



## THE ROLE OF YOGA IN REDUCING EMOTIONAL STRESS AMONG STUDENTS OF THE COLLEGE OF EDUCATION

Researcher

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### Abstract

The current study aims at the role of yoga in reducing emotional behavior among students of the College of Education. Through study, a group of sports were used, such as those that aim to reduce emotional stress, such as (yoga exercises, breathing exercises), interest in maintaining health and increasing the efficiency of educational and productive work, and reducing stress after using yoga exercises for students. The arithmetic mean after the exercises reached (6.770) and the standard deviation (1.140), while the arithmetic mean of the measurement after the exercise was (4.255) and the standard deviation (0.718), while the value of (T) reached (5.0) below the significance level (0.5), which means that there are significant differences in the result after using the breathing exercises, asanas and pranayama, as the students' answers indicated a decrease in the level of emotional stress. Through the results, studyer concluded that practicing yoga reduces emotional stress among students.

### Keywords (Yoga, Emotional Stress )

- Definition of study:

1.1 Introduction and importance of study:

Studies have varied and their means, which aim in general to address a situation or come up with results aimed mainly at demonstrating the ambition of the human being who aspires to him in the field of knowledge or in other areas of life.

There is no doubt that the product of human thought has been since time immemorial its main goal is to raise the value of man and his way of life and achieve his goal.

Psychological stress was and still is one of the important topics that concern many specialists in different scientific branches, and perhaps psychologists were at the top of the list of those interested in this topic, and this is because it is one of the facts and constants of life and because it is an issue of public and private concern, there is hardly a person who does not suffer from pressure in different forms and almost daily. However, defining the concept of pressure in terms of time is very difficult and it is possible that this term was used for the first time during the fourteenth century, but this use was not fixed and organized and was later used in English books concepts to indicate pressure from them

Although the word and its derivatives have existed for centuries, their origin is not yet known. It is difficult to research this before the fourteenth century, but it can be said that the beginning of the spread of this word was during the nineteenth century. (Ammar Kashroud, 1995, 303) And linked to all of the above, the human being has always been developing the means of upgrading in the field of physical education through research, verification and delving into everything new that may have a greater opportunity to achieve the goals of physical education, and after most studies focused on various physical education sciences, which are represented in the form of loads as doses intended to achieve its provocation on the entire human body in order to upgrade the functions of the members, which will inevitably be reflected on his sports survival. Recently,



scientists have been focusing on the study of sports psychology and teaching methods, which are very important joints that can affect the vital activity of humans in general and sports in particular, and among the things that have not been addressed significantly are studies related to psychological behaviour among students. The dynamics of the development of society in the twenty-first century are characterised by innovations that break its traditions and rebuild them. Which naturally makes it difficult for a person's adaptation and socialisation processes to ever-changing life circumstances and requirements. His lack of theoretical knowledge of the patterns and trends of human development in the self-realised society contributes to the exacerbation of contradictions and destroys health in the process of his educational paths. Personal education in the process of vocational training for university students is a complex process that requires a great deal of importance professional efforts, prolonged emotional nervous stress, associated with the processing of a large flow of various information and reaching the limits of the possible during the exam session. At the same time, the learning process occurs in conditions of objectively existing contradictions, which include: the desire for independence in the choice of knowledge; the need to master a large amount of educational and scientific information and the lack of time to master it; the desire to appear as soon as possible and self-affirmation. Here the contradictions mentioned are imposed through family, social and educational pressures, which leads to a breakdown in the process and guest in the brain and sensory systems. The work of cognitive formations in the brain responsible for function (hearing, concentration, mood, etc.) decreases, and physical education methods are considered the most effective alternative to reducing emotional stress and physical inactivity in recent studies.

## 1.2 problem of study:

The problem of study came through the apparent scarcity of scientific research related to the use of recreational sports such as breathing exercises and yoga to reduce emotional pressure, so studier decided to delve into this phenomenon and crystallize its problem by answering the following question.

What is the level of changes that can occur in the emotional pressure of the members of study sample due to the effect of physical activities in the College of Education.

## 1.3 The Objectives:

1- Identify the role of venting exercises Abranayama and Asanas in reducing emotional pressure among the members of study sample.

## 1.4 Areas of study

1- Spatial field: MisanUniversity, a sample of the Faculty of Education

2- Research sample: a sample of students of the Faculty of Education, MisanUniversity

3- Time limit: 2024-2025.

## 1.5 Imposition of STUDY:

1 - There are significant differences of statistical significance for study sample in the exercises used in study before exercise and after exercises Asanas and venting exercises called (Pranayama).

## 1-6 Definition of terms:

1- Pranayama: Pranayama are breathing exercises that we do as yoga practitioners in order to control and stretch the breath. She is the fourth initiator in Ashtanga Yoga and in the journey of meditation in particular. Prana means breath, power or energy. Ayama means expansion or expansion. In other words, pranayama means the expansion of energy, life force, or expansion of the soul. (Simon, 2018)

2- Emotional pressure: Richard Lazaros defines psychological stress as related to a unique relationship that exists between a person and his surroundings, and it includes a cognitive assessment of a student that the person lives as a test for him, or as exceeding his potential. (61,2002, AnneJolly)



### 3- methodology and field procedures

#### 3.1 Methodology

Scientific research methods are "those that determine the scientific method followed by studyer, as it is the primary tool for all information, imposing hypotheses, and assigning goals to solve a particular problem and reach it."

, and therefore studyer used the descriptive approach in the survey method. 3.2 Research sample: "The sample selection process is closely related to the nature of the population from which the sample is taken because it is "that part of the community on which the tests are conducted and represents the community correctly, study sample was deliberately selected and they are the students of the Faculty of Education, MisanUniversity (2024-2025), who number (50) students, as well as the homogeneity process was conducted for the members of study sample between variables (height, weight, chronological age and training age), It was found that there is a clear homogeneity in those variables not individual research sample. 3.3 Means of data collection: 1.3.3 Means of collecting evidence and tools used in research: • Arab and foreign scientific sources and references. • Special yoga exercises called (asanas) and venting exercises called (pranayama). • Questionnaire for students. • Auxiliary team.

2.3.3 Devices and tools used in research. 1. Stopwatch number (1). 3-4 Determine the tests and measurements used in study: Studyer, after reviewing the sources, references and literature in the tests and measurement, and after taking the opinions of experts, agreed on physical tests that suit the prevailing energy system for the two events under study, and the test of physical exercises was chosen for yoga in asanas and venting exercises called pranayama. 3.5 Field research procedures: Studyer conducted an exploratory sample through a questionnaire consisting of 10 paragraphs, through which the level of emotional pressure among students in the Faculty of Education, who were randomly selected for the members of study sample of (50) students, on Tuesday, 1/9/2024, on the gardens of the Department of Educational and Psychological Sciences at the Faculty of Education, MisanUniversity, and it lasted for (6 weeks), where asanas and venting exercises were used on study sample two training units per week on Sunday and Tuesday at 8:30 to 9:30. 4- Presentation, analysis and discussion of the results:

#### 4-1 Presentation of results before and after performing yoga exercises

Table (1)

Shows arithmetic means, standard deviations, calculated t-value and interleukin level 6 before and after the effort of volleyball players

Significance	sig	T	After use		Before use		Unit of measure	Variables
			A	S	A	S		
Indicative	0.5	5.0	0.718	4.255	1.140	6.770	Arithmetic mean	Emotional stress before exercise



It is noted from Table (1) for the study of differences before and after the use of yoga exercises for students that the arithmetic mean after the exercises amounted to (6.770) and the standard deviation (1.140), while the arithmetic mean of measurement after exercise was (4.255) and standard deviation (0.718), while the value of (T) (5.0) under the level of significance (0.5), which means that there are significant differences in the result after using the exercises catharsis and pranayama.

4-4 Discussing the results of yoga exercises among students of the College of Education: -

It is clear from the tables (1) for statistical treatments of the variable exercises significant differences have been achieved on the impact of the study of the differences between the two groups under study as well as between the measurements of that variable for the two groups after exercises and studyer believes that these differences came simultaneously with the need to balance the internal environment in the brain and discharge negative energy and emotional pressures, which may be exposed to imbalances in their vehicles due to the study and exams

Where yoga plays a role in rebalancing that environment as an indicator of brain balance in the sample members, one of the basic functions of the immune system is to rebalance the internal environment of the body affected by a number of internal external variables.

Results of the questionnaire before and after exercises:

S	Paragraph	percentage		After exercise
		yes	no	
1	Do you suffer from emotional stress during exams? Do you feel stressed when reading more information?	<b>%95</b>	<b>%5</b>	low
2	Do you suffer from emotional stress during exams? Do you feel stressed when reading more information?	<b>%80</b>	<b>%20</b>	Low
3	Do you practice sports?	<b>%30</b>	<b>%70</b>	High
4	Do you need to do sports activities?	<b>%40</b>	<b>%60</b>	High
5	Do you prepare to study when there is emotional pressure?	<b>%30</b>	<b>%70</b>	High
6	Do you have health problems?	<b>%20</b>	<b>%80</b>	Low
7	Does frustration increase your mental abilities to do your schoolwork?	<b>%90</b>	<b>%10</b>	low
8	Are you feeling stressed out to achieve success?	<b>%60</b>	<b>%40</b>	Low



9	? Are yoga exercises helpful in reducing your emotional stress?	%20	%80	High
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Discussion of the results of the questionnaire after practicing sports activities:

The first paragraph (Do you suffer from emotional stress during the exam period) achieved a low percentage of (85%) who do not feel emotional stress and attribute this to the benefit of the exercises practiced by the student. As for the second paragraph, which stated (Do you feel stressed when reading more information), there was a decrease in the level of stress by a percentage of (90) who do not feel stress after practicing breathing exercises.

As for the ninth paragraph, the percentage of desire to practice sports activities increased by 95% of the sample.

#### 4- Conclusions and recommendations:-

##### 4-1 Conclusions:-

1- From the results, studyer concluded that practicing yoga reduces emotional stress among students.

##### 4-2 Recommendations:-

1- Studyers recommend adopting the results of the current study in standardizing training programs for practicing sports and including them as basic lessons in the College of Education, as they reduce emotional stress among students.

2- Conducting other studies on sports activities and other age groups in study variable.

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