

**EFFECT OF YOGIC PRACTICE ON STRESS  
MANAGEMENT OF ADULTS**

**A THESIS  
PRESENTED TO THE VIDYASAGAR UNIVERSITY  
IN LIEU OF A THEORY PAPER  
FOR THE DEGREE OF  
MASTER OF PHYSICAL EDUCATION**

**BY  
JAYASHRIDAS**

**DEPARTMENT OF PHYSICAL EDUCATION  
MUGBERIA GANGADHAR MAHAVIDYALAYA  
BHUPATINAGAR :: PURBA MEDINIPUR  
W.B. PIN-721425**

**JULY, 2016**



**EFFECT OF YOGIC PRACTICE ON STRESS  
MANAGEMENT OF ADULTS**



**A THESIS**


**PRESENTED TO THE VIDYASAGAR UNIVERSITY,  
IN LIEU OF A THEORY PAPER, FOR THE  
DEGREE OF MASTER OF  
PHYSICAL EDUCATION**

**BY  
JAYASHRI DAS**



**DEPARTMENT OF PHYSICAL EDUCATION  
MUGBERIA GANGADHAR MAHAVIDYSLAYA,  
BHUPATINAGAR: PURBA MEDINIPUR,  
WEST BENGAL 721425,**

**EXAMINED**

  
26.7.16

**JULY-2016**

# MUGBERIA GANGADHAR MAHAVIDYALAYA



ESTD.—1964

P. O.—Bhupatinagar □ Dist.—Purba Medinipur

S. T. D. Code--- 03220 ① Ph. No. : 270236 Pin- 721425 (W. B.)

Ref. No. — Ref. No M.G.M./Phy. Ed./SD1 / 2016-2017

Dated: 12.07.2016

## CERTIFICATE

Certified that the thesis entitled “EFFECT OF YOGIC PRACTICE ON STRESS MANAGEMENT OF ADULTS” prepared by **Jayashri Das** has been completed under my supervision and guidance for submission in lieu of paper of course xiv for M.P.Edsem in Examination 2016, of Vidyasagar University, PaschimMedinipur, W.B

The thesis is approved.

Dated: 12.07.2016

DR. SANDIP DE

Associate Professor

Department of Physical Education,

Mugberia Gangadhar Mahavidyalaya,

Bhupatinagar: Purba Medinipur:

West Bengal: 721425.

Dr. Sandip De  
Associate Professor  
Dept. of Physical Education  
Mugberia Gangadhar Mahavidyalaya  
Bhupatinagar :: Purba Medinipur

## SYNOPTICAL TABLE OF CONTENTS

	Page
LIST OF TABLE	iv
LIST OF ILLUSTRATION	iv
<b>CHAPTER 1 INTRODUCTION</b>	<b>1-7</b>
1.1 General Introduction	1
1.2 Statement of the problem	4
1.3 Purpose of the study	5
1.4 Hypothesis	5
1.5 Delimitation of the study	5
1.6 Limitations of the study	5
1.7 Definitions of the Terms	
1.8 Significant of study	7
<b>CHAPTER II REVIEW OF RELATED LITERATURE</b>	<b>8-14</b>
<b>CHAPTER III METHODOLOGY AND PROCEDURE</b>	<b>15-29</b>
3.1 Selection of Subject	15
3.2 Selection of Variables	19
3.3 Criteria of Measure	19
3.4 Design Of The Study	19
3.5 Equipment And Tools Used	19
3.6 Test Administration	19
3.6.1 Padmasana	20
3.6.2 Sukhasana	20
3.6.3 Vajrasana	20

3.6.4	Sarvangasana	21
3.6.5	Satubandhe	21
3.6.6	Trikonasanka	22
3.6.7	Viparita Karani	22
3.6.8	Uttanasana	22
3.6.9	Suryanamaskar	22
3.6.10	Garudasana	23
3.6.11	Savasana	23
3.6.12	Naukasana	23
3.6.13	Mandukasana	23
3.6.14	Vrishba-Asana	24
3.6.15	Advasana	24
3.6.16	Kriya:Anulom-Vilom	
3.6.17	Pranayama: Ujjay And Brahmari	24
3.6.18	Makarasana	25
3.7.	Administration Of Training Programme	25
3.8	Reliability& Validity Of Data	25
3.9	Administration Of Training Program And Schedule	27
3.10	Statistical Procedure	29
3.11	Procedure For Analysis Of The Data	29
<b>CHAPTER IV</b>	<b>ANALYSIS OF DATA AND RESULTS</b>	<b>30-32</b>
	<b>OF THE STUDY</b>	
4.1	Discussion On Findings	32
4.2	Psychological Variables	32
4.3	Discussion On Hypotheses	32



<b>CHAPTER V</b>	<b>SUMMARY, CONCLUSIONS AND RECOMMENDATIONS</b>	
5.1	Summary	33
5.2	Conclusions And	34
5.3	Recommendations	34

#### **BIBLIOGRAPHY**

I	Book	35
II	Research papers published in journal And periodicals	36

#### **APPENDICES**

I	Pre Test And Post Test Score Of The Psychological Variables Of Thecontrol And Experimental Group	38
II	Psychological Question Paper (Stress)	40

## LIST OF TABLES

Table	Title	Page
I	Design Of The Study	19
II	Administration Of Training Program And Schedule	27
III	Administration Of Training Program And Schedule	28
IV	Group Means Increase In Stress Among Pre And Posttest After Six Weeks Treatment	30

## LIST OF FIGURES

Figure	Title	Page
I	At the time of Psychological Test (Stress)	16
II	At the time of Psychological test (Stress)	16
III	At the time of Psychological test (Stress –question paper)	17
IV	At the time of Psychological test (Stress –question paper)	17
V	During Training Session	18
VI	During Training Session	18
VII	A Comparison Of Mean And Sd Of Pre And Post Test Data On Stress Among Experimental And Control Group	31