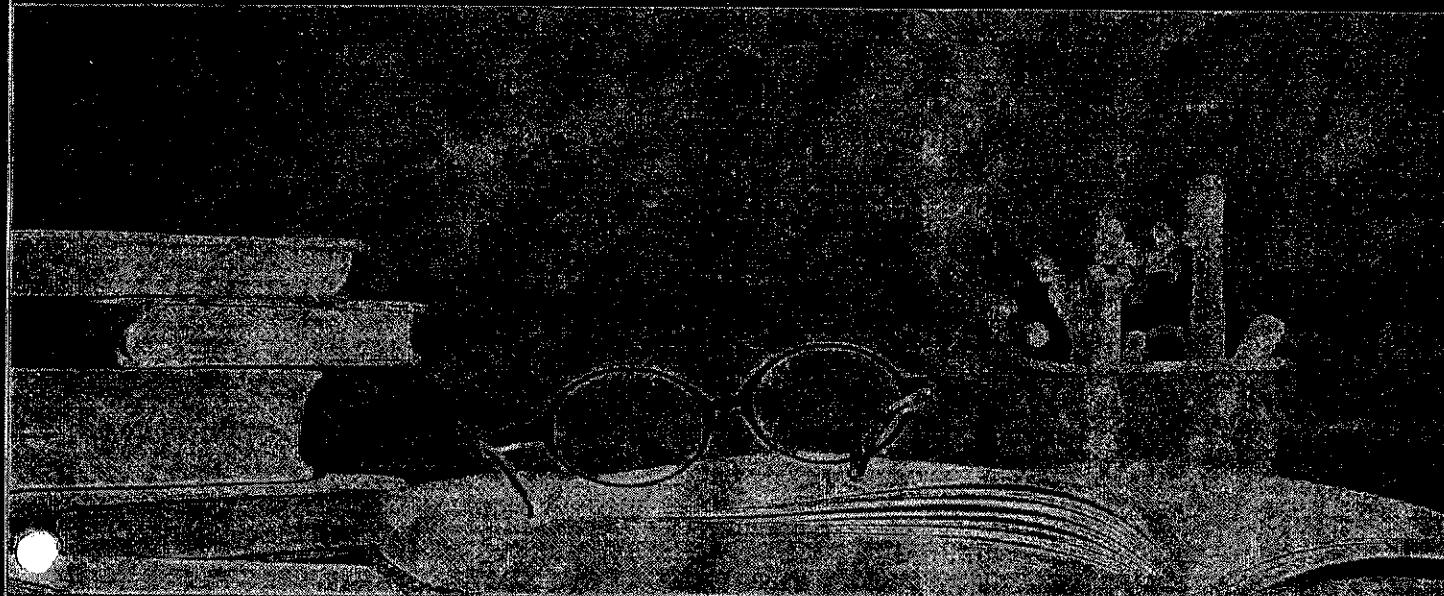


# *Cosmos Multidisciplinary Research E-Journal*

Recognized International Peer Reviewed Journal

**ISSN 2456-1665**

**VOLUME IV | ISSUE I | JAN - FEB - MARCH 2019**



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## **Gender Based Study of Adjustment & Anxiety Among College Students**

**Gaikwad S. J.**

Asst. Professor,

Dept. of Psychology,

MSS College, Jalna

### **Introduction:**

Effective adjustment of a person in various situations of life depends upon satisfactory life situations as well as over all adjustment & anxiety. The adjustment and anxiety also differs according to gender. Generally female do more adjustment in compare to men and have more level of anxiety in compare to men. The present study to explorer that level of anxiety and adjustment of male and female college students. The study was administered on 50 adolescent college students (25 adolescent boys and 25 adolescent girls).

### **Definition of Adjustment:**

**Warren (1934):** Adjustment refers to any Operation whereby on organism or organ becomes more favorably related to the environment or to the entire situation environmental & Internal.

### **James Dreier (1952):**

Adjustment means the modification to compressed for or meet special conditions.

### **Need For Adjustment:**

Life is an ongoing process. The developmental stages in it began with infancy and end with death and at every stage of the process the individual has creation needs since life is ever changing the needs to keep changing.

Adjustment level is in value environmental intellectual emotional spiritual physical social and to the every time situation if further includes positive association

**Statistical analysis:**

The obtained data was analyzed using mean S.D Standard Division and to measure the significant difference among adjustment and anxiety of college students.

**Result & Discussion:**

Keeping in view the specific objectivities of the study mean, S.D and T. Values are calculated and presented in following table.

Adjustment	Mean	S.D.	T-Value
Boys	37.28	1.51	1.75
Girls	34.52	1.51	1.75
Anxiety G	Mean	S.D.	T-Value
Boys	12.28	1.34	0.75
Girls	11.52	1.34	0.75

NS at 0.05 Level

No NS at 0.01 Level

On observing the results table it is clear that the values obtained to find out the significant difference between adjustment of adolescence (boys & girls) are not significant at both the level thus rejecting hypotheses no.1. Values dimpled on results table no.2 farther than show no significant difference between adjustment of adolescent's (boys & girls) at both the level this farther rejects null hypotheses no.2 , it is conclude that the "t" values are not found significant at both level's on both variable. Thus there is no significant difference between the adjustment and anxiety of college student's gender basis.

**References:**

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[www.psychologyorganization.com](http://www.psychologyorganization.com)  
[www.carriersinpsychology.com](http://www.carriersinpsychology.com)

**"A STUDY OF STRESS MANAGEMENT THROUGH YOGA TRAINING"****Dr. Quadri Syed Javeed**Head Department of Psychology,  
Ankushrao Tope College, Jalna(M.S.) India.**Dr. Shantaram E. Raypure**Assistant Professor of Psychology,  
Ankushrao Tope College, Jalna(M.S.) India.**Abstract**

Objectives to examine the effect of yoga on Stress among College students. Hypothesis: There was no significant difference between experimental group and control group of College students dimension on Stress. Sample: 80 College students were included for the study and aged mean 20.21 SD 3.16 years were randomly divided into two groups: first experimental group and second control group. Experimental Group participated in sessions regular 4 weeks gave the yoga Selected students were subjected to 30 min of yoga classes per day for a two months. Yoga classes were conducted in the morning between 6 am to 7 am. Were instructed to practice Asanas, Pranayama and Meditation, and the Control Group did not participate in any sessions. All the subjects were evaluated through the Stress inventory for pre-and post-session. Tools Stress Inventory constructed by Dr. Jagdish and Dr. A. K Srivastav. Result: significantly positive impact found of yoga training dimension on stress. It was prove that the positive effect of yoga on our Stress.

**Introduction**

Yoga is an ancient Indian science which helps to improve physical, mental, social and spiritual health. Stress is a major factor affecting the Stress of a person irrespective of age. Presentation of the stress may vary from that of fight to flight phenomenon. Chronic stress is the major cause of many physical and mental disorders. Yoga has been effectively used in the management of stress. It has been observed that the practice of yoga decreases verbal aggressiveness compared to physical exercise. It is also useful against physical stress like cold exposure and stress due to diseases like epilepsy. Yoga has been found useful for mental disorders like depression In a study conducted by Oken *et al.*, on healthy seniors participants were divided into three groups as yoga, exercise and waitlist control. The yoga group showed significant improvement in quality of life and physical measures compared to the exercise and waitlist control group.

The application of yoga as a therapeutic intervention, which began early in the twentieth century, takes advantage of the various psychophysiological benefits of the component practices. The physical exercises (asanas) may increase patient's physical flexibility, coordination, and strength, while the breathing practices and meditation may calm and focus the mind to develop greater awareness and diminish anxiety, and thus result in higher quality of life. Other beneficial effects might involve a reduction of distress, blood pressure, and improvements in resilience, mood, and metabolic regulation.

Positive effects on physical fitness, cognition and psycho-social wellbeing is yoga. Yoga is one of the components of 'Be a Fit Kid' which aims at improving physical exercise and nutrition in children. Following the 12 week program, there was a significant improvement in body composition, fitness, nutrition knowledge, dietary habits and significant reductions in total cholesterol and triglyceride levels. This suggested that yoga based health promotion programs are well received by children and can favorably change being overweight and the development of adult life-style related diseases.

Yoga aims at developing an integrated personality of which the body, mind and spirit are integral components. It does not operate within the old mind/body dualism of Cartesian thought, which separates physical from Stress. Some say happiness depends on physical fitness, mental agility and spiritual verve. Spiritual joys and mental delights are subject to bodily conditions, free from every type of ailment. Yoga is a path to both physical and mental well-being and higher spiritual awareness. Thus it presents a wider spectrum than modern viewpoint of psychosomatics which accounts for bodily ailments only on a functional basis. The real objective of Yoga is to attain peace and tranquility within. Those who sincerely practice Yoga are not only free from stress.

#### Methodology:

#### Objectives of the study:

To examine the effect of yoga on Stress among college student.

#### Hypothesis:

➤ There was no significant difference between experimental group and control group of College students dimension on Stress.

#### Sample:

80 College students were included for the study and aged mean 20.21 SD 3.16 years were randomly divided into two groups: first experimental group and second control group. Experimental Group participated in sessions regular 4 weeks gave the yoga Selected students were subjected to 30 min of yoga classes per day for a two months. Yoga classes were conducted in the morning between 6 am to 7 am. Were instructed to practice Asanas, Pranayama and Meditation. and the Control Group did not participate in any sessions. All the subjects were evaluated through the Stress inventory for pre-and post-session.

**Tools**

**Personal Stress Source Inventory by Singh, A.K., Singh A.K. and Singh A. (2004).**

Perceived personal stress was measured through Manual for Singh Personal Stress Source Inventory (SPSSI). A total of 35 statements were used to measure the perceived personal stress. These statements were measured on a 3-point scale (seldom, sometimes, and frequently). Higher the score, the higher is the magnitude of personal stress. Similarly, lower the score, the lower is the magnitude of personal stress. The maximum score on PSSI is 105.

**Variable**

**Independent variable1) Type of Yoga group**

- a) Experimental
- b) Control

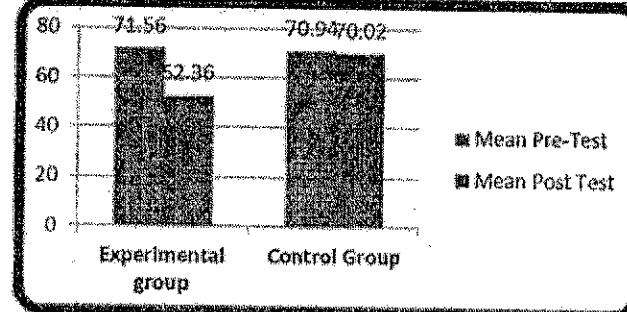
**Dependent Variable**

- 1) Stress

**Statistical Analysis and Discussion**

Experimental group and control group of College students shows the mean S.D and t value of Stress

	Mean		SD		df	t
	Pre-Test	Post Test	Pre-Test	Post Test		
Experimental group	71.56	52.36	5.26	4.78	78	17.08**
Control Group	70.94	70.02	4.63	4.11	78	0.93



The results related to the hypothesis have been recorded. Mean of experimental group of pretest is 71.56 and posttest mean is 52.36 dimension on Stress the difference between the two mean is highly significant  $t (78) = 17.08, P < 0.01$ . It concluded that significantly positive impact found of yoga training dimension on stress. It was prove that the positive effect of yoga on our Stress.

Mean of control group of pretest is 70.94 and posttest mean is 70.02 dimension on Stress the difference between the two mean is not significant  $t (78) = 0.93, P = NS$ .

Research has provided significant findings related to physical activity such as sport and exercise in improving areas of Stress and well-being (Greenberg &

Oglesby, 1996). Engaging in physical activity has a positive impact on increasing mood and self-esteem. Physical activity can improve self-image, self-confidence, mood, relieve stress tension and premenstrual tension, increased alertness, increased energy and increased ability to cope with stress (Greenberg & Oglesby).

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