

Effect of Yoga as a Relaxation Technique on Sleep quality among School Students Appearing Board Exam

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Abstract : Yoga works as a relaxation technique to reduce stress, anxiety and enhances sleep quality and wellbeing. Yoga regulates sleep cycle which helps to manage emotional and cognitive functioning. Most of the students suffer from mental health issues specially who are appearing board exams due stress and pressure of exams, marks, future career and expectations for higher marks in board exams from others. Surya namaskar has been found in reducing stress, anxiety and insomnia. The major aim of the study was to understand the effect of yoga as a relaxation technique on sleep quality of students appearing board exam. 42 students who were appearing board exam and scored high in poor sleep quality selected for the study. Results found significant effect of yoga as a relaxation technique on poor sleep quality among school students appearing board exam both male and female. Surya namaskar is helpful for increasing poor sleep quality.

Keywords: Sleep quality, yoga, relaxation technique, school students.

Introduction - Yoga helps to balance between mind and body which recognized in ancient time. Today people are not giving much importance to yoga practices while yoga gives healthy life. Individuals who practice yoga could reach the higher psychological wellbeing and increase sleep quality. Yoga affects sleep quality of individuals for satisfactory and restful sleep.

Yoga works as a relaxation technique to reduce stress, anxiety and enhances sleep quality and wellbeing. Yoga works on both physical and mental health. It is holistic approach of mind and body to get overall fitness. Yoga regulates sleep cycle which helps to manage emotional and cognitive functioning.

Here are some major impacts of yoga:

1. Increases wellbeing and decreases mental stress
2. Helps in decision making
3. Physical health and strength
4. Helps in attention and concentration
5. Decreases mood disturbances
6. Reduces poor sleep quality

Sleep quality is different from sleep quantity. Sleep quantity is about the duration of sleep, how much time a person sleeps but sleep quality is about how well or satisfactory a person sleeps in during the duration. Good sleep quality is a level of satisfaction individuals feel next morning and poor sleep quality is a level of dissatisfaction individuals report next morning.

School students who are appearing board exams are adolescents. Adolescents is the period of physical,

emotional, psychological and social changes occurs. These changes affects an individuals' overall wellbeing which leads to lower sleep quality. They depend on substance abuse for releasing stress and restful sleep.

Most of the students suffer from mental health issues specially who are appearing board exams due stress and pressure of exams, marks, future career and expectations for higher marks in board exams from others. These issues are not focused and treated by students and family and teachers also. Academic stress impacts students' mental health which can lead to impact academic performance. These can increase the difficulties to concentrate, learning and sleep. Yoga is a relaxation technique specially Surya namasakar which includes 12 asanas that impacts full body and mind. Surya namaskar works on mind and body which gives satisfaction and relaxation. When mind and body is relaxed and stress free person gets more satisfactory sleep. Yoga regulates sleep pattern and manage stressful life.

Surya namaskar has been found in reducing stress, anxiety and insomnia. Yoga with breathing exercises treats headache, body pain, digestion issue and mental issues such as depression, stress, aggression and sleep disorder. Yoga can release exam stress, reduce poor sleep quality and increase attention & concentration in study.

Review of literature

Yoga exercises in daily life help to reduce poor sleep quality and there is a significant effect of long term yoga practices on sleep quality (Banker, M. et al. 2013).

Yoga techniques and regular practices can reduce anxiety

and enhance sleep quality with encouragement to do yoga on regular basis (Lucas, 2024).

Research Objective: This study aim to understand the effect of yoga as a relaxation technique on sleep quality of students appearing board exam.

Research Hypothesis: There will be significant effect of yoga as a relaxation technique on sleep quality of students appearing board exam.

Methodology: Pre and posttest used to find the impact of yoga as a relaxation technique on sleep quality of students who were appearing in board exam.

Participants: A purposive sampling method used to select 42 students who were appearing board exam and who were scored high in poor sleep quality. 18 female and 24 male students were involved in the study.

Procedure: A government school's students selected from 10th class and consent was taken from all the participants. Students were given sleep quality scale to measure the level of sleep quality. 42 students were selected who had poor sleep quality and were given Surya namaskar as a relaxation technique. In posttest sleep quality scale were given again to measure post relaxation technique sleep quality scores.

Result & Discussion:

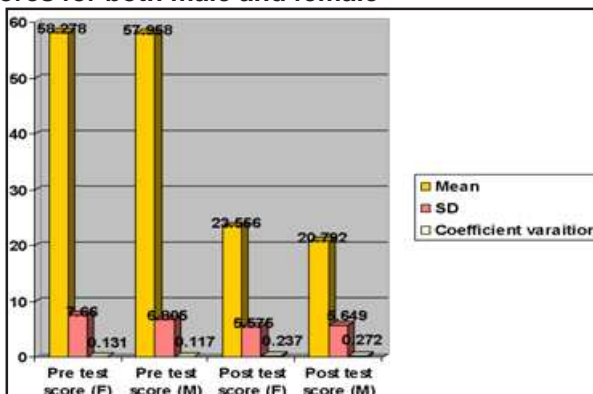
Hypothesis: There will be significant effect of yoga as a relaxation technique on sleep quality of students appearing board exam.

Table 1: Descriptive statistics of pre and posttest scores for both male and female

Descriptive Statistics

	SQ Score pre relaxation technique		SQ score post relaxation technique	
	Girls	Boys	Girls	Boys
N	18	24	18	24
Missing	0	0	0	0
Mean	58.278	57.958	23.556	20.792
Std. Deviation	7.660	6.805	5.575	5.649
Coefficient of variation	0.131	0.117	0.237	0.272
Minimum	44.000	44.000	11.000	11.000
Maximum	70.000	67.000	31.000	30.000

Figure 1: Graphical representation of pre and post test scores for both male and female



Descriptive statistics showing the mean score of girls (58.278) was higher compared to mean score of boys (57.958) in pre-test. In post sleep quality score, mean (23.556) was higher for girls (20.792) compared to boys students. Standard deviation for pre-test is 7.660 for girls and 6.805 for boys showing higher variability in sleep quality scores of girls. Standard deviation for posttest is 5.575 for girls and 5.649 for boys which is showing similar variability. Coefficient of variation is 0.131 for girls and 0.117 for boys in pre-test while 0.237 girls and 0.272 for boys in post test scores suggesting higher relative variance in boys compared to girls in pre-test and higher relative variance in girls compared to boys in posttest.

Results are indicating higher mean score for girls in both pre and post test sleep quality scores which is showing higher poor sleep quality scores of girls' students in both pre and post test. Standard deviation and coefficient of variation is suggesting higher variability in higher for girls in pre-test and higher for boys in post test and the results are not likely to random chance.

Table 2: t test for poor sleep quality of pre and post test

Paired Samples T-Test

Pre test	Post-test	t	df	p
SQ Score pre relaxation technique	SQ score post relaxation technique	31.837	41	< .001

Note. Student's t-test.

Results are showing significant effect of yoga relaxation technique on sleep quality among students appearing board exam. P value is <0.001 which is less than the threshold of 0.05 which is showing significant effect. Findings indicating that Surya namaskar can reduce poor sleep quality and enhances wellbeing of students.

Conclusion: Mental wellbeing is very important for students and lack of sleep can affect the wellbeing. Better sleep is a major thing to increase wellbeing in students. Results found significant effect of yoga as a relaxation technique on poor sleep quality among school students appearing board exam both male and female. Surya namaskar is helpful for increasing poor sleep quality. Students who are appearing board exam suffer from too much stress and anxiety for exams which affect sleep quality and overall mental health. Sleep quality need to be focused and treated specially in students.

Recommendation:

1. Gender dynamics can be measure in further studies for measure gender difference of yoga relaxation technique.
2. Yoga as a relaxation technique could use in schools for enhancing the wellbeing and decreasing poor sleep quality.

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