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YOGA AS A STRESS MANAGEMENT INTERVENTION: A STUDY ON TEACHER TRAINING COLLEGE STUDENT'S CURRICULUM-RELATED STRESS.

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Abstract

In today's fast-paced world, stress has become an ubiquitous phenomenon, permeating every aspect of daily life. A multitude of factors, including excessive workload, academic pressures, personal problems, and health concerns, collectively take a profound toll on mental health. Students, in particular, face significant stress related to their educational pursuits, with examination burdens and academic expectations being prominent contributors to their distress. This pervasive stress can have far-reaching consequences, underscoring the need for effective stress management strategies to mitigate its impact. This study investigates the effectiveness of yoga as a stress management technique to combat stress regarding curriculum among teacher training college students. A survey was conducted at two teacher training colleges, one government-aided and one private, to assess the stress levels of students related to their teacher training course. A questionnaire was administered to students before and after a 6-week yoga session to measure changes in stress levels. The results show a significant difference in mental health between the pre- yoga and post-yoga phases, with yoga reducing stress related to curriculum structure, syllabus, evaluation process, and assignments. The findings suggest that yoga plays a significant role in managing stress levels among teacher training college students, highlighting its potential as a valuable tool for promoting student well-being.

KEYWORDS: Teacher's Training College students, Curriculum, Stress management, Mental health, Yoga.

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INTRODUCTION

A Teacher plays an important role in a student's life. Beyond mere instruction, teachers motivate, inspire, and encourage students, wielding significant influence over their educational journey. To equip future educators with the necessary skills, Teacher Training Courses (TTCs) provide comprehensive professional training. In India, the National Council of Teacher Education (NCTE) prescribes various TTCs, including B.Ed, M.Ed, D.El.Ed, and B.Ed Special Education, which encompass theoretical knowledge, practical pedagogy, and skill development through internships, projects, and fieldwork etc. However, students in these institutions often struggle with curriculum-related stress, underscoring the need for effective stress management strategies. This paper explores the potential of yoga as a stress management tool for TTC students.

Yoga is an ancient science, which originated in India. It is derived from a Sanskrit word "Yuj" meaning "Yoke" or "union" which means 'to draw together', 'to bind together' or 'to unite'. The main aim of Yoga is to unite body, mind, soul, and universal consciousness. With various styles and approaches, yoga can be adapted for educational settings, promoting a unitive state among students.

This research has consistently shown that yoga and pranayama can mitigate stress among TTC students, highlighting the benefits of integrating yoga into their curriculum. By exploring the role of yoga in man-

aging curriculum-related stress, this study aims to contribute to the development of holistic stress management strategies for future educators."

OBJECTIVES

The primary aim of this project is to:

- To observe the cause of stress among Teacher's Training college students.
- To find the role of Yoga on stress among the students.
- To evaluate the result of Yoga on managing curriculum related stress.
- To know about the various types of Yoga techniques, this generally helps to reduce the stress.

METHODOLOGY

This is a survey based Research, where primary data is collected for critical analysis and interpretation of the result.

Population: Two Teacher's Training Colleges of North 24 Parganas district has been selected for the purpose of study.

Sample Size: Two Teacher's Training Colleges that are selected: Satyapriya Roy College Of Education and Arya Bharat Siksha Pratisthan .

Total 90 students are selected as a whole from the two colleges of B.Ed section having 45 student respectively.

Sample Technique: Stratified Random sampling technique is used for this study.

Tools: Primary data is collected using survey based questionnaire, where 20 simple questions are framed in a 3 point scale and the respondents are requested to answer these questions with correct information.

Procedure of Data Collection: The total selected 90 students are divided into two group-


- a) Intervention Group: 45 students of Satyapriya Roy College Of Education are selected for this group, where the students are given lecture classes on stress reduction and 18 sessions of Yoga therapy for 6 weeks.
 - b) Normal Group : Remaining 45 students of Arya Bharat Siksha Pratishthan are selected for this group, where the students are given lecture classes on stress reduction for 6 weeks without any Yoga therapy.
- Before the beginning of the 1st week questionnaire is given to all the 90 stu-


dents and requested to answer these questions with correct information and after 6th week, the same questionnaire is given to all the 90 students and requested to answer these questions with correct information to analyse the before and after response of the students towards Yoga lecture and therapy.

Procedure of Data Analysis and Interpretation: The information obtained from the questionnaire of both the group is statistically analysed by taking group b as control. By comparing the responsiveness of group a with respect to group b the result of Yoga therapy on stress management can be detected.

Modules Used In Yoga Therapy:


In the Session of Yoga Therapy given to the students, the modules used are-

Module	Description	Benefits	Round /Time	DurationPer Day
Sukhasana 	<ul style="list-style-type: none"> Firstly, spread a mattress, Yoga mat or durrie on the loor and sit on it. Then, fold your left leg ensuring it touches the right thigh. After that, fold the right leg ensuring it touches the left thigh. 	Sukhasana might be helpful for heart diseases, lower back pain, cholesterol, weight management, de-stressing, pregnancy, blood pressure, etc.		3 mins


	<ul style="list-style-type: none"> Place your hands around the knees. The palm should face upwards, and the thumb and forefinger should form a loop. You have to then ensure that your head and body are straight. The spine should remain erect, and the breathing should be normal 			
<p>Uttanasana</p> 	<ul style="list-style-type: none"> Start with a standing position, keeping your spine straight and balancing your weight equally on both feet two inches apart. Inhale and extend your arms above your overhead. Exhaling, stretch the body from the waist and bend forward from the hips with a flat back. Then, slowly fold down towards your feet. 	<p>Uttanasana helps to reduce stress and fatigue, stimulates the liver and kidneys, and relieves headaches and insomnia.</p>	3 times	5 mins


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	<ul style="list-style-type: none"> • Keep the spine straight and do not let it curl as you fold your upper body till the trunk gets parallel to the floor. • If you have difficulty bringing your trunk parallel to the floor, you may bend your knees and bring the chest towards your thigh as much as possible. • Keep your legs and spine extended. Allow your hands to rest on the ground beside your feet. • Now, exhale and move your chest towards your knees, lifting your hips and tail bone a little higher. • Allow your head to relax, moving it gently towards your feet. • Focus on your deep breathing action and hold this final posture for 10-30 seconds. 			
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	<ul style="list-style-type: none"> To return to the original standing pose, inhale and stretch your arms forward and in the upward direction. Then, slowly raise to a standing position. Exhale and place your arms down to the sides. This completes one round of Uttanasana yoga. 			
<p>Balasana</p> 	<ul style="list-style-type: none"> At first, kneel on the ground. Take a deep breath, spread your knees as wide as your hips, and try to touch your toes together. Then slowly bend your head between your thighs as you exhale. Your shoulders must lie on your hips. 	<ul style="list-style-type: none"> Balasana or resting Pose has therapeutic benefits for anxiety, stress, depression, sleeping difficulties and fatigue. 	3 times	5 mins

	<ul style="list-style-type: none"> • If you find any difficulty while kneeling the head on the ground, then you may use a prop such as a block or a bolster. Your knees might widen while doing these steps. If the head barely reaches the ground, support may be provided by a prop positioned under the head. The chest may rest gently on the thigh. You may feel stretch in your hips and shoulders. • To maintain a straight back and minimise injury, placing a blanket over the heels and under the sitting bones may be helpful. While doing balasana, you may feel stiffness in your hip joints. It might be because the body might be pulled down by gravity rather than by the muscles. 	<ul style="list-style-type: none"> • This asana may activate the limbic system which helps the body respond to intense emotions such as fear and anger by activating the fight or flight response. • It may induce relaxation and relieve tension. • It increases blood circulation to the head. 		
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<p>Pas- chimott-asana</p> 	<ul style="list-style-type: none"> • Sit up with the legs stretched out straight in front of you, keeping the spine erect and toes flexed toward you. • Breathing in, raise both arms above your head and stretch up. Breathing out, bend forward from the hip joints, chin moving toward the toes. Keep the spine erect focusing on moving forwards towards the toes, rather than down towards the knees. • Repeat this movement two or three times. • Drop your head down and breathe deeply for 20-60 seconds. • Stretch the arms out in front of you. • Breathing in, with the strength of your arms, come back up to the sitting position. • Breathe out and lower the arms. 	<ul style="list-style-type: none"> • Performing this yoga regularly can help you relieve back pain. • This yoga pose is also good for your mental health as it can help improve symptoms of stress and depression. 	3 times	6-7 mins
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<p>Savasana</p> 	<ul style="list-style-type: none"> • Start by lying flat on your back with your legs apart but not wider than your mat. Keep your arms at your sides with palms facing up. • Keep your eyes closed, face relaxed, and focus on breathing deeply. • Allow your mind to focus on each part of your body, starting at the top of your head and moving all the way down to your feet and releasing each part. • Hold the pose for three to five minutes. 	<ul style="list-style-type: none"> • It benefits for Calms central nervous system, aiding the digestive and immune systems. • Calms the mind and reduces stress. • Reduces headache, fatigue and anxiety. • Helps lower blood pressure. • Promotes spiritual awakening and awareness of higher consciousness. 		<p>10 mins</p>
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Total Duration For Yoga Therapy

Modules	Duration per week	Week	Session
Duration per week	3 times	6 weeks	6 weeks

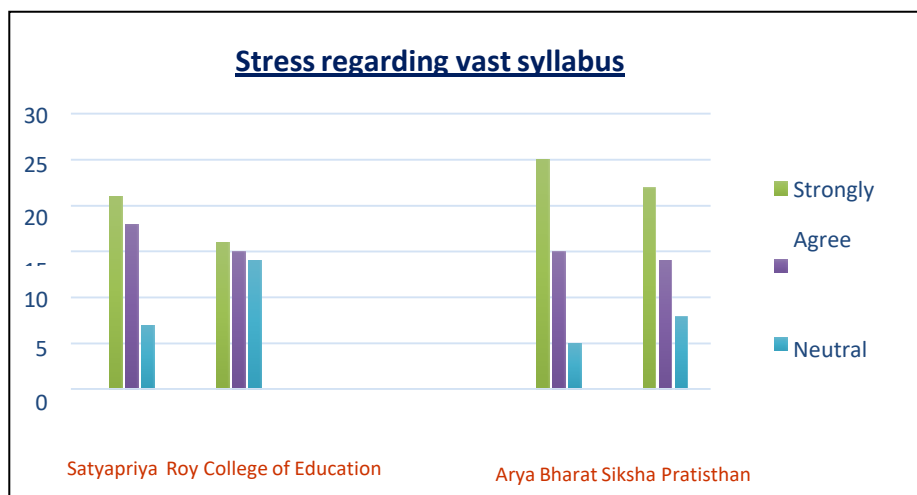
DATA ANALYSIS

Based on the response obtained from the students of Satyapriya Roy College of Education and Arya Bharat Siksha Pratisthan the following analysis is done.

The analysis portion is divided under 5 categories required for determination of curriculum related stress respectively. They are-

1. Vast Syllabus
2. Completion of the Project/Assignment
3. Multidisciplinary Topics In Curriculum
4. Internship
5. Assessment

Vast Syllabus:



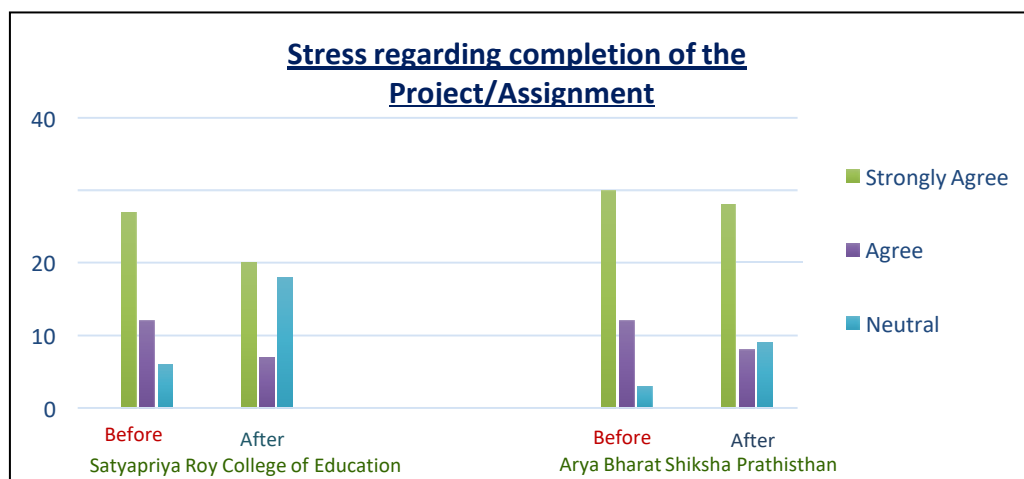
From the graph, it is observed that from **Satyapriya Roy College of Education**, before the lecture class and yoga classes, about 46.66% students have strongly agreed and 40% students have agreed that they feel stress for vast syllabus and 15.55% students feel neutral.

However after the yoga therapy and lecture session, nearly 35.55% students have strongly agreed and 33.33% students have agreed that they feel stress for vast syllabus and 31.11% students feel neutral. From the result it can be concluded that much difference is observed on stress regarding vast syllabus before and after the lecture class and yoga therapy.

From **Arya Bharat Siksha Pratisthan**, before the lecture classes, about 55.55% students have strongly agreed and 33.33% students have agreed that they feel stress for vast syllabus and 11.11% students feel neutral.

However after the lecture session, nearly 48.88% students have strongly agreed and 31.11% students have agreed that they feel stress for vast syllabus and 17.77% students feel neutral. From the result it can be concluded that much difference is observed on stress regarding vast syllabus before and after the lecture class only.

Completion of the Project/Assignment :



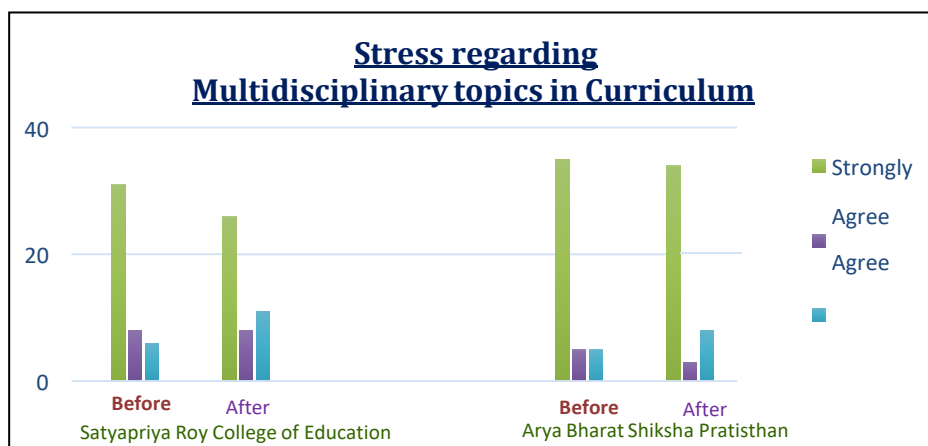
From the graph, it is observed that from Satyapriya Roy College of Education, before the lecture class and yoga classes, about 60% students have strongly agreed and 26.66% students have agreed that they feel stress for completion of project and 13.33% students feel neutral.

However after the yoga therapy and lecture session, nearly 44.44% students have strongly agreed and 15.55% students have agreed that they feel stress for completion of project and 40% students feel neutral. From the result it can be concluded that much difference is observed on stress regarding completion of project before and after the lecture class and yoga therapy.

From Arya Bharat Siksha Pratisthan, before the lecture class, about 66.66% students have strongly agreed and 26.66% students have agreed that they feel stress for completion of project and 6.66% students feel neutral.

However after the lecture session, nearly 62.22% students have strongly agreed and 17.77% students have agreed that they feel stress for completion of project and 20% students feel neutral. From the result it can be concluded that significant difference is observed on stress regarding completion of project before and after the lecture class only.

Multidisciplinary Topics In Curriculum:



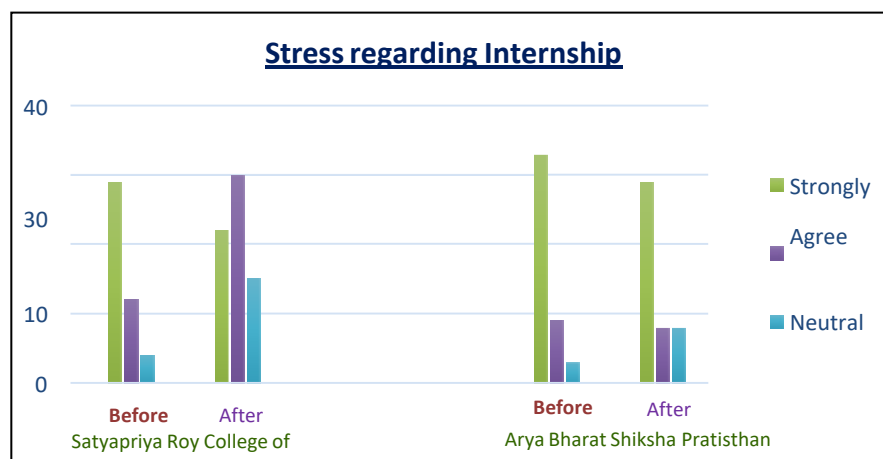
From the graph, it is observed that from **Satyapriya Roy College of Education**, before the lecture class and yoga classes, about 68.88% students have strongly agreed and 17.77% students have agreed that they feel stress for multidisciplinary topics in curriculum and 13.33% students feel neutral.

However after the yoga therapy and lecture session, nearly 57.77% students have strongly agreed and 17.77% students have agreed that they feel stress for multidisciplinary topics in curriculum and 24.44% students feel neutral. From the result it can be concluded that much difference is observed on stress regarding multidisciplinary topics in curriculum before and after the lecture class and yoga therapy.

From **Arya Bharat Siksha Pratisthan**, before the lecture class about 77.77% students have strongly agreed and 11.11% students have agreed that they feel stress for multidisciplinary topics in curriculum and 11.11% students feel neutral.

After the lecture session, nearly 75.55% students have strongly agreed and 6.66% students have agreed that they feel stress for multidisciplinary topics in curriculum and 17.77% students feel neutral. From the result it can be concluded that much difference is observed on stress regarding multidisciplinary topics in curriculum before and after the lecture class only.

Internship:



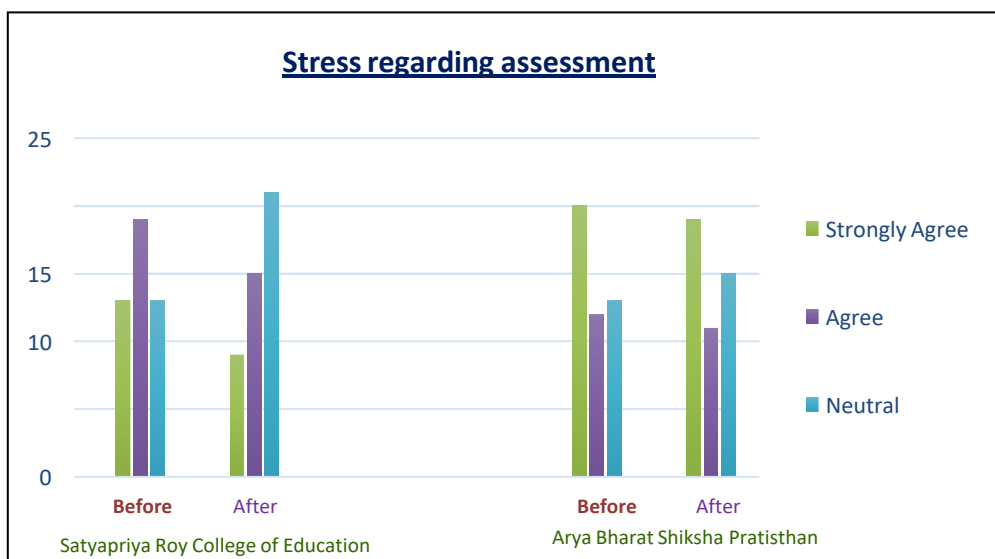
From the graph, it is observed that from **Satyapriya Roy College of Education**, before the lecture class and yoga classes, about 64.44% students have strongly agreed and 26.66% students have agreed that they feel stress for internship and 8.88% students feel neutral.

However after the yoga therapy and lecture session, nearly 48.88% students have strongly agreed and 66.66% students have agreed that they feel stress for internship and 33.33% students feel neutral. From the result it can be concluded that much difference is observed on stress regarding internship before and after the lecture class and yoga therapy.

Assessment:

From **Arya Bharat Siksha Pratisthan**, before the lecture class, about 73.33% students have strongly agreed and 20% students have agreed that they feel stress for internship and 6.66% students feel neutral.

However after lecture session, nearly 64.44% students have strongly agreed and 17.77% students have agreed that they feel stress for internship and 17.77% students feel neutral. From the result it can be concluded that much difference is observed on stress regarding internship before and after the lecture class only.



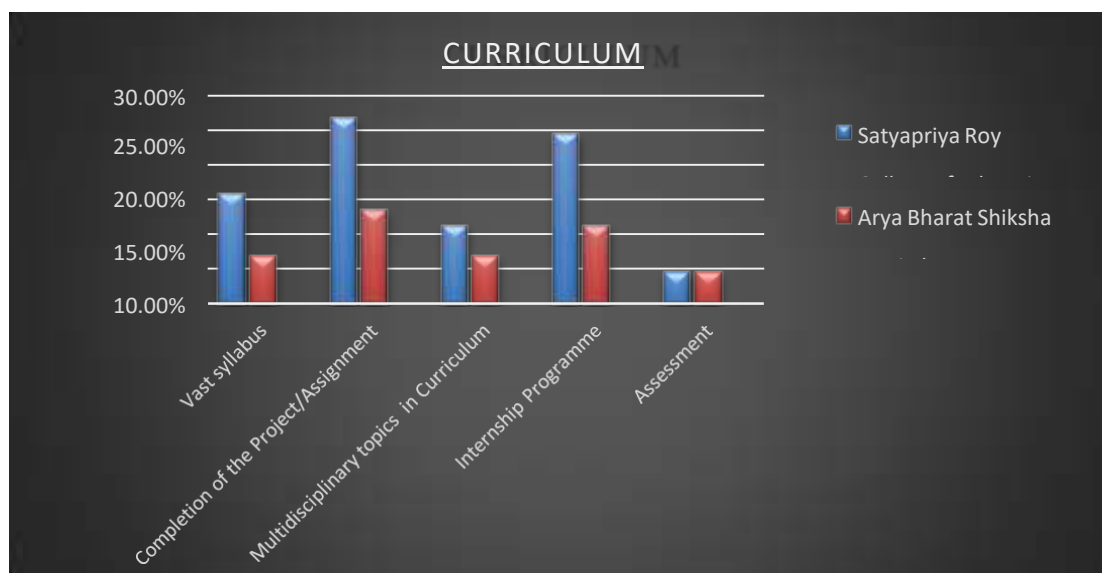
From the graph, it is observed that from **Satyapriya Roy College of Education**, before the lecture class and yoga classes, about 28.88% students have strongly agreed and 42.22% students have agreed that they feel stress for assesment and 28.88% students feel neutral.

However after the yoga therapy and lecture session, nearly 20% students have strongly agreed and 46.66% students have agreed that they feel stress for assesment and 33.33% students feel neutral. From the result it can be concluded that much difference is observed on stress regarding assesment before and after the lecture class and yoga therapy.

From **Arya Bharat Siksha Pratisthan**, before the lecture class, about 44.44% students have strongly agreed and 26.66% students have agreed that they feel stress for assesment and 28.88% students feel neutral.

However after the lecture session, nearly 42.22% students have strongly agreed and 24.44% students have agreed that they feel stress for assesment and 33.33% students feel neutral. From the result it can be concluded that much difference is observed on stress regarding assesment before and after the lecture class only.

RESULTS



After analysis of the data obtained it was observed that significant differences were seen among the students in their stress level before and after the session, although the difference among the students of intervention group and that of the normal group after the session is evaluated on percentage basis.

It was found after the session that 15.56% students of the intervention group have shown reduction in stress level regarding vast syllabus and 6.66% students of the normal group have shown reduction in stress level which is approximately 9% less as compared to that of the intervention group. 26.67% students of the intervention group have shown reduction in stress regarding completion of project and 13.34% students of the normal group have shown reduction in stress level which is half of that of the intervention group. 11.11% students of the intervention group have shown reduction in stress in studying multidisciplinary topics in the curriculum and 6.66% students of the normal group have shown reduction in stress level. 24.24% students of the intervention group have shown reduction in stress regarding internship and 11.11% students of the normal group have shown reduction in stress level. 4.45% students of both the intervention group and the normal group have shown reduction in stress regarding assessment which means students are much stressed about their assessments and hence it can be assumed that more sessions should be held for further reduction of the stress level of the students.

DISCUSSION

This is a survey Based Research to determine the importance of Yoga Therapy in stress management among the students of teacher's training institutes. The findings confirms the assumptions that a thrice weekly 60 minutes Yoga intervention would result in reduction in stress level among students. The outcome is consistent which confirm that yoga has positive outcome on stress management and health improvement. Also these data support Yoga to be safe and effective for improving psychological wellness. However further research is required to identify other potential dose-response relationship.

LIMITATIONS OF THE STUDY

- All the answers given by the respondents are assumed to be true.
- Students have provided necessary information for some questions from their memory and experience whose accuracy is not satisfactory.
- It requires more time and money.

CONCLUSION

It can be concluded that Yoga plays an effective role in reducing stress, anxiety and depression that can be considered as complementary medicine and hence can reduce the medicinal cost of the treatment. The physical posture of Yoga enhances flexibility relieve tension and hence could alleviate pain. In present days college students suffer from severe stress and anxiety disorder due to various curriculum related issues etc. However similar problem is also analysed in teacher's training institutes.

This project reflects the various problems faced by the teacher's training institute and confirms the importance of Yoga in reducing stress regarding the problems. This importance of Yoga has enabled the teacher's training institutions to introduce Yoga education as a part of compulsory course

curriculum to provide yoga therapy to the students to reduce anxiety, stress and depression. However further studies and research work is required to enhance the role and objectives of yoga not only among college students but also among various stages of people.

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