

95

To comparative Study in Effect of Yoga On Mental Health: Level Male And Femail Student in Jalgaon Destrict.

Dr. Pratibha .T.Patil

Department of Education

SES Bed College Jalgaon

Abstract :

The purpose of this study was to find out the effect yoga on mental health in college level male and femail Student The Yoga has become very popular through out the word as it help man to develop his mind and intellect leading to realization of ultimate reality in this morden era strss as become an intagral part of human life.Stress is considred to be any condition which resultn in perturbation of bodys Homestasis. Today male and Female are constantly under stress to balance between Home& College work place.yoga aims at an integrated and harmonious development of all the potentialities of man however to put yoga on a firm scientific pedestal ,we plan to undertaken a comparative study between the male and female to evaluated the effect on yoga on mental health .25 male and 25 female participant were selected yogic group and 25male and 25female participant were selected for non yogic group

In this look normal volunteers of both groups they were divided in to the two group yogic group and non yogic groups. A sample of 100 college student, [age 18 - 25 years] was selected purposely Jalgaon district . data were collected using by Pramod kumar mental health check list was used to measure the mental health . to paired mean ,SD's' test is used to data analysis selected individual were selected to 90 min of yoga classes once or twice a week of month

Introduction:

Yoga work to create solution for excessive stress, panic and anxiety from with tension, anxiety ,stress and worry and are unnatural part of daily life but yoga allows us to decipher the real from of imaginary . today working male and female student is constantly under stress to maintain balance between home

and college work .this stress affect their physical and mental health .but stress is necessary for life .we need stress for creativity learning and survival

Co-ordinator
Sadguru Education Society's
College of Education, Jalgaon

Acting Principal
Sadguru Education Society's
College of Education, Jalgaon

(16)

Stress is only harmful when it became over welling and interrupt the healthy state of delirium . Stress jack up the nervous system. Over burden and adrenal gland and lower immunity .Yoga is considered to be one of the most important effective and valuable tool available for man to overcome various physical and psychological problems .

yoga programme was designed based on yoga is an ancient Indian science which helps to improve physical, mental, social and spiritual health .yoga has found its special existence in Jalgaon by its peculiarities like asana and pranayama .but many consider yoga as an alternate to exercise . Few research work have conducted in Jalgaon on yoga, there is a need to show that yoga is not merely an exercise system. but it has men more heath benefit it can be wisely applied in the old age care to improve the quality of life. Research is needed to understand the mechanism of action of yoga.

Yoga :

yoga is a way of life comprising mental, physical, and spiritual attributes to archive holism of human functioning , it entails energizing and feeling process which head an Individual to make a balance his/her. Personality and him/ her to achieve greatest social, psychological spiritual and moral co-ordination just to posed with most creative and productive functioning at individual family. The yoga practice are relevant and effective today not and only to treat physical and mental disorder of various sort but also to maintain preserve and promote a healthy happy and successfully life. This is even more useful in the wake in the creasing physical and mental health problem.

The eight limbed path of yoga include yam [moral code] , niyam [self-discipline] , asana [posture] , pranayama [breath practice promoting life force], pratyhara [sensory tenderness] ,dharna [conception] , dhayn [meditation] , Samadhi [state of bliss] the word roots of yoga mean to join in Sanskrit joining mind, body and individual and collected selves is the essence if this ancient south Asian practice . It is a practice of controlling body and mind which originated in India a five thousand year ago. yoga that is participate all over the world is actually called ' Health yoga a component of the wholesome yogic practice which is related to exercise aimed at health and vitality The whole concept of modern yogic practices revolved around the

[Signature]
/ Co-ordinator IQAC
Sadguru Education Society's
College of Education, Jalgaon

[Signature]
**SELF ATTESTED
TRUE COPY**

[Signature]
Sadguru Education Society's
College of Education, Jalgaon

37

1. Yogic posture OR asana
2. Yogic breathing OR pranayama
3. Yogic meditation OR dhayn

yoga greatest is to creates compassion within and a deep sense of unity and oneness with all form of life yoga is an individual activity that has social implication those who regularly participate in yoga typically interact with the word in calmer and more responsible way more positive . social interaction and relationship are one of the ripple effect of individual yoga practice

MENTAL HEALTH -

All the concept of mental health in India is not so popular still most of the people in India especially from cities are conscious about the concept of mental health.

In other world it can be said that early people were more concerned about their physical health and also believed that physical health only have the relationship with the mental health such as happiness mean someone is physically healthy . Although the history of mental health is too old in western countries the concept is still old in India . According to World Health Organisation [WHO] ' A healthy mind can represent the healthy body ' mental health is an important compontant in allover health and well being . It ca be defined as the State of psychological and emotional well being in which an Individual is able to use learning abilities can function construction and fruitfully in society ad can meet with the ordinary demands of everyday life. yoga is known to play remarkable role in the improvement related problem patanjali yoga sutra start with the India of 'cittarvrthi nirodna ' alighting the importance of controlling the mind pantanjali yoga sutra highlight the capability of yoga to maintain mental health it concentrate one if the primitive , preventative and curative aspect of the pantanjali yoga sũtra in its syllabus for promotion and development of mental health and healthy personality to maintain peace

P. P. Patel
/ Co-ordinator IQAC
Sadguru Education Society's
College of Education, Jalgaon

P. P. Patel
**SELF ATTESTED
TRUE COPY**

V. K. S.
Acting Principal
Sadguru Education Society's
College of Education, Jalgaon

OBJECTIVE -

1. To evaluated the study of mental health of college level male and female student
2. To evaluated the impact of yoga on mental health of college level student
3. The study of yoga of college level male and female student

HYPOTHESIS OF THE STUDY -

1. There is no significant mean difference mental health between yogic practice male and female in college level student
2. There is no significant mean difference mental health between non yogic practice male and female in college level student

METHODOLOGY -

In this research study the effect of yoga on mental health between college level male and female student in Jalgaon district . The study was conducted in two group. two group are yogic practice group . the purpose sample method was randomly . the sample consist of 100 college level student from various college of Jalgaon district . Student age group of 18- 25 year was selected purposely from Jalgaon district. College level student male and female as well as yogic group and non yogic group data were collected by using by Pramod Kumar mental health test. It consist 11 component present in a 4 point rating skill . the reliability of the test was estimated through test and retest spill study . There test reliability 0.73 and 0.76 the content validity of mental health test

The mental health test was made Hindi version. the test 11 compost along with instruction was administration on male and female . 50 male and female who practice yoga in their daily routine [1 yogic group] were contacted and the above psychological test were conducted on them . Whereas remaining 25 male and 25 female were not practice of yoga in their routine life [group 2 -non yogic group] were randomly selected from one of the college of Jalgaon city . The data were collected through the server method , statistically analysis by mean and SD and T is used to compare two population mean where you have two sample in which observation in one of sample can paired with observation

B.K. Chaudhary
/ Co-ordinator IQAC
Sadguru Education Society's
College of Education, Jalgaon

B.K. Chaudhary
Acting Principal
Sadguru Education Society's
College of Education, Jalgaon
SELF ATTESTED

RESULT -

1. There is no significant mean difference mental health between yogic practice group male and female in college level student

Group	Student	N	Mean	SD	t value	Sig level
Yogic practice group	male	25	26.40	1.98	2.18	0.05
	female	25	25.10	2.22		

Table no. 1 show gender wise compression of mental health between yogic group male and female college level student. According to mental health for yogic group male student the calculated result, are mean 28.40 and SD 1.98 for yogic group student calculated result are mean 25.10 and SD 2.22 The calculated value 2.18 which is significant difference to mental health between yogic group male student and yogic group female student hence thus there hypothesis is no significant difference in mental health male and female there hypothesis is rejected

2. There is no significant mean difference mental health between non yogic practice group male and female in college level student

Group	Student	No.	Mean	SD	T value	Sign. level
Non yogic practice group	Male	25	30.33	2.62	2.02	0.05
	Female	25	28.87	3.65		

Table no 2. Show gender wise comparison of mental health between non yogic practice group male and female student . According to mental health for non-yogic male student calculated result are 30.33 and SD 2.62 for non yogic practice group female student calculated result are mean 28.87 and SD 3.65 the calculated T value is 2.02 which is significant at 0.05 level this result indicate

that there is significant difference related to mental health between non yogic practice group male student and female student

Prachi
Co-ordinator IOAC
Sadguru Education Society's
College of Education, Jalgaon

Prachi
Acting Principal
Sadguru Education Society's
College of Education, Jalgaon
SELF ATTACHED
TRUE COPY