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**A STUDY ON THE EFFECT OF SELECTED YOGIC PRACTICES ON THE
DEPRESSION IN YOGA COLLEGE STUDENTS^{p.p:95-100}**



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ABSTRACT


The purpose of the present research was to study the positive effect of yogic practices to reduce level of depression. Depression is a mental condition or a mood disorder that makes people feel sad or hopeless for a period of time and characterized by feelings of severe despondency and dejection. In the other hand Yoga is a natural way to increase serotonin production and serotonin is the cause of happiness. For this study forty six numbers of students of different age group were involved as subject and they were selected from B.P.Ed students in Yoga Therapy, Regional college of physical education, Panisagar, North Tripura. For the fulfillment of the purpose of the study the researcher collected the data using standard questionnaire on depression. In the study researcher observed that yoga (asana, mudra, pranayama, kriya & Meditation) reducing depression comparing pre-test and post-test on same students and same questionnaire and the result was found significant at 0.05 level of confidence. Different yogic practices like deep relaxation technique (DRT), balancing asanas, mudra, pranayama, kriya & Meditation are too much effective to reduce the level of depression.

Keyword: Depression, Asana, Mudra, Pranayama, Kriya & Meditation.

INTRODUCTION

Depression is a common serious mental illness with major health, economic, and social consequences. The World Health Organization (WHO) defines depression as a disorder characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disordered sleep or appetite, decreased energy and poor concentration. Depressive feelings and symptoms can be acute or chronic, often recurrent and can considerably impair an individual's ability to carry out activities of daily living. In its most extreme cases, depression can lead to suicide, accounting for approximately 850,000 fatalities each year. Depression impacts people of every age, sex, and ethnic background, with

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debilitating health care and disability costs. The National Institute of Mental Health (NIMH) depression is the leading individual disease or disorder in the world.

Depression is an illness that involves the body, mood and thoughts and affects the way a person eats and sleeps, the way one feels about oneself and the way one thinks about things. A depressive disorder is not the same as a passing blue mood and is more than a case of persistent sadness. Symptoms of depression also include Feelings of worthlessness, hopelessness, guilt, lack of interest in daily activities, irritability, loss of energy, loss of appetite, sleep problems, self-loathing and thoughts of suicide.

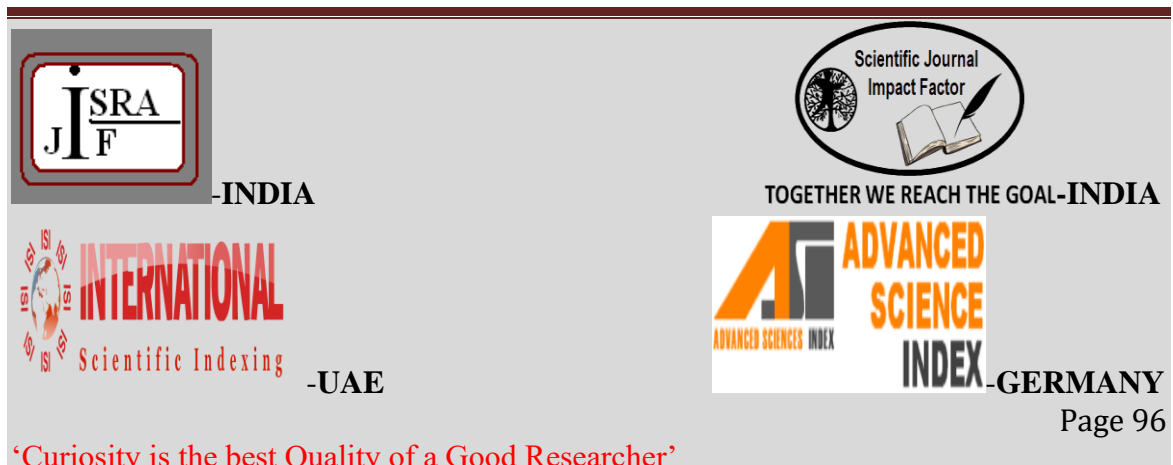
Depression can happen for unknown reasons. Depression can also be caused by medications, pregnancy, postpartum state, abuse, associated illness, chronic stress, seasonal affective disorder, and other conditions. Without treatment, symptoms can last for weeks, months, or years. Appropriate treatment, however, can help most people with depression.

Yoga is a natural way to increase serotonin production. According to the journal of Psychiatry and Neuroscience, serotonin production plays a role in the treatment of depression. Serotonin is believed to play a major role in happiness yoga is also especially helpful because of its gentle, calming and fluid nature. Practices of yoga is emphasize breathing, concentration and smooth movement and also encourage to focus on positive images to calm the body and mind.

For fulfillment of the purpose of the study researcher involved yoga diploma students who practice yoga on regular basis. The aim of this course is to train and prepare deserving candidates in the exoteric aspects of Yoga, which deals with the problems of integration of personality as a first step to prepare oneself for the higher esoteric practices. For the purpose of this study researcher gave practices Asanas, Pranayanam, Mudras, Kriya and Relaxation/Meditation to measure that yogic practices really effect to reduce the level of depression.

DESIGN OF THE STUDY

The subject: The subjects for the present study were selected from B.P.Ed students of Regional College of physical education, Panisagar, North Tripura. They were



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different age. Total number of subject 46, among them pre-test 23 students and post-test 23 students.

Criterion measure: For the fulfillment of the purpose of the study the researcher collected the age, sex, marital status, types of family, area and slandered questionnaire were conducted among the subject.

Equipment for collection of data: Equipment was used for the test, which were standard questionnaire on depression. For understanding the effect of yogic practices on depression questionnaire was used. The questionnaire which was adopted was formed by Dr. Niranjana Prasad Yadav, consumable booklet of DPS-YPN from National Psychological Corporation, Agra.

Procedure for collection of data: Totally collected the data medium of questionnaire, at first collected the data beginning the B.P.Ed course then last time collected the data (same students) one year’s later end of the B.P. Ed course on same students.

Formula used for statistical analysis: After collecting the data to reach into the result and conclusion the following statistical calculation is adopted Mean and Standard Deviation as descriptive statistics and “t” value (mean difference) were calculated.

RESULT AND DISCUSSION:

The results and discussion on the findings through questionnaire of the level of depression proneness of the study are presented below.

Table - 1

Represent the MEAN and S.D values of age, of the B.P.Ed students:

AGE (YEAR)	MEAN	SD
	27.73913	±5.74999

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Table - 2

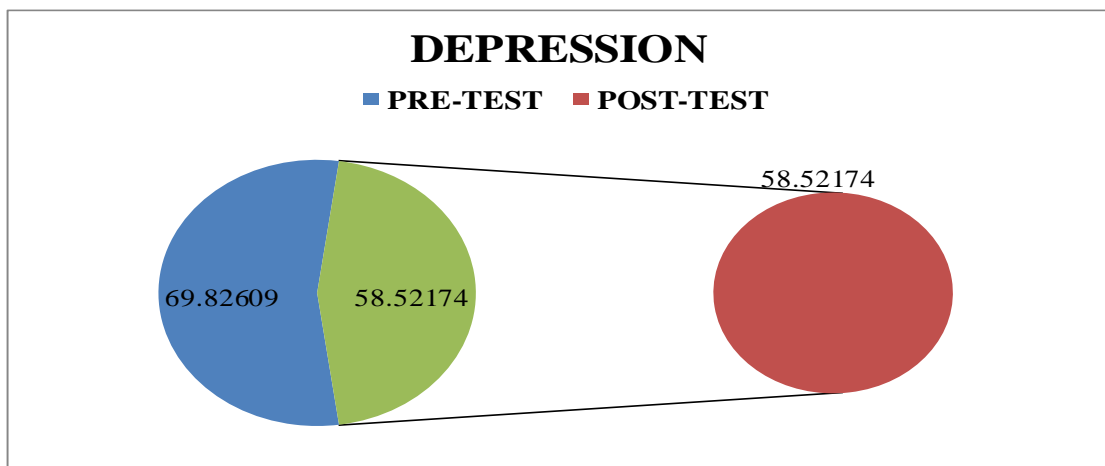
Represents the MEAN, SD and ‘t’ value of pre and post test on same students of RCPE, B.P.Ed course.

PRE-TEST		POST-TEST		“t” VALUE
MEAN	69.82609	MEAN	58.52174	
SD	±12.16428	SD	±14.16324	

Df = 44, ‘t’ value at 0.05 level = 2.10, *significant

Table – 2 showed that the mean of pre-test and post-test were 69.82609 and 58.52174 respectively and SD of pr-test and post-test were ±12.16428 and ±14.16324 respectively. Comparing the mean value of two test (Pre & Post) on the same students it was found that there was a difference in value exist. Analyzing the data it appears that the ‘t’ value = 2.839969 which was found significant statistically.

Fig- 1, Graphical representation of Mean & SD of pre & post test of B.P.Ed students on depression.



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The observation of the survey data, within limitation of the present study, the following result has been drawn.

In the present study, we observed that yoga (asana, mudra, pranayama, kriya & meditation) reducing depression.

Compare pre-test and post-test on the same students and same questionnaire the result was significant at 0.05 level of confident.


DISCUSSION


This study established the relationship between yoga and depression. According to Harvard Mental Health Letter, recent studies suggest that yoga can reduce the impact of tresses, help with anxiety and depression by using self-soothing technique similar to meditation, relaxation and improving the level of energy practicing asanas. Many people use yoga therapy to manage mental and emotional problems such as stress, anxiety or depression that help the overall health and well-being. According to the journal of Psychiatry and Neuroscience, serotonin production plays a role in the treatment of depression. Serotonin is believed to play a major role in happiness. Yoga is a natural way to increase serotonin production. So all those information support this research that the level of depression improve significantly practicing yoga on regular basis.


CONCLUSION

The study is conducted on depression among B.P.Ed students of Regional College of physical education. Two year of time this study has done and according to variable the size of the student group is not up to desire numbered. However, on the basis of the results that are obtained through statistical applications the following conclusions are drawn-

1. Deep relaxation technique (DRT) is too much affective for reducing depression.
2. Balancing asanas (Vriksasana, Tadasana, Ardha Candrāsana) are also good for depression.
3. Cin mudra, cinmaya mudra, brahma mudra, nasika mudra are affective for depression.
4. Candra anuloma viloma pranayama, nadisuddhi pranayama, sitali pranayama, sitkari pranayama, bhramari pranayama good for depression.

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5. Kriya (jala neti- cleaning the nasal passage, vama dhouti, danda dhouti, vastra dhouti) are help to reducing depression.
6. Dhyanasana (vajrasana, siddhasana-for men, siddhayoni asana-for women, sukhasana, padmasana) are too much effective for depression.


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