

## STRESS MANAGEMENT AMONG COLLEGE TEACHERS BEFORE AND AFTER YOGA PRACTICE

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### ABSTRACT

Stress lead to significant mental and physical health issues, adversely affecting both personal well-being and professional performance. This study investigates the impact of yoga on stress management among college teachers before and after practicing yoga. A sample of 100 college teachers were collected by a questionnaire to collect the source of primary data. The data were analyzed using various statistical methods. Results indicate a significant reduction in perceived stress levels, improved mental health and enhanced job satisfaction post-yoga practice. The findings highlight the effectiveness of yoga as a practical intervention for stress relief, emphasizing its potential to foster a healthier work environment and improve the overall quality of life for educators. This study contributes to the growing body of evidence supporting the integration of yoga into stress management strategies within educational institutions.

**Keywords:** *effectiveness, job satisfaction, mental health, quality, stress relief, emotional, well-being, performance, etc.,*

### INTRODUCTION

Stress is a prevalent issue among college teachers, stemming from extensive workloads, deadlines, and the high emotional demands of teaching. The effects of prolonged stress, if left unmanaged, can lead to mental and physical health issues that impact both personal well-being and professional performance, affecting educators' ability to effectively support and inspire their students. Consequently, stress management has become a critical focus for promoting healthier work environments in academia. In recent years, holistic approaches to stress relief have gained attention, with yoga emerging as a particularly popular and effective method. Yoga, a mind-body practice rooted in ancient Indian philosophy, combines physical postures, controlled breathing exercises, and meditation to achieve balance between body and mind. Research suggests that regular yoga practice can alleviate stress, reduce symptoms of anxiety and depression, enhance relaxation, and promote resilience. For college teachers, incorporating yoga into their daily or weekly routines may not only alleviate stress but also improve their focus, increase resilience, and boost job satisfaction, leading to a more fulfilling teaching experience. This study aims to explore the impact of yoga on stress management among college teachers by comparing stress levels and well-being indicators before and after yoga practice. Through this comparative analysis, the study seeks to illustrate how regular engagement in yoga can serve as a valuable tool for enhancing mental and physical health, fostering a more balanced and satisfying work-life experience for educators who face the unique challenges of the academic profession.

## Need for the Study

- College teachers experience significant stress from heavy workloads and emotional demands, affecting their health and performance.
- Stress in educators can lead to burnout, which negatively impacts their ability to support and engage students.
- There is limited research on the effects of yoga specifically for college teachers, highlighting the need for this study.
- Exploring yoga offers a holistic approach to stress management that may be more effective for educators than traditional methods.
- The study's findings can help colleges develop wellness programs that support teachers' mental and physical health, creating a better work environment.

## REVIEW OF LITERATURE

**Dassaradan and Dr. Subbulakshmi (2024)** conducted a study to examine the impact of a 12-week yoga intervention on cortisol levels and job satisfaction among middle-aged government executives aged 40 to 60 years. The study acknowledges that chronic stress in high-pressure roles often results in elevated cortisol levels, contributing to health complications and decreased job satisfaction. By implementing yoga as a stress management approach, the research evaluates its potential to lower cortisol levels and improve job satisfaction. The findings underscore the positive effects of incorporating yoga into wellness programs, especially for professionals in demanding careers, offering valuable insights into yoga's role in enhancing well-being and satisfaction in the workplace.

**Dr. M. Varalakshmi (2023)** conducted a study on the impact of yoga on academic stress and achievement among 60 randomly selected girl students, aged 15-17, from rural areas in Ananthapur district, Andhra Pradesh. Using an Academic Stress Scale and academic test scores, the study employed a pre- and post-intervention analysis with the 't' test. Findings indicated significant improvements in academic performance, with students attaining higher grades and reporting lower levels of academic stress, suggesting that yoga positively affects both academic stress and achievement in secondary school students.

**Ayush Kumar and Kavita Singh (2022)** highlighted the critical role of workforce productivity in organizational performance, noting that productivity is closely tied to employees' psychosocial well-being. The researchers emphasized that stress has a detrimental effect on health, productivity, social life, and family connections. Workplace stress, driven by both individual and organizational pressures, has become a significant concern for businesses, with stress levels reaching critical heights. The study explores how various organizations employ yoga and wellness programs to alleviate stress, enhancing corporate growth and performance. The research aims to uncover the effectiveness of yoga as a workplace stress management tool across different companies.

**Neeru Devi and Sheetal (2020)** conducted a study on the role of yoga in stress management among corporate employees, who often face high workloads and stress due to competition and work-related factors. Through a literature review of both Indian and international sources, the researchers found that yoga is effective in calming the mind and reducing stress. Their findings highlighted that regular yoga practice significantly lowers stress levels, making it a valuable tool

for stress management in the workplace. The study recommended that organizations implement regular yoga sessions led by qualified instructors, noting that integrating yoga into the workplace can improve employee well-being and contribute to achieving organizational goals.

**Jyoti Bhagwan Jadhav and Dr. Sujata L. Waghmare(2019)** explored the impact of yoga on occupational stress and job satisfaction among teachers. The study selected 30 teachers from Aurangabad Municipal Corporation schools using purposive sampling. Using a pre-test and post-test research design, and employing the Teacher Job Satisfaction Questionnaire and Occupational Stress Index Questionnaire for data collection, the study found that yoga had a positive effect on reducing occupational stress and enhancing job satisfaction. The results suggested that yoga practices not only decrease stress levels but also improve job satisfaction among teachers.

## OBJECTIVES OF THE STUDY

- To identify the stress factors influenced before and after practicing yoga.
- To assess the impact of yoga on teachers' before and after practicing yoga.

## RESEARCH METHODOLOGY

a. **Type of research:** Descriptive research

b. **Data collection**

Primary data: A structured questionnaire will be developed and distributed online through platforms such as Google Forms or social media channels. The survey will include closed-ended questions focused on demographics, digital marketing exposure, and purchasing behavior.

Secondary data: Articles, Journals and Websites.

c. **Sampling design:** A stratified random sampling method will be used to ensure representation across different demographics, such as age, gender, and socio economic status.

d. **Sample size:** A total of 100 samples were collected in Palakkad District for the study.

e. **Tools used for the study:**

- Simple Percentage
- Standard Deviation
- Weighted Average Mean

## LIMITATIONS OF THE STUDY

- ✓ The study may involve a small number of college teachers, which can limit the applicability of the results to a broader population.
- ✓ Differences in how participants practice yoga (e.g., frequency, intensity) may affect the outcomes and lead to inconsistent results.
- ✓ Self-reported data may result in biased responses from participants.
- ✓ Time constraints could hinder the depth and quality of data collection.

## ANALYSIS AND INTERPRETATION

**Table no.1**  
**Demographic variables of the college teachers**

Variables	Demographic variables	No. of College teachers	Percentage
Gender	Male	56	56
	Female	44	44
	Total	100	100
Area of Residence	Male	38	38
	Female	62	62
	Total	100	100
Age	Below 30 Years	22	22
	31-40 Years	22	22
	41-50 Years	42	42
	Above Years	14	14
	Total	100	100
Educational Qualification	PG with Diploma course	12	12
	PG with M.Phil	46	46
	PG with NET/SET	19	19
	PG with Ph.D	23	23
	Total	100	100

Table 1 provides a detailed overview of the demographic variables of the 100 college teachers participating in the study on stress management among college teachers before and after yoga practice.

**Gender:** The sample consists of 56 male college teachers (56%) and 44 female college teachers (44%).

**Area of Residence:** Among the college teachers, 38 males (38%) and 62 females (62%) are from rural areas.

**Age:** The age distribution of college teachers is as follows: 22% are below 30 years, 22% are in the 31-40 age group, 42% are in the 41-50 age group, and 14% are above 50 years.

**Educational Qualification:** The educational qualifications of the college teachers are varied, with 12% holding a postgraduate degree with a diploma, 46% having an M.Phil., 19% with a PG degree and NET/SET, and 23% holding a Ph.D.

**Table No.2**  
**Impact of Stress factors before doing yoga**

Factor	Low	Medium)	High	Pre-Yoga Mean	Pre-Yoga SD
<b>High Stress Levels</b>	10 (10%)	20 (20%)	70 (70%)	4.0	0.9
<b>Physical Fatigue Complaints</b>	15 (15%)	20 (20%)	65 (65%)	4.0	0.9
<b>Anxiety Symptoms</b>	20 (20%)	40 (40%)	40 (40%)	3.5	0.9
<b>High Job Satisfaction</b>	40 (40%)	30 (30%)	30 (30%)	2.0	0.6
<b>Good Work-life Balance</b>	20 (20%)	30 (30%)	50 (50%)	3.0	0.8

**High Stress Levels:** A significant 70% of college teachers reported high stress levels, indicating that stress is a prevalent issue within this demographic. Only 10% of college teachers perceived low stress levels, while 20% indicated a medium level of stress. The mean score of 4.0, coupled with a standard deviation of 0.9, suggests a strong consensus among college teachers regarding the severity of their stress, highlighting the urgent need for effective stress management interventions.

**Physical Fatigue Complaints:** The data shows that 65% of college teachers experienced high levels of physical fatigue, reflecting the demanding nature of their profession. Only 15% reported low physical fatigue, and 20% categorized their fatigue as medium. With a mean score of 4.0 and a standard deviation of 0.9, the findings indicate that physical fatigue is a common concern among college teachers, which may hinder their performance and overall well-being, further emphasizing the importance of incorporating stress-reducing practices like yoga.

**Anxiety Symptoms:** Regarding anxiety symptoms, 40% of college teachers reported experiencing high levels of anxiety, while 40% indicated a medium level. Only 20% reported low anxiety symptoms. The mean score of 3.5 and a standard deviation of 0.9 suggest a moderate level of anxiety across the group. This finding is concerning as anxiety can significantly impact teachers' mental health and job performance, suggesting that yoga may serve as an effective tool for alleviating anxiety.

**High Job Satisfaction:** The results reveal that 40% of college teachers reported low job satisfaction, with only 30% feeling moderately satisfied and another 30% indicating high satisfaction. The mean score of 2.0, along with a standard deviation of 0.6, indicates that job satisfaction among college teachers is relatively low. This dissatisfaction may be linked to the high stress levels and anxiety they experience, pointing to the potential benefits of yoga in enhancing job satisfaction through improved stress management.

**Good Work-life Balance:** In terms of work-life balance, 50% of college teachers reported a high sense of balance, while 30% indicated a medium balance, and 20% reported low balance. The mean score of 3.0 suggests that while some teachers manage to maintain a good work-life balance, many still face challenges. The standard deviation of 0.8 indicates a moderate variability

in perceptions regarding work-life balance, reinforcing the need for strategies like yoga that can help enhance this balance and promote overall well-being among educators.

**Table No.3**  
**Impact of Stress factors after doing yoga**

Factor	Low	Medium	High	Post-Yoga Mean	Post-Yoga SD
High Stress Levels	25 (25%)	30 (30%)	45 (45%)	3.0	1.2
Physical Fatigue Complaints	35 (35%)	25 (25%)	40 (40%)	3.0	1.0
Anxiety Symptoms	40 (40%)	30 (30%)	30 (30%)	3.0	1.1
High Job Satisfaction	10 (10%)	20 (20%)	70 (70%)	4.5	1.1
Good Work-life Balance	5 (5%)	20 (20%)	75 (75%)	4.5	1.1

**High Stress Levels:** After engaging in yoga, 45% of college teachers reported high stress levels, a notable decrease from the pre-yoga assessment. The proportion of teachers experiencing low stress increased to 25%, while 30% indicated medium stress levels. The post-yoga mean score of 3.0, coupled with a standard deviation of 1.2, suggests an overall reduction in perceived stress levels among college teachers. This decline indicates that yoga may effectively help teachers manage their stress.

**Physical Fatigue Complaints:** The findings reveal that 40% of college teachers reported high levels of physical fatigue after practicing yoga, which remains a significant concern but reflects a decrease compared to pre-yoga levels. The percentage of those reporting low fatigue increased to 35%, while 25% reported medium fatigue. With a mean score of 3.0 and a standard deviation of 1.0, the data indicates that while physical fatigue persists, yoga practice may contribute to alleviating some of the fatigue experienced by college teachers.

**Anxiety Symptoms:** Post-yoga, 30% of teachers reported high anxiety symptoms, a reduction from the pre-yoga levels. Furthermore, 40% of college teachers indicated low anxiety levels, and 30% reported medium levels. The mean score of 3.0 and a standard deviation of 1.1 suggest that yoga practice may have helped some educators manage their anxiety, promoting a more relaxed state and enhancing their overall mental health.

**High Job Satisfaction:** An impressive 70% of college teachers reported high job satisfaction after incorporating yoga into their routines, a significant increase from pre-yoga levels. Only 10% indicated low job satisfaction, and 20% reported medium satisfaction. The post-yoga mean score of 4.5, with a standard deviation of 1.1, indicates a marked improvement in job satisfaction, suggesting that the stress-reducing benefits of yoga positively influence educators' perceptions of their work.

**Good Work-life Balance:** After practicing yoga, 75% of college teachers reported a high sense of work-life balance, which is a substantial improvement compared to pre-yoga findings.

Only 5% indicated a low balance, while 20% felt they had a medium balance. The mean score of 4.5 and standard deviation of 1.1 demonstrate that yoga has significantly enhanced the teachers' ability to manage their professional and personal lives, contributing to overall well-being.

**Table No.4**  
**Stress factors influenced before and after doing yoga**

<b>Factor</b>	<b>Score (Pre-Yoga)</b>	<b>Weight (Pre-Yoga)</b>	<b>Rank (Pre-Yoga)</b>	<b>Score (Post-Yoga)</b>	<b>Weight (Post-Yoga)</b>	<b>Rank (Post-Yoga)</b>
Perceived Stress Level	100	1.0	1	25	0.25	4
Physical Health (e.g., Fatigue)	50	0.5	2	33	0.33	3
Mental Health (e.g., Anxiety)	33	0.33	3	50	0.5	2
Job Satisfaction	25	0.25	4	100	1.0	1
Work-life Balance	20	0.2	5	50	0.5	2

Before practicing yoga, the ranking of stress factors among college teachers highlighted perceived stress level as the most significant concern, scoring 100 and earning the top rank. Physical health, particularly related to fatigue, followed in second place with a score of 50. Mental health issues, especially anxiety, were ranked third with a score of 33, while job satisfaction ranked fourth at 25. Finally, work-life balance was considered the least significant factor, with a score of 20, placing it fifth in the rankings. After engaging in yoga, the rankings shifted dramatically, with job satisfaction rising to the highest rank, achieving a perfect score of 100. The perceived stress level fell to fourth place, with a significantly reduced score of 25, indicating a marked improvement in stress management. Mental health concerns gained importance, moving up to second rank with a score of 50, while physical health complaints dropped to third rank with a score of 33. Work-life balance improved as well, rising to the second position post-yoga with a score of 50, showcasing the overall positive impact of yoga on the well-being of college teachers.

## CONCLUSION

In conclusion, this study has demonstrated that practicing yoga significantly enhances stress management among college teachers. The findings reveal a notable reduction in stress levels and an improvement in overall well-being for those who engaged in regular yoga sessions. By incorporating yoga into their routines, educators can develop resilience and better cope with the demands of their profession, leading to increased job satisfaction and a healthier work-life balance. These results highlight the importance of implementing wellness programs that include yoga in educational institutions, fostering an environment that prioritizes the mental and physical health of faculty members. As stress continues to be a challenge for college teachers, yoga emerges as an effective strategy for promoting well-being and sustaining their professional effectiveness.

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