to see the effect of yoga practices on depression and anxiety of 79 high-risk expectant mothers. In result it is found that after 3 sessions there was significant effect of yoga practice in reducing anxiety and depression.

Research related to altruism

Mohan, Jitendra and their colleagues conducted a study in 1986 on altruism among adolescents and its relationship with their personality and values. In which altruism was found to have a significant correlation with age and social values.

Jean L. Kristeller and Thomas Johnson (2005), worked on the topic “cultivating loving kindness: a two-stage model of the effects of meditation on empathy, compassion and Altruism”, they explore the role of meditative practice in cultivating experiences of compassion, empathy and altruism.

Dacty, Cowell, Lee, and colleagues (2015) studied the relationship between religiosity and altruism on children from around the world. In their study, they found that children who had a

religious orientation predicted altruistic behaviour and were positively correlated with their virtuous orientation. Lynn E. Connor and his colleagues (2015), studied about Empathy, compassionate altruism and psychological well-being in contemplative practitioners across five traditions, their research was based on an online survey in which they compared 2409 yoga practitioners to 450 non yoga practitioners. In their study they found that yogic practices reduces depression, distress and neuroticism and increases cognitive empathy, resilience and altruism toward strangers.

Chirag Dagar, Ashish Pandey and Ajinkya Navare (2020), conducted study on the topic “how yoga-based practices build Altruistic Behaviour? Examining the role of subjective vitality, Self-transcendence, and psychological capital” in their research they found that yogabased practice enhances Altruistic behaviour by enhancing subjective vitality (SV), selftranscendence and psychological capital.

Research Objective:

1. To do a comparative study of altruism between two groups of yoga students and other students.
2. To do a comparative study of anxiety level between yoga students and other students.
3. To study the effect of yoga practice on altruism and anxiety.

Statement of Hypothesis:

- Hypothesis-1 “The anxiety level of students who practice yoga is less than that of students who do not practice yoga.
- Hypothesis-2 “The level of altruism of students who practice yoga is higher than that of students who do not practice yoga.

Statement of the problem:

“A comparative study between yoga and non-yoga students on the level of anxiety and prosocial behaviour”

Variables used in the study:

Dependent Variable -anxiety, pro-social behavior Independent Variable - Yoga-Exercise

Research Methodology:

Research Design: research design that has been used in the presented research is the ex-post facto design. The specialty of this design is that its variables can only be measured by the researcher; no change can be made in them.

Sampling technique: A total of 60 students have been taken in this research work, out of which 30 students are those who practice yoga and the remaining 30 students are those who do not practice yoga. Random sampling method has been used in the present research work.

Tool Used:

Two scales have been used in the present study; the Sinha comprehensive anxiety scale and the altruism scale have been used in the present study.

Description of anxiety Scale:

This test has been constructed by A. K. P. Sinha and L. N. K. Sinha. It has 90 items measuring different aspects of anxiety. The answer were taken by 'yes' or 'no' responses. The 'yes' response indicates the proneness for anxiety. The total score obtained in the scale may vary from 0 to 90. The test-retest reliability of the test is 0.85 and reliability coefficient is 0.92 and the validity is 0.62.

Description of altruism Scale:

Altruism Scale developed by Dr. S. N. Rai and Dr. Samvat Singh in the year 1998 to measure the level of altruism among school going students and college students. There are total thirty questions in this scale. Each question is related to the circumstances of the person's life. Each question has three possible answers.

Reliability: The reliability of the altruism scale has been determined by the test-retest method.

The reliability coefficient of this scale is 0.84 its reliability is 0.92 on the reliability index.

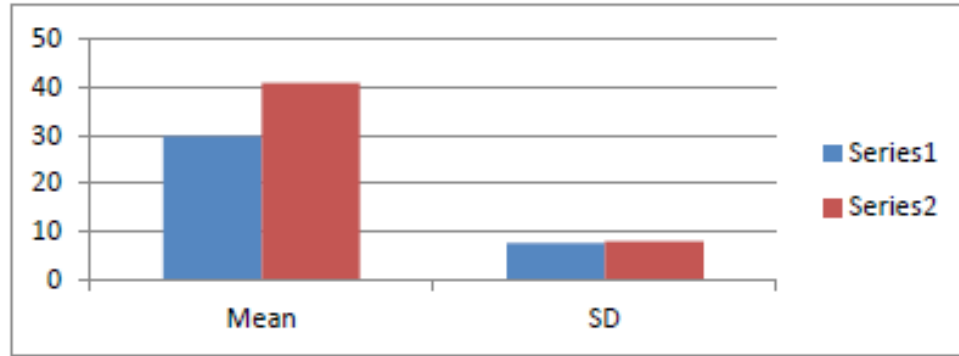
Validity: Content validity

RESULT

Hypothesis-1 the anxiety level of students who practice yoga is less than that of students who do not practice yoga.

Result Table: 1

Group	N	Mean	SD	df	t-value	level of significance
group-1	30	29.7	7.69	58	5.44	0.01
group-2	30	40.8	8.03			



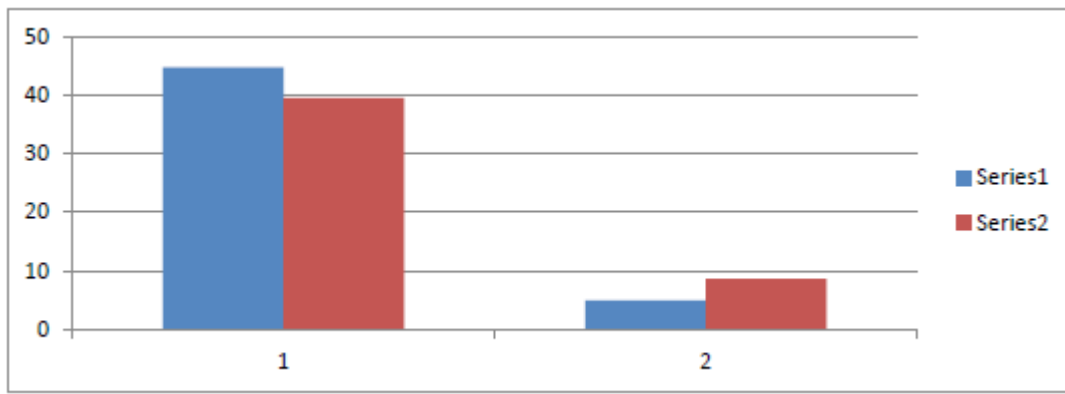
The directional hypothesis that has been constructed in this study is accepted at 0.01 level of significance, which means that the anxiety level of yoga-practicing students is lower than non-yoga practicing students.

Hypothesis-2

The level of altruism of people who practice yoga is higher than that of people who do not practice yoga.

Result Table: 2

group	N	Mean	SD	df	t-value	level of significance
group-1	30	44.7	4.95	58	2.89	0.01
group-2	30	39.5	8.60			



The second directional hypothesis made in this study is proved at 0.01 level of significance which means that the level of altruism of yoga-practicing students is higher than that of non-yoga students.

Interpretation of Result:

Hypothesis: 1) Yoga-practicing students have lower anxiety levels than students who do not practice yoga.

The directional hypothesis that was made in this study is proved significant at 0.01 level of significance, which means that there is a significant difference in the anxiety level of students who practice yoga and who do not practice yoga. The mean score of students who practiced yoga was lower than the mean of students who did not practice yoga, which means that students who practiced yoga had lower anxiety levels. The reason for this may be that the students who are students of yoga follow a regular routine; they have control over their food and drink. Yogic practices like asana, pranayama, meditation, mudras, etc. have been shown to have a positive effect on mental health. The mind gets peace by the practice of pranayama and meditation. These exercises not only have a positive effect on our physical health, but its effect has also been seen on our mental health. Asana (Shavasana, Shashankasana), Pranayama (Bhramari, Sheetal, Shitkari), Meditation (Nada Yoga, Yoga Nidra), Mudra, etc. bring mental and physical peace. There are many researches that show the positive effects of yoga practice on mental health, such as getting rid of stress, depression, nervous disorder, frustration, insomnia etc.

Carrington P. Venser et al. (2010) based on their research stated that the practice of Yoga Nidra is beneficial in all psychological diseases, whether long term or short term, mainly in anxiety, stress and neurological diseases.

Delmonte (2012) reviewed research on anxiety and found that people who regularly practiced meditation experienced a significant reduction in their anxiety levels.

Those who practice yoga regularly, their monthly health increases. Emotional maturity is found in such people. They are able to take decisions through discretion rather than going by circumstances. Consciousness develops through yoga. People's self-confidence increases, understanding develops. Therefore, yoga is helpful in removing anxiety, due to which the level of anxiety is found to be low in people who practice yoga regularly.

Hypothesis 2): Yoga-practicing students have a higher level of altruism than students who do not practice yoga.

The directional hypothesis that was made in this study is proved at 0.01 level of significance. Which means that the level of altruism of yoga-practicing students is higher than that of

non-yoga students. The reason for this is that those who practice yoga, they follow a certain routine, emotional maturity is found in them, Yama and Niyama are mentioned in yoga, moral values are fulfilled by the students of yoga as their duty. Yes, through yoga people develop morality, rationality, sensitivity, emotionality, spirituality and consciousness; kindness, compassion, affection, loves, sympathy develops in people. It is clear from various researches that mental health is developed through yoga and altruism is also found more in those who have good mental health.

Manorama Tyagi conducted a study whose objective was to see the effect of gender and intelligence on the altruistic attitude of boys and girls. 480 boys and 480 girls were taken for this study; their age level was 12 to 21 years. This study showed that girls have more altruistic behaviour than boys, and the feeling of altruism increases with the reading of intelligence. Altruism is less when there is low intelligence.

CONCLUSION

In the present study, it was seen that the level of anxiety in the students who practice yoga regularly is generally less than the students who do not do yoga and show more altruistic behaviour. Applying yogic thoughts and life-style is considered good for persons overall personality development and helpful for achieving the goal of holistic health.

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