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RESEARCH ARTICLE

INFLUENCE OF PRESSURE ON SCHOOL STUDENTS AND REMEDIES

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ABSTRACT

Intro: The science of our body is to gain health in every walk of the life, personal power, to develop knowledge and attain peace of mind. It also reduces stress, tension in the physical body, activates the parasympathetic nervous system. **Methodology:** For the study, 75 school students from a private school in Bangalore, were selected as subjects. Their age ranged between 13 to 17 years. The subjects have been segregated into three groups each consisting of equal members. Experimental Group I were given Counselling, Meditation and Diet; Experimental Group II were given Physical activities & Diet for 12 weeks. Controlled Group were not given any kind of training. **Results:** The results of study showed a significant difference in the Depression Anxiety and Stress Scale (DASS) of psychological variable on Experimental Groups I, II subjects than the Controlled group. Through the Meditation, counselling and Diet their pressure which they felt before has got reduced and performance of them had increased. **Conclusion:** It is being concluded that meditation, counselling and diet helps in improving the Depression Anxiety and Stress.

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INTRODUCTION

Healthy eating and regular physical activity play a powerful role in taking the stress that is felt in the studies and other things surrounded by them. Meditation is a means to still the mind's restlessness. An invaluable tool in managing stress and anxiety. Regular meditation trains the mind to be calm, centred, relaxed and detached. This is extremely helpful while responding to stressful situations. It curbs overreaction, emotional outbursts and losing temper, thus giving the mind the time to rationalize and think about practical solutions. One learns to identify their own inner resources and draw upon the energy needed from their own inner sources. It helps one to increase his or her awareness, i.e. self-awareness. It helps in attention focus and concentration. Children do better in their studies, if yoga practice is inculcated into their daily routine.

Objectives of the study: The study was under taken to get the Adolescents on the right track by giving them a power mind to face any situation in their life. If they have zero pressure they think of the better one which is essential for the young mind.

Statement of the problem: Now a days the world moves faster and to compete with that, younger generation need to fight with numerous facts which is creating tremendous pressure in the minds, it's going to stress them, creating Depression and anxiety. To help them handle Anxiety and Depression, help them to prevent diseases at a younger age.

Hypothesis

It is hypothesized that there would be significant differences in the subjects on selected variable of Depression Anxiety and Stress Scale (DASS)by the practices of Physical activities, counselling, Meditation and Diet than the Control group.

Limitations

- The study is focusing on selected students.
- Their life style was not controlled
- The study is focused on the mind related problems.
- The other factors which influence the health and education is not included in this study.

Selection of subjects: For the study, 75 school students from a private school in Bangalore were selected as subjects and their age ranged from 13 to 17 years.

METHODOLOGY

For the purpose of study, 75 school students from a private school in Bangalore were selected as subjects.

Table 1. ANCOVA for the pre and post test data on depression

TEST	GROUP1	GROUP2	GROUP3	df	SS	MOS	Obtained F
Pre	21.04	21	21.2	2 72	0.56 610.96	0.28 8.48	30.3*
Post	8.76	13.2	20.64	2 72	1801.68 448.32	900.84 6.226	144.67*
Adjusted	8.77	13.22	20.6	2 71	1784.88 395.85	892.44 5.57	160.06*

Table 2.Scheffe's test for the differences between the adjusted post-test paired means on Depression

Groups			Mean	CD
Group I	Group II	Cnt Group		
8.77	13.22		4.45*	8.93*
8.77		20.6	11.83*	
	13.22	20.6	7.38*	

Table 3. ANCOVA for the pre and post test data on anxiety

TEST	GROUP1	GROUP2	GROUP3	df	SS	MOS	F value
Pre	11.56	11.08	11.32	2 72	2.88 453.44	1.44 6.29	4.37*
Post	6.04	8.04	10.48	2 72	247.22 260.16	123.61 3.61	34.21*
Adjusted	5.91	8.16	10.48	2 71	260.07 137.82	130.03 1.94	66.98*

Table 4.Scheffe's test for the differences between the adjusted post-test paired means on anxiety

Groups			Mean	CD
Group I	Group II	Cnt Group		
5.91	8.16		2.24*	5.78*
5.91		10.48	4.56*	
	8.16	10.48	2.31*	

Table 5. ANCOVA for the pre and post test data on stress

TEST	GROUP1	GROUP2	GROUP3	df	SS	MOS	F value
Pre	27.56	27.4	27.52	2 72	0.34 1150.4	0.17 15.97	92.17*
Post	13.2	19.52	26.92	2 72	2357.84 806.08	1178.92 11.19	105.3*
Adjusted	13.16	19.56	26.9	2 71	2363.23 544.04	1181.61 7.66	154.2*

Table 5.Scheffe's test for the differences between the adjusted post-test paired means on stress

Groups			Mean	CD
Group I	Group II	Cnt Group		
13.16	19.56		6.39*	8.77*
13.16		26.9	13.73*	
	19.56	26.9	7.34*	

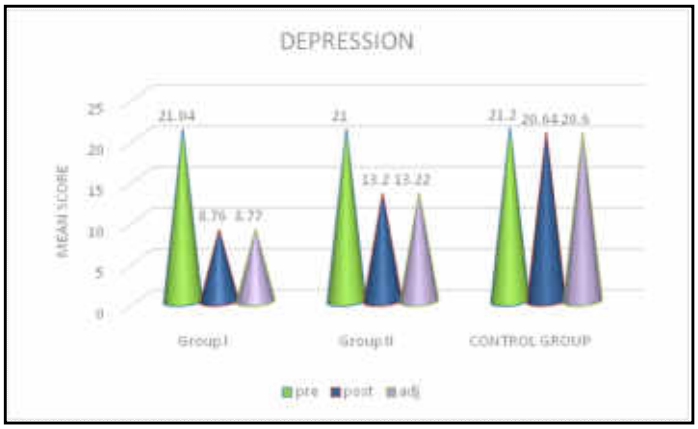

Figure 1.

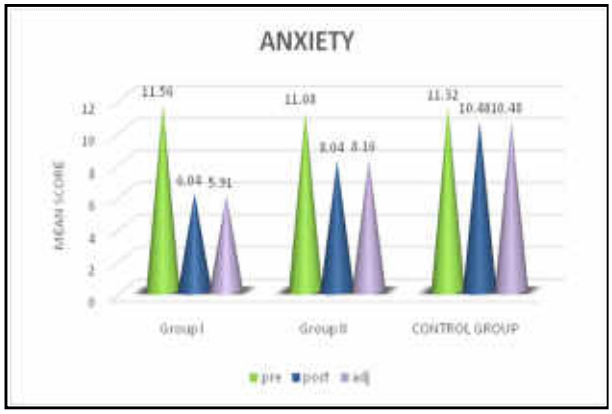

Figure 2.

Figure 3.

Their age ranged between 13 to 17 years. The subjects have been segregated into three groups namely Experimental Group I & II and Control group in each group there were equal numbers. Experimental Group I were given Meditation, counselling and Diet; Experimental Group II were given physical activities and diet for 10 weeks. Controlled Group were not given any inputs and kept in monitoring.

Selected variables for expirement

Dependent variables

Psychological variable

- Depression Anxiety and Stress Scale (DASS)

Independent Variables

- Physical activities
- Meditation
- Counselling
- Diet

RESULTS AND ANALYSIS ONDEPRESSION ANXIETY AND STRESS SCALE (DASS):

Depression: For statistical analysis the data collected from the pre-test and the post test on depression of experimental groups and control group have been presented in Table 1. Table 1 shows that the adjusted post-test means values of depression for Counselling, Meditation and Diet (Group 1), Physical activities & Diet (Group 2) and Control Group are 8.77, 13.22 and 20.6 respectively. The obtained F-ratio of 160.06 for adjusted posttest mean is very much greater than the table value of 3.13 for df 2 and 71from F ratio table. The results of the study indicate that there are significant differences among the adjusted post-test means of Counselling, Meditation and Diet (Group 1),Physical activities & Diet (Group 2) and Control Group on the depression.To determine which of the paired means had a significant difference, the Scheffe's test was applied as Post hoc test and the results are presented in Table II.Table II shows that the adjusted post-test means differences on Counselling, Meditation and Diet (Group I) and Physical activities & Diet (Group 2), Counselling, Meditation and Diet (Group I) and Control Group, Physical activities & Diet (Group II) and Control Group are 4.45, 11.83 and 7.38 respectively. The value 8.93 which shows significant differences at .05 level of confidence. It could be also concluded that Counselling, Meditation and Diet (Group I)is better than Physical activities & Diet (Group II) and Control Group in improving depression. The mean and adjusted values of pre and posttest of Counselling, Meditation and Diet (Group I), Physical activities & Diet (Group II) and Control Group on depression rate are graphically represented in the Figure 1.

Anxiety: For statistical analysis the data collected from the pre-test and the post test on anxiety of experimental groups and control group have been presented in Table III. Table III shows that the adjusted post-test means values of anxiety for Counselling, Meditation and Diet (Group I), Physical activities & Diet (Group II) and Control Group are 5.91, 8.16 and 10.48 respectively. The obtained F-ratio of 66.98 for adjusted posttest mean is much greater than the table value of 3.13 for df 2 and 71 from the F ratio table.The results of the study indicate that there are significant differences among the adjusted post-test means of Counselling, Meditation and Diet (Group I), Physical activities & Diet (Group II) and Control Group on the anxiety.To determine which of the paired means had a significant difference, the Scheffe's test was applied as Post hoc test and the results are presented in Table IV. Table IV shows that the adjusted post-test means differences on Counselling, Meditation and Diet (Group I) and Physical activities & Diet (Group II), Counselling, Meditation and Diet (Group I) and Control Group, Physical activities & Diet (Group II) and Control Group are 2.24, 4.56 and 2.31 respectively. The value 5.78 which shows significant differences at .05 level of confidence.It could be also concluded that Counselling, Meditation and Diet (Group I)is better than Physical activities & Diet (Group II) and Control Group in improving anxiety. The mean and adjusted values of pre and posttest of Counselling, Meditation and Diet (Group I), Physical activities & Diet (Group II) and Control Group on anxiety are graphically represented in the Figure -II.

Conclusion

Within the limitations the present study results were obtained, the following conclusions were drawn. For the purpose of this study it was hypothesized that there will be significant differences in the subjects on selected variable of DASS due to the practices of Counselling, Meditation & Diet and Physical activities & Diet than the Control group. The psychological variable DASS was significantly improved, during the 12 weeks of Counselling, Meditation and Diet (Group I), Physical activities & Diet (Group II) among subjects when compared to the control group.

Suggestion for further research

- The study could be undertaken on other variables.
- The study may be undertaken for other age group.
- This study can be undertaken on problem oriented.

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