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Immediate Effect of Yoga Nidra Technique for Physiological Variable Resting Pulse Rate, Blood Pressure, Hemoglobin, Vital Capacity, Breath Holding, Physical Fitness Index and Recovery Periods

Rtn. Chandrakanta Barik

OSD Kalinga Stadium Complex Cum Yoga Coach, Bhubaneswar, Odisha, India

Abstract: ***Yoga Nidra a technique which creates tremendous impact on the physical body and mind, its controlled breath & focus with progressive muscle relaxation. While undergoing practice of Yoga Nidra, individual focused on each part of the body or group of muscles one by one or at a time and mentally relaxing any physical tension if individual have there. A body scan can help boost self-awareness of the harmonious mind-body connection. While individual feel stress, the body's neuro responds by releasing hormones that increase your blood flow, blood circulation & pressure and increase heart rate. Stress is an emotional or physical tension. It can come any time anywhere from any event or thought that makes unwantedly you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. A hypothesis has been constructed to meet the objectives of proposed research work shown significant effect of Yoga Nidra Technique for reduce stress. This work was based on experimental research. The proposed research is on sample of 34 persons was taken from the Government Sports Hostel Klinga Stadium those are used to stay in Kalinga Stadium Bhubaneswar, Odisha. All participants are used to practiced Yoga Nidra Technique for 45 minutes under the supervision of certified yoga trainer. Results recorded on questionnaire, scores recorded pre and post of training of Yoga Nidra. There was a significant increase in scores after intervention. After compare the mean, standard deviation practice of Yoga Nidra Technique in ordered to reduce stress & Anxiety.***

Keywords: Yoga, Yoga Nidra, muscle relaxation, stress, Anxiety

1. Introduction

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. Yoga Nidra technique blends breathe focus with progressive muscle relaxation. After a few minutes of Yoga Nidra, you focus on one part of the body or group of muscles at a time and mentally releasing any physical tension you feel there. A body scan can help boost your awareness of the mind-body connection. When you feel stress, your body responds by releasing hormones that increase your blood pressure and raise your heart rate. This is called the stress response. Yoga Nidra techniques can help your body relax and lower your blood pressure and heart rate.

Statement of the problem

The present research problem has been stated as: "Instant effect of Yoga Nidra Technique for reduce stress & Anxiety".

Objectives of the study

Objectives: The main objective of the study will be-

To study the effect of Yoga Nidra Technique for reduce stress & Anxiety.

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 Yoga Nidra Technique for reduce stress.

Research methodology

The proposed research work is based on experimental research.

Research sample

The proposed research is on sample of 34 persons was taken from the Government Sports Hostel; reside at sports Hostel Kalinga Stadium Bhubaneswar, Odisha.

Study procedure

Yoga Nidra

1) Be relaxed and lie on your back and be in savasana. .
2) Breathing through your nostril. Let your belly fill with air.
3) Breathe out through your nose.
4) Place hands aside of your body palm facing upward. .
5) As you breathe in, feel your belly rise. .

6) Inhale deeply and exhale deeply regularly
7) Relax your body & Mind.

Perceived Stress Scale (PSS) questionnaire

The Following tool for proposed research work to measure the Perceived Stress Scale (PSS) is a classic stress assessment instrument. The tool, while originally developed in 1983, remains a popular choice for helping us understand how different situations affect our feelings and our perceived stress. The questions in this scale ask about your feelings and thoughts during the last month. In each case, you will be asked to indicate how often you felt or thought a certain way. Although some of the questions are similar, there are differences between them and you should treat each one as a separate question. The best approach is to answer fairly quickly. That is, don't try to count up the number of times you felt a particular way; rather indicate the alternative that seems like a reasonable estimate.

2. Results

Comparison of mean and standard deviation shows that there was a significant difference between PSS score for before and after Deep Relaxation Technique [Table 1] and it shows the hypothesis is accepted. Therefore, immediate effect of Deep Relaxation Technique for reduces stress.

Table 1

Parameter	Before Intervention		After Intervention	
	Mean	Standard deviation	Mean	Standard deviation
PSS score	29.828	4.232	28.232	3.888

Comparison of pre-and post-PSS score (n=50)

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