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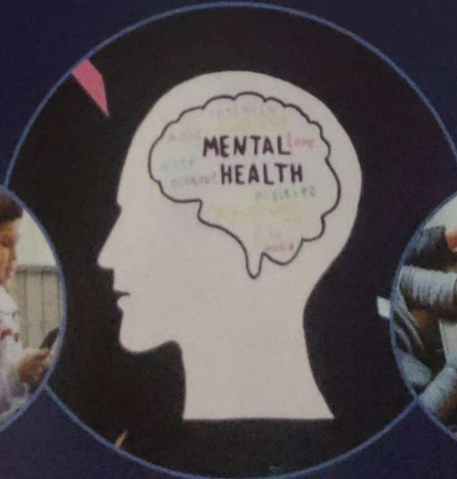


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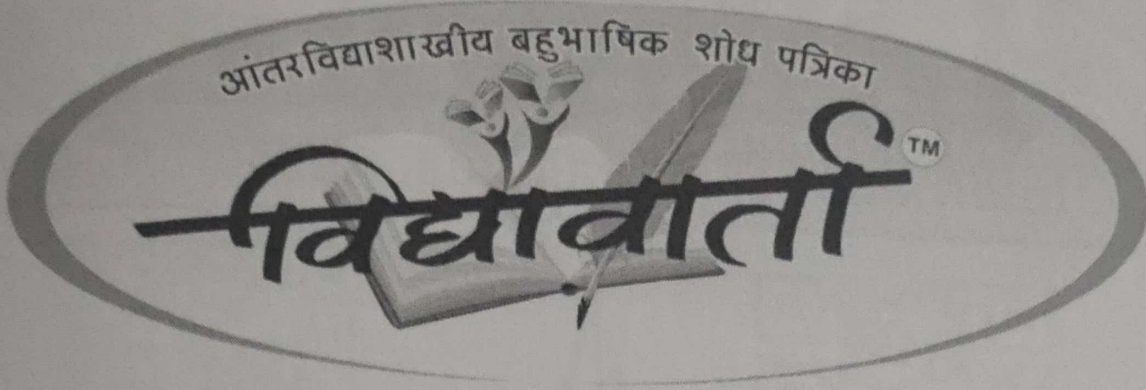
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❖ विद्यावार्ता या आंतरविद्याशाखीय बहुभाषिक त्रैमासिकात व्यक्त झालेल्या मतांशी मालक, प्रकाशक, मुद्रक, संपादक सहमत असतीलच असे नाही. न्यायक्षेत्र:बीड



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# INDEX

- 01) Anxiety, Stress and Psychological Wellbeing among First Year ....  
Dr. Awate Jyotiram Namdeo, Ms. Kharat Mayuri Haunumant, Dist-Pune ||10
- 02) Effect of Yoga therapy on Anxiety of Women's  
Dr. Jagtap Ramchandra Dadaso, Baramati ||14
- 03) STUDY OF MENTAL HEALTH AMONG GRADATION STUDENTS  
Dr. Rajesh Shirsath, Dist Beed ||17
- 04) Impact of FOMO on Social Avoidance Distress and Depression among ...  
Dr.Lalita Dhanaji Nikam, Jalgaon (Maharashtra, India) ||21
- 05) A STUDY ANALYSING THE ROLE OF SOCIAL MEDIA ON MENTAL HEALTH  
Dr. Tanu Sharma, Silvassa ||25
- 06) A Systematic Review of Literature on Effect of Internet Addiction....  
Dr.Sarika Shivaji Kshirsagar, Nasik, Maharashtra, India ||32
- 07) Adolescents Physical, Social, and Psychosexual Health and Social....  
Dr. Shinde Vijaykumar Balbhim, Dist- Pune (Maharashtra) ||36
- 08) Impact of Social Media on Mental Health of Adolescence  
Bedarkar Pritamkumar Chandrakant, Ahmednagar ||41
- 09) Mood States among Male and Female Adolescents  
Mr. Datta Vishwanath Londhe,Dist-Pune ||44
- 10) Facebook Usage and its Impact on Psychological Distress Level  
Prof R.B.Shintre, Miss Janhavi Balkrishna Rane, Sawantwadi ||49
- 11) Role Conflict among Employees of Private and Government Sector  
Karishma Devendra Chadha, Dr. Vasant Namdeo Borkar, Pune, Maharashtra ||54
- 12) A comparative study of Adjustment Neuroticism Dimensional among ...  
Miss.Kharat Nikita Parshurram, Dr. M.R.Nimabalkar, Baramati ||58
- 13) A Comparative Study of Well Being and Family Relationship among ...  
Miss. Ashwini Ganpat Yadav, Dr. M.R. Nimbalkar, Prof. T.R. Dhamal, Baramati ||61

- 14) To study the Emotional Intelligence and Self Confidence Among ...  
Miss. Vaishnavi Rajkumar Patil, Dr. M.R. Nimbalkar, Prof. T.R. Dhamal ||63
- 15) Relationships Between Metacognitive Awareness of Self-Regulation ...  
Mr. Khomane Dattatray Baban, Dr. Rasal Pundlik Vitthal, Nashik ||66
- 16) A study on Social Media Addiction along with Fear of missing....  
PRACHI RAJENDRA GAIKWA, Dr. M.R. NIMBALKAR, Baramati ||73
- 17) STUDY ON USE OF SMARTPHONE RELATED ISSUES AMONG THE ...  
Rajendrakumar Narsing Dange, Dist. Pune ||77
- 18) Impact of affirmation meditation on self-confidence and general ...  
Ms. Khade Sonali Pandharinath, Dr. Dhame Ganesh Murlidhar, Dist- Pune ||81
- 19) UNDERSTANDING ONLINE TRANSACTION SECURITY AND INSECURITY ...  
Shital Kamble, Asst.Prof. Ram Bhosale, Asst. prof Vishnu Khadakhade ||86
- 20) A COMPARATIVE STUDY OF METAL HEALTH COLLEGE STUDENTS MALE & FEMALE  
Miss - Sushama Prakash Gaikwad, Dr. Vasant N. Borkar ||88
- 21) Impact of Internet Addiction on the Mental Health of Junior College Students  
Vaishali Kiran Patil, Dr. Nimbalkar Mohan Rajaram, Baramati ||93
- 22) Adolescents Physical stress, Frustration, Anxiety, pressure and ....  
Miss -Tanuja Rajendra Dhamal, Shardanagar ||97
- 23) आंबेगाव तालुक्यातील निवडक वरिष्ठ महाविद्यालयीन विद्यार्थ्यांच्या राजकीय ...  
प्रा.सौ.सुपेकर व्ही.पी., कोपरगाव ||101
- 24) मूकबधिर मुले—मुली व मूकबधिर नसणारे मुले—मुली यांच्या बुद्धिमत्ता व स्व ...  
पद्मजा पंकज पाटील, डॉ. एम. आर.निंबाळकर, प्रा. तनुजा ढमाळ, जि.पुणे ||103
- 25) पौगांडावस्थेतील अनाथ मुला—मुलीमधील भावनिक परिपक्वतेचा तौलनिक अभ्यास  
ऋषीकेश चंद्रहार शिंदे, प्रा. डॉ. सुनिल सोनटक्के, सोलापूर ||105
- 26) महाविद्यालयीन वरिष्ठ स्तरावरील मुलींची मोबाइल वापराने उत्पन्न....  
कु. अक्षय बापू जाधव, बारामती ||108
- 27) दहावी मधील विद्यार्थी—विद्यार्थ्यांनीच्या परीक्षेविषयी चिंता व स्व—आत्मविश्वास....  
पुजा कल्याण हांडे, डॉ. मोहन निंबाळकर, प्रा. तनुजा राजेंद्र ढमाळ, बारामती ||112

02

## Effect of Yoga therapy on Anxiety of Women's

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**Abstract:** -The present study was aim to find out effect of yoga therapy on Anxiety level of women's. The samples of 60 women's (30 experimental group and 30 control group) were selected. The Anxiety test by Sinha & Sinhawas used to data collection for pre and post test. For statistical analysis t test was used. The obtained findings show that there was a decreased anxiety after the yoga therapy program.

**Keywords:** Anxiety, Yoga Therapy.

**Introduction:-** Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional, social and spiritual dimensions of the individual. In modern hectic life the problem of psychological health is increased in women's. If women become aware about their own as well as family health society will be healthy. In any society the happy and healthy mind of woman is the mirror of a family. It is also the reflection of healthy society. Yoga therapy will be useful to keep this reflection of healthiness and happiness. Yoga has minimal side effects and is cost-effective in comparison with pharmacological treatments and psychotherapy. Yoga's added benefit is that it improves physical fitness and encourages self-reliance. By 2020, the World Health Organization predicts that depression will be the second largest contributor to the global disease burden. Anxiety is also being diagnosed at a greater rate than it

was in the past. Despite these increases in diagnosis, treatment regimens typically include pharmaceutical therapies that are not sufficient to prevent further illness or promote mental well-being. Effectively addressing mental health concerns entails a comprehensive approach that addresses the root of the problem. The application of yoga as a therapeutic intervention, which began early in the twentieth century, takes advantage of the various psycho physiological benefits of the component practices. The physical exercises (asanas) may increase patient's physical flexibility, coordination, and strength, while the breathing practices and meditation may calm and focus the mind to develop greater awareness and diminish anxiety (Kirkwood G. et.al. 2005), and thus result in higher quality of life.

### Review of Literature:

Javnbakht et al. (2009) evaluated the influence of yoga in relieving symptoms of depression and anxiety in women and found a significant reduction in perceived levels of anxiety. Joshi and De Sousa have also emphasized the benefits of incorporating yoga practice in the management of anxiety and depressive disorders. Chao- Jung T. et. al. (2014) examines the effectiveness of an 8-week yoga exercise program in promoting the psychological and physical health of women with breast cancer undergoing adjuvant chemotherapy in terms of depression, anxiety and fatigue. Analysis using the Johnson-Neyman procedure found that the yoga exercise reduced overall fatigue, but did not reduce depression and anxiety.

Ray, U. S. et. al. (2001) observed any beneficial effect of yogic practices during training period on the young trainees. 54 trainees of 20-25 years age group were divided randomly in two groups i.e. yoga and control group. Yoga group (23 males and 5 females) was administered yogic practices for the first five months of the course while control group (21 males and 5 females) did not perform yogic exercises dur-

ing this period. From the 6th to 10th month of training both the groups performed the yogic practices. There was improvement in various psychological parameters like reduction in anxiety and depression and a better mental function after yogic practices.

Kirkwood et al. (2005) found that asanas is very helpful in enhancing the physical flexibility, coordination and strength, while the breathing practices and meditation is helpful for diminish anxiety leading to higher quality of life.

Pilkington et al. (2005) conducted an experimental study where emotionally distressed women are treated with 90-min yoga classes a week for 3 months. At the end of 3 months, women in the yoga group reported improvements in perceived stress, depression, anxiety, energy, fatigue, and well-being. Depression scores improved by 50%, anxiety scores 30%, and overall well-being scores by 65%. Initial complaints of headaches, back pain, and poor sleep quality also resolved much more often in the yoga group than in the control group.

**Objectives of the study:**

- 1) To study the anxiety level of women's.
- 2) To study the effect of yoga therapy on the anxiety of women.

**Hypotheses:**

- 1) The effects of yoga therapy will be seen positive on the level of anxiety of women's.

**Methodology:**

**Statement of problem:**

To Study the Effect of Yoga Therapy on Anxiety in women.

**Research Variables:**

**1) Independent variables:**

Yoga Techniques:

- a) Aasan            b) Pranayam    c) Shuddhikriya
- d) Bandh           e) Yognidra

**2) Dependent Variables:**

- a) Anxiety level

**3) Control variables:**

- a) Diet                b) Exercise      c) Cycling Medication

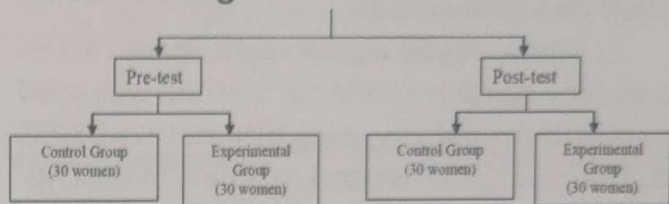
**Operational Definition:**

**Anxiety:** It is composite score obtained on the Anxiety test developed by P.K.Sinh and, L.N.K.Sinha.

**Yoga treatment:**

The training of techniques such as Aasan, Pranayam, Mudra, Bandh, Meditation, Yognidra is known as yoga treatment.

**Research Design**



**A) Pre-test :** Measurement of Anxiety level

**B) Yoga Training Intervention (programm)**

Duration: Three months, one hour in morning.

Sr. No.	Yoga Techniques	Types	Duration
1	Aasan	Wajraasan, Halaasan, Sarwangaasan, Pawanmuktiaasan, Mandhukaasan, Kurmaasan, Aardhamustyaasan, Gomukhaasan, Shirshasaan, Supta-Wajraasan.	20 minutes
2	Prannayam	Anlom-Wilom, Bhramari, Bhstrika	5 minutes Each
3	Shuddhikriya	Kapalbhati	5 minutes Each
4	Bandh	Jiwabandh	5 minutes
5	Mediation	Cycling Meditation	10 minutes
6	Yognidra	Shawasan	15 minutes

**C) Post test :** Measurement of Anxiety level

**Sample:**

In this research, sample will be taken from 300 women from hospitals from Baramati and Phaltan taluka having age range 25 to 45. Researcher will select 60 women among them. In this research there will be two groups. The first group is 'control group'. In which there will be 30 women's. In second, that is 'experimental group' there will be 30 women's. The women in the experimental group will get yoga treatment for one and half hour in the morning, for 3 months. But women in control group will not get any kind of yoga treatment. Researcher will take information about their daily diet; medicine and it will be continued as usual. The subjects were from local community and recruited through personal contacts with various women's organizations, and self-help groups. The informed consent was obtained from the subjects before

starting the intervention.

**Tools of study:**

1) Anxiety test: P.K.Sinha, L.N.K.Sinha

Statements : 90

Scoring: Yes / No: Yes – 1 No – 0

Re-test reliability : 0.85

Validity : 0.62

Norms : B.A. 400 students.

**Result and Discussion:**

There was 60 women participated in the study. The suitable statistical method was used to analyze the data by using IBM statistics SPSS 20. The mean, S.D. is used as a part of descriptive statistics. For finding the effect of yoga treatment on anxiety, the paired sample t test analysis was used as inferential statistics.

Table 1 shows the difference in pre and post data among anxiety and depression of women's.

Variable	Group	Test	Mean	S. D.	df	t	Sig.
Anxiety	Experimental	Pre test	29.43	4.78	29	4.1	S
		Post test	24.66	4.03			
	Control	Pre-Test	29.46	3.76	29	1.04	NS
		Post Test	28.33	3.53			

The descriptive statistics of the obtained sample has been shown in Table 1. The table 1 shows the obtained values of women on the Anxiety. On Anxiety, the obtained value for pre test in Experimental group (M = 29.43, SD = 4.78) is higher (t = 4.1) than Post test (M = 24.66, SD = 4.03). There is significant difference on anxiety on pre test and post test was found, it means that women from experimental group shows the decrease in the level of anxiety after the successful completion of yoga program. However, no significant difference for pre test and post test on Anxiety for control group was found, it means that women's do not differ on anxiety. In this, the hypothesis 1 stating that the 'effects of yoga therapy will be seen positive on the level of anxiety in women' is accepted.

In the present study findings are in line with the previous findings. Javnbakht et al. (2009) evaluated the influence of yoga in relieving symptoms of anxiety in women and

found a significant reduction in perceived levels of anxiety. Joshi and De Sousa have also emphasized the benefits of incorporating yoga practice in the management of anxiety disorders. Chao- Jung T. et. al. (2014) reported the effectiveness of an 8-week yoga exercise program in promoting the psychological and physical health of women with breast cancer undergoing adjuvant chemotherapy in terms of anxiety and fatigue. Pilkington et al. (2005) conducted an experimental study where emotionally distressed women are treated with 90-min yoga classes a week for 3 months. At the end of 3 months, women in the yoga group reported improvements in perceived stress, anxiety, energy, fatigue, and well-being. Hence that it is found that there was improvement in various psychological parameters like reduction in anxiety and a better mental function after yogic practices.

**CONCLUSION AND IMPLICATION:**

**Conclusion:**

For experimental and control group comparison of pre-post data showed statistically significant differences for Anxiety level. There was an overall improvement in the scores indicating decreased levels of anxiety after the yoga therapy program. Findings are substantial and relevant on the line of hypotheses. These results are mentioned here in brief.

1) The effects of yoga therapy will be seen positive on the level of anxiety of women's.

**Implications:**

Based on the result of the study the following recommendations have been made.

1. It is recommended that yoga should be a part of health-care facilities for as it can enhance the QOL by improving women's overall mental health status.

2. Yoga is relatively simple to learn and is economical, non-invasive with multiple collateral lifestyle benefits. Group and individual practice may also help to improve physical health and enhancing psychological well-being.



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03

## STUDY OF MENTAL HEALTH AMONG GRADATION STUDENTS

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**Abstract**

The present study investigates the level of mental health among male and female gradation students. To investigate the level of mental health among rural and urban gradation students. The study was carried out on a sample of 100 gradation students. 50 male gradation students, 50 female gradation students included 25 rural and 25 urban school gradation students respectively. The subject selected in the sample were in the age group of 18 to 22 who are living in urban and rural areas since minimum 5 years. The two way analysis of variance was used to compare the group of gender and Inhabitation. Results are concluded that there is no significant difference between male and female gradation students with respect of mental health. There is no significant difference between urban and rural gradation students with respect of mental health.

**Key Word:** Mental Health and Gradation Students

**Introduction:**

Mental health refers to the state of a person's cognitive and emotional well-being, as well as the absence of any mental disorders. Positive psychology and holism approach it from the perspective of an individual's ability to enjoy life and find a balance between their activities and efforts to develop psychological resilience. It reflects the expression of emotions and