

# THE ROLE OF MINDFULNESS ORIENTED YOGIC INTERVENTION ON ANXIETY, DEPRESSION AND STRESS AMONG MALE POLICE PERSONNEL

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## Introduction :

Regular exercisers report enhanced self-confidence, particularly while executing physical activities. Regular exercisers have also reported decreased despair, tension, and anxiety, as well as a more positive attitude on life. Sedentary living is linked to an increased risk of lifestyle illnesses, according to research (Haskell et al, 2007; Pedersen and Saltin, 2006; Lindstrom et al, 2006). Other research has linked higher physical activity and aerobic fitness to a lower risk of lifestyle illnesses (Andersen et al, 2000; Blair et al, 1996). Physical exercise is suggested for both treatment and prevention of a variety of lifestyle conditions.

Mindfulness is the discipline of becoming more fully aware of the present moment—without judgment or projection—rather than wallowing on the past or projecting into the future. It often entails heightened sensory awareness (noticing your breathing, sensing your bodily sensations, etc.) and being "in the moment."

If you are experiencing thoughts that bring you extreme discomfort or uneasiness, it may be time to start a mindfulness practice to help you return to the present moment, which can greatly lower your stress level.

The yoga group increased flexibility in the shoulders, hips, trunk, and neck. After yogic practices, there was an improvement in different psychological characteristics such as anxiety and depression reduction and improved mental performance. Hubert Dhanaraj (1974) investigated the impact of yoga and the 5Bx exercise programme on several physiological indicators. The findings revealed an increase in basal metabolic rate and tidal volume in the basal state. After yoga training, T-4 thyroxin, haemoglobin, Hemotocried blood cell PWC 130, vital capacity, chest expansion, breath holding duration, and flexibility decreased, as did heart rate in barrel state and respiration rate in barrel state. Following the six-week therapy, there was a considerable decrease in values of PWC130, flexibility, and breath holding duration when yogic training was terminated for six weeks.

K Yoshihara et al (2011). A Japanese study investigated the differences in mental states and urine stress-related biochemical indicators between ladies who have been practicing yoga for a long time and those who have never done so. They found that "long-time practitioners have lower mental disturbance, tension-anxiety, anger-hostility, and exhaustion scores in the profile of mood test compared to non-experienced individuals, despite no significant changes in urine stress-related indicators." This is the first study to show that long-term yoga practitioners had superior mental health than healthy people who don't practice yoga.

## Statement of the Problem :

The main purpose of the present research is to know the effect of Mindfulness Oriented Yogic Intervention on anxiety, depression and stress among male police personnel. The exact research problem of the present research is "The Role of Mindfulness Oriented Yogic Intervention on anxiety, depression and stress among Male Police Personnel"

## Objectives :

- (1) To know the effect of mindfulness oriented yogic intervention on anxiety among male police personnel.
- (2) To know the effect of mindfulness oriented yogic intervention on depression among male police personnel.
- (3) To know the effect of mindfulness oriented yogic intervention on stress among male police personnel.

## Hypothesis :

- (1) There will be no significant effect of mindfulness oriented yogic intervention among male police personnel with regards to anxiety.
- (2) There will be no significant effect of mindfulness oriented yogic intervention among male police personnel with regards to depression.
- (3) There will be no significant effect of mindfulness oriented yogic intervention among male police personnel with regards to stress.

## Sample

The main aim of this research is to know the effect of Mindfulness Oriented Yogic Intervention on anxiety, depression and stress. 30 male police trainee were randomly selected during the training for police personal in Ahmedabad.

### **Variables :**

In present research mindfulness oriented yogic intervention was considered as independent variable and the effect of mindfulness oriented yogic intervention on anxiety, depression and stress.

### **Tools :**

- (1) Anxiety, Depression and Stress Scale by Pallavi Bhatnagar, Megha Singh and Manoj Pandey (2011)  
The scale comprises of 48 items divided into a subscales which are -  
Anxiety Subscale-It comprises of 19 items covering various symptom that are manifestation of anxiety.  
Depression Subscale-It consists of 15 items representing the different symptoms of depression  
Stress Subscale-It is a scale having 14 items and they are covering the symptoms that people experience in the state of stress.

### **Reliability :**

Reliability of the total scale in terms of internal consistency as measured by Cronbach's Alpha and Spearman-Brown coefficient is 0.81 and 0.89. The obtained reliability for anxiety, depression and stress subscales as measured by Cronbah's Alpha is 0.76, 0.75 and 0.61 and when measured by Spearman-Brown coefficient is 0.86, 0.86 and 0.76 respectively.

### **Scoring :**

Each item is scored 1 if endorsed "Yes" and 0 if endorsed 'No'. The range of the score is 0-19 for anxiety subscale, 0-15 for depression subscale and 0.14 for stress subscale. Higher score indicates experiencing greater anxiety, depression and stress and vice-versa.

### **Procedure**

Prior permission was taken from training school of police authority and the consent have been also be taken from the participants. The participation was voluntary and only for research purpose. 30 male police trainee participants were randomly selected. Anxiety, Depression, Stress scale was administered in two phases. The data collection phases were as under:

- a) In first Phase before giving Mindfulness Oriented Yogic Intervention among participants Anxiety, Depression, Stress Scale was administrated small manageable group after completion of the data collection scoring was done as per the scoring key of the scale.
- b) In second phase, Mindfulness Oriented Yogic Intervention applied daily 50 minutes for three months. After completion of Mindfulness Oriented Yogic Intervention again anxiety, depression and stress scale was administered among participants. After completion of the data collection in second phase scoring was done as per the scoring key of each scale.

Mindfulness Oriented Yogic Intervention Module was as bellow:

<b>Detail of Mindfulness Oriented Yogic Intervention</b>	<b>Time duration</b>
• Om Chanting	05 min
• Anulom Vilom Pranayam (With Awareness of Breathing)	10 min
• Surya Namaskara (With Awareness of Physical Body)	15 min
• Antaryatra (Internal Trip)	05 min
• Yoga Nidra (With Awareness of Present Moment)	15 min
<b>Total</b>	<b>50 min</b>

### **Statically Analysis**

To find out the effect of Mindfulness Oriented Yogic Intervention on anxiety, depression and stress among male police personal **t** test was used. Each Hypothesis was tested at 0.01 and 0.05 level of significant.

**Results and Discussions :**

**Table 1**

**Mean, SD and t Value Pre and Post of Mindfulness Yogic Intervention on Anxiety of Male Police Personnel**

Phase	N	Mean	SD	SED	t	Level of Significance
Pre Test	30	11.267	2.65	0.65	5.52	0.01
Post Test	30	7.680	2.39			

Results showing in table 1 that t ratio of pre and post mindfulness yogic intervention on anxiety of male police personnel is 5.52 it is significant at 0.01 level of significant. So, the null hypothesis “There is no significant effect of mindfulness oriented yogic intervention among male police personnel in relation to anxiety” is rejected. It means significant effect of mindfulness yogic intervention was found among male police personnel in relation to anxiety. Mean scores of anxiety of male police personnel were found 11.267 and 7.680 respectively on before and after mindfulness yogic intervention with SD 2.65 and 2.39 and SED was found 0.65. It indicates that mindfulness yogic intervention could help to reduce anxiety among male police personnel.

**Table 2**

**Mean, SD and t Value Pre and Post of Mindfulness Yogic Intervention on Depression of Male Police Personnel**

Phase	N	Mean	SD	SED	t	Level of Significance
Pre Test	30	10.383	0.47	0.89	1.98	0.05
Post Test	30	8.617	0.46			

Results showing in table 2 that t ratio of pre and post mindfulness yogic intervention on depression of male police personnel is 1.98 it is significant at 0.05 level of significant. So, the null hypothesis “There is no significant effect of mindfulness oriented yogic intervention among male police personnel in relation to depression” is rejected. It means significant effect of mindfulness yogic intervention was found among male police personnel in relation to depression. Mean scores of depression of male police personnel were found 10.383 and 8.617 respectively on before and after mindfulness yogic intervention with SD 0.47 and 0.46 and SED was found 0.89. It indicates that mindfulness yogic intervention could help to reduce stress among male police personnel.

**Table 3**

**Mean, SD and t Value Pre and Post of Mindfulness Yogic Intervention on Stress of Male Police Personnel**

Phase	N	Mean	SD	SED	t	Level of Significance
Pre Test	30	10.317	2.60	0.71	2.79	0.01
Post Test	30	8.333	2.45			

Results showing in table 3 that t ratio of pre and post mindfulness yogic intervention on stress of male police personnel is 2.79 it is significant at 0.01 level of significant. So, the null hypothesis “There is no significant effect of mindfulness oriented yogic intervention among male police personnel in relation to stress” is rejected. It means significant effect of mindfulness yogic intervention was found among male police personnel in relation to stress. Mean scores of stress of male police personnel were found 10.317 and 8.333 respectively on before and after mindfulness yogic intervention with SD 2.60 and 2.45 and SED was found 0.71. It indicates that mindfulness yogic intervention could help to reduce stress among male police personnel.

**Conclusions :**

1. Significant effect of mindfulness yogic intervention was found among male police personnel in relation to anxiety. It indicate that mindfulness yogic intervention could help to reduce anxiety among male police personnel.
2. Significant effect of mindfulness yogic intervention was found among male police personnel in relation to depression. It indicate that mindfulness yogic intervention could help to reduce depression among male police personnel.
3. Significant effect of mindfulness yogic intervention was found among male police personnel in relation to stress. It indicate that mindfulness yogic intervention could help to reduce stress among male police personnel.

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