

# A Study of Effect of Nadi Shuddhi Pranayama on Anxiety in NEET Aspirants

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**Abstract:** *Anxiety is a state of uneasiness and apprehension, as about future uncertainties. Around 16 lakh students appear in the NEET (national eligibility cum entrance test) exam, this is the highest number in any competitive exam and according to the survey, the attempt to get the highest score also remains in them. The biggest reason for this is increase in anxiety. Earlier research showed that Nadi Shuddhi Pranayama is the best way to relieve anxiety. A hypothesis has been constructed to meet the objectives of proposed research work shown significant effect of Nadi Shuddhi Pranayama on Anxiety in NEET Aspirants. This work was an experimental based research. The proposed research is on sample of 30 persons was taken from the Cellsius Coaching Institute, Ajmer (Rajasthan). All participants is practised Nadi Shuddhi Pranayama daily for 30 days under the supervision of certified yoga trainer. Students Examination Anxiety Test (SEAT) score recorded before and after 30 days of training. There was a significant decrease in SEAT scores after intervention. After compare the mean, standard deviation and apply paired t - test it is observed that regular practice of Nadi Shuddhi Pranayama helps in reducing anxiety in NEET aspirants.*

**Keywords:** Anxiety, Nadi Shuddhi Pranayama, NEET Aspirants

## 1. Introduction

According to the U. S. Surgeon general 13 percent or over 6 million children suffer from anxiety making it the most common emotional problem in children. Controlling your breathing actions allows you to efficiently control all the different movements and movements of the body through various body movements. You can easily control and develop the body, mind and soul through breath control or control of the organism. Pranayama is a definite science. This is the fourth part of Ashtanga Yoga. Breathing is to breathe, which occurs after attaining stability or asana of the idol, asana. Thus, Pranayama has been defined in Patanjali Yoga Sutras.

For Controlled anxiety nadi shuddhi pranayama (alternate nostril breathing) is the best Pranayama according to previous researches. Alternate nostril breathing affects brain hemisphericity by alternately stimulating the right - brain and then the left - brain. This process is brought about by the action of the air flowing through the nostrils that stimulates the contra lateral (opposite) side of the brain via nerve endings just underneath the mucous layer inside the nostrils. Each side of the body is governed by nerves originating in the opposite side of the brain, and so stimulating airflow in one nostril increases nervous activity in the brain on the opposite side to that nostril. Because each side of the brain specializes in different activities and processes, the autonomic nervous system is also correspondingly stimulated and relaxed via this pranayama.

## 2. Statement of the Problem

The present research problem has been stated as: "A STUDY OF EFFECT OF NADI SUDDHI PRANAYAMA ON ANXIETY IN NEET ASPIRANTS".

### 2.1 Objectives of the Study

Objectives: The main objective of the study will be -

- To study the effect of Yoga: Nadi shuddhi Pranayama on NEET aspirants' anxiety.

### 2.2 Hypothesis of the Study

The following research hypothesis has been constructed to meet the objectives of proposed research work:

- There would be significant effect of Nadi Shuddhi Pranayama on Anxiety in NEET Aspirants.

### 2.3 Definitions of the Term

(i) Anxiety (Dependent variable): Anxiety is a mood state characterized by marked negative affect and somatic symptoms of tension in which a person apprehensively anticipates future danger or misfortune (**Barlow, 1988**).

(ii) Nadi Shuddhi Pranayama (Intervention): Nadi Shuddhi, also known as Alternate Nostril Breathing, can have a profound impact on your body, mind, and nervous system. This is a simple and powerful tool, which can be used by most people as a simple and effective practice to clear the mind and calm the whole self.

(iii) NEET Aspirants: NEET is a single eligibility cum entrance examination namely 'National Eligibility - cum - Entrance Test for admission to MBBS/BDS courses' in each academic year.

### 2.4 Research Methodology

The proposed research work is an experimental based research.

### 2.5 Research Sample

The proposed research is on sample of 30 persons was taken from the Cellsius Coaching Institute, Ajmer (Rajasthan).

## 2.6 Study Procedure

Yoga trainer explains to participant not to practice any other exercise or any yogic exercises other than prescribed one.

Practice of Nadi Shuddhi Pranayama was done under the guidance of certified yoga trainer. Subject was made to sit in sukhasana and padmasana, and then, students were asked to perform Nasarga Mudra or Pranayama Mudra with right hand. Then performed Nadi Shuddhi Pranayama in following steps:

- 1) Subject closed the right nostril with right thumb and then inhaled through the left nostril.
- 2) Immediately closed left nostril with right ring finger and little finger, and at the same time, removed thumb from the right nostril, and then exhaled through this nostril.
- 3) Then inhaled through the right nostril. Now, closed the right nostril with right thumb and exhaled through the left nostril. This completed one full round.

Each participant had practised such cycles for 10 min daily in the morning for 30 days.

## 2.7 Students Examination Anxiety Test (SEAT) questionnaire

The Following tool for proposed research work to measure the anxiety level on students. Students Examination Anxiety Test (SEAT) By Dr. Madhu Agarwal and Varsha Kaushal. The SEAT is a 38 - items self - report questionnaire that measures the students anxiety. Scoring – The test can be scored by hand. Each “Yes” response is indicative of anxiety, hence one mark is awarded for each “Yes” response. The sum total of “Yes” responses would be the total anxiety score of the individual.

## 3. Results

Comparison of mean and standard deviation shows that there was a significant difference between SEAT score for before Pranayama and after Pranayama [Table 1] and analysis with paired *t* - test shows that their calculated *t* value is 2 and the table value (*t*.0.05) is 2.756. Here the table value is more than calculated value it shows the hypothesis is accepted. Therefore, Nadi Shuddhi Pranayama can be used for reduction of anxiety in NEET Aspirants. .

**Table 1:** Comparison of pre - and post - SEAT score (*n*=30)

| Parameter  | Before Intervention |                    | After Intervention |                    |
|------------|---------------------|--------------------|--------------------|--------------------|
|            | Mean                | Standard deviation | Mean               | Standard deviation |
| SEAT score | 25.433              | 3.682              | 24.466             | 2.788              |

## 4. Conclusion

To summarize, we conclude that regular practice of Nadi Shuddhi Pranayama helps in reducing anxiety in NEET Aspirants and it also helps to decrease the suicide rate in neet students.

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