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❧ CONTENTS OF ENGLISH PART - II ❧

Sr. No.	Name & Author Name	Page No.
13	Global Warming: Facts, Causes & Effects Sugam Chavan	85-87
14	An analysis of Role of Law in Environmental Protection Dr. M. A. Patil	88-92
15	E - Commerce in India: An Innovative and Revolutionary Business Perspective Maj. Dr. Ashok V. Giri	93-98
16	Effects of Yoga Practice on Stress and Psychological well-being in Working Women Vijaymala Virendra Chougule	99-103
17	Challenges of Rural Entrepreneurship in India Prof. Shahuraj Venkatrao Gaikwad	104-109
18	Knowledge Management Dr. S. R. Bakhale	110-114
19	A Study of Swabhiman Scheme of Financial Inclusion in India - A Case Study of Shivari Village, Pune District Ms. Swati Vinayak Joshi Dr. J. R. Lanjekar	115-122
20	Sustainable Development in India through (PACS) Prof. Awati Sujata Suresh	123-131
21	The Impact of Freedom Movement on the Non-Brahmin Movement in Belgaum District: A Critical Study Dr. Sikandar H. Shidlale	132-137
22	E - Banking Environment in India Prof. Dr. Mudekar Tejaswini B.	138-141
23	Students Participation in Field Visits and Quality Enhancement in Higher Education Dr. H. B. Mahantesh	142-148

16. Effects of Yoga Practice on Stress and Psychological well-being in Working Women

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Abstract

The present study aims to find out the effects of yoga practice on stress and psychological well-being in working women. 30 working women aged between 35- 45 years were selected from Jaysingpur city. Singh's stress scale and Ryff's psychological well-being scale were used to evaluate stress and psychological well-being levels before and after yoga practice. The data was analyzed by employing mean, SD and t ratio. Results revealed a regular practice of yoga in day to day life decrease stress level and increases feeling of well-being.

Key words: Stress, Psychological well-being and Yoga practice.

Introduction

Women are playing a vital role in the economic and social development of the nation. Women in India now participate fully in areas such as education, sports, politics, media, art and culture, service sectors, science and technology etc. Working women have a whole set of problems involving both family and professional lives. Women have to play their role as a wife, a mother and as earner. They have to manage their career while maintaining traditional roles. That means for working women it is two sets of overlapping responsibilities. So working women are under stress to maintain balance between home and workplace and this stress effects on her physical health and well-being.

Stress is a feeling of strain and pressure. Small amount of stress may be desired, beneficial and even healthy. Positive stress helps improve our performance. It also plays a factor in motivation, adaptation and reaction to the environment. Excessive amount of stress, however, may lead to bodily harm. Stress can increase the risk of strokes, heart attacks and mental illness such as depression. It is the necessity of today's life that everyone take care of his or her health from stress

Well-being is considered as an important aspect of mental health. The term subjective well-being often is used as a synonym for happiness in the psychology literature. Theory of subjective well-being posited by Diener and others suggest that individual's appraisals of their

own live capture the essence of well-being. Diener defined subjective well-being as a combination of positive affect (in the absence of negative affect) and general life satisfaction (Snyder & Lopez, 2007). However, Ryff argued that well-being is more than happiness with life. She suggested that psychological well-being should be a source of resilience in the face of adversity and should reflect positive functioning, personal strength, and mental health. Ryff and her colleagues developed a model of "Psychological Well-being (PWB)" which describes positive functioning across the life span and positive mental health. This model incorporates both hedonic and eudemonic views of happiness. According to this model, well-being is a global combination of emotional well-being, psychological well-being, and social well-being. Emotional well-being includes life satisfaction, positive affect, and negative affect. A psychological and social well-being defines positive functioning. Psychological well-being includes self-acceptance, personal growth, purpose in life, environmental mastery, autonomy, and positive relations with others. Social well-being incorporates social acceptance, social actualization, social coherence, and social integration.

Many studies have proved yoga is beneficial in reducing stress and improving the well-being. The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps to manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone.

Various studies shows yoga is beneficial for health. Annapoorna et al examined effects of yoga therapy on psychological well-being and quality of life in anxiety disorders. Result revealed that yoga therapy was significantly effective on quality of life and psychological well-being among anxiety disorders. Patel et al (2016) studied effect of yoga on stress in women. Result showed that yoga helps to reduce stress and anxiety in working as well as non –working women. Jadhav and Havalappanavar (2009) studied effect of yoga intervention on anxiety and subjective well- being of students. Result revealed a significant decrease in both state and trait anxiety levels and positive change in the subjective well-being of the students. In another study Gawali and Dhule (2013) examined effect of yoga on anxiety levels in working women. They conclude that regular practice of yoga in day to day life reduces anxiety levels and improve subjective feeling of well-being. Javnbakht et al (2009) studied effects of yoga on depression and anxiety of women. Women who participated in yoga classes showed a significant decrease in depression and anxiety. Huang et al (2013) investigated the effect of hatha yoga on stress in middle aged women. Result shows that hatha yoga class can significantly reduce perceived stress.

Objectives

1. To assess the level of stress and psychological well-being in working women.
2. To study the effects of yoga practice on level of stress and psychological well-being in working women.

Hypotheses

1. The level of stress would be decrease after the practice of yoga.
2. Psychological well-being would be higher after the practice of yoga than before the practice of yoga.

Method

The study was conducted on 30 healthy women aged between 35-45 years who attended 6 weeks of yoga practice. The women were involved in teaching profession. All the subjects had never undergone any kind of yoga practices earlier. From yoga training centre, ethical committee clearance was obtained. The yoga training was given one hour per day for 6 weeks which included: Prayer, various asanas like tadasan, halasan, padhastasan bhujangasan, trikonasan pavanmukrasan, kapalbhati, pranayama, bhramari, meditation on Onkar etc.

Measures

1. Stress Scale (2002)

Dr. M.Singh's stress scale was used to measure the level of stress of participants. This scales contain 40 statements. Each statement has three answering responses like always, sometimes and never. Reliability coefficient of the scale was estimated by split-half method and Test- retest method and correlation was found 0.82 and 0.79 respectively. Validity coefficient was computed 0.61.

2. Ryff's psychological well-being scale (1989)

Ryff's psychological well- being scale was used to collect the data. It consists of 6 dimensions of psychological well- being namely autonomy, environmental mastery, personal growth, positive relations, purpose in life, self- acceptance. Each dimension contains 7 items and total scale has 42 items. A six-point answering scale was used for all scales, ranging from 1 (totally disagree) to 6 (totally agree). The Psychological Well-being Scale has a test-retest reliability ranging between 0.81 to 0.88. It also shows high internal consistency ranging between 0.86 to 0.88.

Results

Table No.1 Showing mean, SD, t value before and after yoga practice with respect to stress in working women.

Treatment	N	Mean	SD	t value	P value	Sig.
Before Yoga Practice	30	49.47	4.20	3.19	.001	.05*
After Yoga Practice	30	46.53	2.75			

*P < .05

Table no.1 indicates the mean and SD scores of before yoga training is 49.47 and 4.20 and after yoga training is 46.53 and 2.75 with respect to stress. The obtained t value is 3.19 which is significant at .05 level of significance. Hence hypothesis no.1 is accepted. Effect of yoga training decreases level of stress in working women.

Table No.2 Showing mean, SD, t value before and after yoga practice with respect to Psychological well- being in working women.

Treatment	N	Mean	SD	t value	P value	Sig.
Before Yoga Practice	30	180.20	9.91	2.91	.002	.05*
After Yoga Practice	30	188.17	11.31			

*P < .05

Table no.2 shows the mean and SD scores of before yoga training is 180.20 and 9.91 and after yoga training 188.17 and 11.31 with respect to psychological well-being in working women. The obtained t value is 2.91 which is significant at .05 level. Here hypothesis no.2 is accepted. Overall psychological well-being in working women increases after yoga training.

Discussion

The purpose of the present study was to find out the effects of yoga practice on stress and psychological well-being in working women. In this study participants have undertaken 6 weeks of yoga practice. Table no. 1 shows that the results supported the prediction stated in hypothesis no.1 that the level of stress would be decrease after the practice of yoga. Yoga is considered to be one of the most important, effective and valuable tool available for human being to overcome various physical and psychological problems. It helps to manage stress and anxiety and keep relaxing. This result is also aligned with previous findings which showed the stress and anxiety level decreases after yoga training. Huang et al (2013) study shows that effect of yoga reduces the perceived stress in middle aged women.

Hypothesis 2 stated that Psychological well-being would be higher after the practice of yoga than before the practice of yoga. Table no.2 revealed that psychological well-being in working women increases after yoga practices. It implies that yoga practice is useful in the enrichment of psychological well-being of the participants. This result is supported to Jadhav and Havalappanavar (2009) and Annapoorna et al study. Hence yoga is a way of living that aims towards a healthy mind in a healthy body. Yoga has many benefits for both mind and body. It is an art from which helps in attaining good health and is for living a holistic life.

Conclusion

The regular practice of yoga decrease stress level and increases psychological well-being in working women.

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