ECONSPEAK: A Journal of Advances in Management IT & Social Sciences,
Vol. 13, Issue 1, January 2023 Impact Factor 8.059 ISSN: (2231-4571)
www.skirec.org Email Id: skirec.org@gmail.com

THE EFFECT OF YOGA ON MENTAL DISORDER

Gokulesh Pandey
Research Scholar, Department of Psychology, SVU University

Dr.Yogeshver Prasad Sharma,
Associate Professor, Department of Psychology, SVU Gajraula

Abstract

Background: Recently Yoga and its benefits has been researched in various scientific and medical studies demonstrating its potent efficacy for the treatment of a variety of medical illness. This research is carried to find out how yoga affected women living in Delhi's NCR's stress, anxiety, and depression levels.

Methods: This study has a pre-post-test and is similar to a descriptive study. Data were gathered using the Mental Disorder DASS 21 questionnaire. Throughout duration four weeks, a professional conducted three 60- to 70-minute hatha yoga training sessions for the qualifying samples. The data was examined using SPSS version 20.

Results: To conduct this study analysis, 52 women with average age range of 33.5 ± 6.5 were taken for study, after having all twelve sessions of consistent Hatha yoga practice, women's levels of DASS rating scale measure decreased significantly P value less than 0.05.

Conclusions: In summary reducing stress, anxiety, and depression can be accomplished with yoga. It is therefore a supplemental form of medicine.
Keywords: *Anxiety, depression, stress, yoga*

Introduction

Yoga promotes physical and psychological (mental) relaxation, which reduces tension and anxiety. The yoga poses encourage flexibility, ease tension, and lessen uncomfortable feelings in participants. With the use of yoga poses, it is possible to remove stress and physical impediments such muscular knots. Also, they promote the release of endorphins, the feel-good hormones that can lessen stress and lift your spirits. (Borji M et al., 2017). Throughout your yoga practice, paying attention to the here and now improves your awareness, sharpens your focus, and concentrates your mind. A category of therapies and interventions known as complementary medicine has not been recognized by modern medicine (Bames PM et al., 2002). Yoga, which means "union" in Sanskrit, practiced in Asian cultures for more that 5000 year, but only recently become popular in Western cultures. Yoga has been the subject of numerous medical and scientific studies in recent decades, which have revealed that it is quite beneficial in treating several diseases.

Various illness such as Multiple sclerosis,respiratory disorder ,intestinal infection , metastasis , elevated blood pressure , bone related complications , and mental health difficulties have all been shown to benefit

from yoga, according to studies (Singh S et al., 2001). A 2004 study by Okem BS et al. found that females who practiced yoga three to four weeks show progressive benefits. They saw a considerable decrease in stress, despondency, and anxiety after 12 sessions.

These findings imply that yoga can be helpful as an additional therapy and might lessen the need for prescription medications. More research is required to determine how well yoga can manage stress, depression, and anxiety over the long term. According to a short study (Freitas et al., 2013) conducted on adult men, yoga poses can lower cortisol levels and increase parasympathetic nerve activity, which promotes relaxation. According to a different study (Taneja et al., 2004), people who followed an 11-minute yoga nidra meditation for 30 days reported less stress, improved overall wellbeing, and better sleep. Yoga nidra practice also increased mindfulness and decreased negative emotions. These advantages persisted at a follow-up six weeks later.

Due to the unpleasant side effects of drugs used to treat these conditions and, in some cases, their ineffectiveness, researchers are seeking for nonpharmacological and non-invasive treatments for anxiety and depression (Duan et al.,2016). Yoga activities increased areas of quality of life, psychological condition, and self-description. Yoga is a type of mental and intellectual exercise that improves health. Yoga can also enhance mental relaxation for recognizing stress and unfavourable emotions. It can also keep people mentally stable. Yoga offers significant psychological and physical benefits, but it is unclear how much it can actually do to prevent and treat mental illnesses. India has conducted virtually little study in this area. This study examined how yoga affected linked to DASS level includes (stress, anxiety, and depression) in women living in Delhi's NCR.

Methodology

This descriptive study, which was carried out at Delhi University's School of Medical Science, included interventions between the pre- and post-experiments..All women who had been accepted into the Delhi, NCR, yoga club in 2021–2022 made up the population.

Inclusion criteria:includes educated women, non-athletic, non-pregnant, and capable of performing hatha yoga poses without becoming unable to exercise women.

Exclusion criteria: included not wanting to practice yoga consistently, exercising at the same time, and taking medication for mental illnesses.

Data Collection and management

Data were gathered using a DASS 21 rating scale questionnaire.The reliability coefficient known as Cronbach's alpha, also known as coefficient alpha or tau-equivalent dependability, provides a way to evaluate the internal consistency of tests and measures. For depression, anxiety, and stress, the researcher determined that the dependability and validity of this standard questionnaire were, respectively, 0.7, 0.66, and 0.76. Seven questions are used to evaluate each of the aforementioned states. A trained professional led three 60-70 minute long training sessions per week of hatha yoga poses, breathing exercises, and meditation. Women filled out questionnaires before to the intervention. There were 12 sessions in the intervention. Women once more completed the DASS 21 questionnaire at the conclusion of the 12th session.

Data Analysis

SPSS statistical software was used to examine the data that had been collected. In accordance with the established normality, the outcomes before and after the intervention were compared using the paired sample t-test. The significant value is less than P = 0.05.

Results

A total of 52 women, made up the eligible sample for this study. General information on the study respondents is provided in Table 1.

Table 1: General demographic data of the study respondents

Variable	***n*(%)**
Age	33.5 ± 6.5*
Marital status (%)	
Single	17 (34.7)
Married	35 (65.3)
Job (%)	
Unemployed	9 (19.21)
Housewife	19 (36.6)
Employed	10 (17.5)
Retired	2 (3.7)
Other jobs	12 (23.1)
Level of income (%)	
Low	5 (11.4)
Average	37 (69.2)
High Education (%)	10 (19.3)
Primary	4 (5.9)
Diploma	14(25.7)
University degrees	34 (68.2)

The overall mean for stress, anxiety, and depression were statistically different before and after 12 sessions of consistent hatha yoga practice [Table 2]. However, when the measured DASS 21 scores for depression, anxiety, and stress were compared, it was obvious that there was a substantial difference between the two intervention periods.

Table 2: A comparison of the DASS parameters among study respondents (n=52)

Parameters	***No. of respondents***	**Mean ± SD**	**(r)**	***P value***
Depression				
Before intervention	52	6.9 (5.5)	0.8	0.001
After intervention	52	5.2 (5)		
Anxiety				
Before intervention	52	5.7 (4.5)	0.7	0.0001
After intervention	52	4.3 (4)		
Stress				
Before intervention	52	8.8 (4.8)	0.7	0.0001
After intervention	52	5.6 (4.2)		

Discussion

According to the results of the current study, women's psychological stress, nervousness, and depression significantly decreased after practicing yoga for 12 sessions. The considerable advantages of yoga in lowering mental disorders have been supported by numerous studies, including those carried out by Shaffer et al. (2007) among hemodialysis patients, patients with multiple sclerosis, and Borji et al. (2017) among Iranian women who were pregnant.A twelve week session of yoga intervention led to greater improvements in temperament and lower levels of anxiety than a walking group, per a study by Garfinkel MS et al. (2004). . Yoga did not significantly enhance mood in Mental Stress (MS) patients. Patients diagnosed with MS did not report a substantial improvement in mood after practicing yoga. The nervous system, hormone emissions, physiological features, and nerve impulse regulation can all be altered via the practice of yoga, setting it apart from other forms of physical activity and making it particularly beneficial for the treatment of mental health conditions like depression. This was proven in 2004 by Garfinkel MS et al. Guys were not included in this study since there were no yoga groups for them, which had the disadvantage of focusing exclusively on women.

Conclusions

Yoga can be considered as alternative therapies because of its effectiveness in lowering stress, anxiety, and depression.Moreover, it reduces the need for medication during treatments, which lowers the overall cost of care. Further research should be done to examine the long-term effects of yoga on DASS features in perspective of this study. Hence many study research doesn’t fully understand the cause of yoga's impact on stress, anxiety, and sadness or depression, which may only be transient.

REFERENCES

1. Borji M, Otaghi M, Salimi E, Sanei P. Investigating the effect of performing the quiet time protocol on the sleep quality of cardiac patients. Biomedical Research 2017;28:7076-80.
2. Barnes PM, Powell-Griner E, McFann K, Nahin RL. Complementary and alternative medicine use among adults: United States, 2002. Adv Data 2004;1-19.

3. Singh S, Malhotra V, Singh KP, Sharma SB, Madhu SV, Tandon OP. A preliminary report on the role of yoga asanas on oxidative stress in non-insulin dependent diabetes mellitus.Indian J Clin Biochem 2001;16:216-20.
4. Oken BS, Kishiyama S, Zajdel D, Bourdette D, Carlsen J, Haas M, *et al.* Randomized controlled trial of yoga and exercise in multiple sclerosis. Neurology 2004;62:2058-64.
5. Freitas DA, Holloway EA, Bruno SS, Chaves GS, Fregonezi GA, Mendonça KP. Breathing exercises for adults with asthma. Cochrane Database Syst Rev 2013;1:CD001277.
6. Taneja I, Deepak KK, Poojary G, Acharya IN, Pandey RM, Sharma MP. Yogic versus conventional treatment in diarrhea-predominant irritable bowel syndrome: A randomized control study. Appl Psychophysiol Biofeedback 2004;29:19-33.
7. Chu P, Gotink RA, Yeh GY, Goldie SJ, Hunink MG. The effectiveness of yoga in modifying risk factors for cardiovascular disease and metabolic syndrome: A systematic review and meta-analysis of randomized controlled trials. Eur J Prev Cardiol2016;23:291-307.
8. Shaffer HJ, LaSalvia TA, Stein JP. Comparing Hatha yoga with dynamic group psychotherapy for enhancing methadone maintenance treatment: A randomized clinical trial. Altern Ther Health Med 1997;3:57-66.
9. Garfinkel MS, Schumacher HR Jr., Husain A, Levy M, Reshetar RA. Evaluation of a yoga based regimen for treatment of osteoarthritis of the hands. J Rheumatol1994;21:2341-3.
10. Duan-Porter W, Coeytaux RR, McDuffie JR, Goode AP, Sharma P, Mennella H, *et al.* Evidence map of yoga for depression, anxiety, and posttraumatic stress disorder. J Phys Act Health 2016;13:281-8.