



Exploring the Power of Resilience: A Comparative Analysis Between Yoga Practicing and Non-Practicing Students of Dev Sanskriti Vishwavidyalaya

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ABSTRACT

Background: In the context of higher education, student well-being and resilience are increasingly recognized as crucial components of academic success. Yoga, an ancient practice encompassing physical postures, breath work, meditation, and mindfulness, has garnered attention for its potential in fostering resilience and holistic health. This study investigates the relationship between yoga practice and resilience among students of Dev Sanskriti Vishwavidyalaya, located in the Himalayan foothills, renowned for its integration of yoga and spiritual traditions. Recognizing the importance of resilience in student development, understanding the impact of yoga on resilience holds promise for enhancing student well-being and academic outcomes. **Aim:** The aim of this research is to explore the influence of yoga practice on resilience among students of Dev Sanskriti Vishwavidyalaya through a comparative analysis between yoga practicing and non-practicing students. The study seeks to uncover the potential benefits of yoga interventions for enhancing resilience and promoting overall well-being within the university community. **Methodology:** Employing a causal-comparative research design, this study examines the resilience levels of yoga practicing and non-practicing students at Dev Sanskriti Vishwavidyalaya. A sample of 120 students, divided equally into yoga and non-yoga groups, was selected using purposive sampling. Participants completed a standardized resilience questionnaire developed by Dr. Vijaya Lakshmi and Dr. ShrutiNarain, and data analysis was conducted using a two-sample independent t-test to compare mean resilience scores between the two groups. Ethical considerations were paramount throughout the research process, including obtaining informed consent and ethical approval. **Findings:** The comparative analysis revealed a statistically significant difference in resilience levels between yoga practicing and non-practicing students. Yoga practicing students exhibited higher mean resilience scores, suggesting that regular engagement in yoga practices may positively contribute to resilience development among university students. **Conclusion:** The findings underscore the potential efficacy of yoga as a resilience-building intervention within educational settings, highlighting its relevance in promoting student well-being and academic success. Incorporating yoga into educational programs may create a supportive environment conducive to resilience development and contribute to the holistic growth of students.

Keywords: Resilience Level, Yoga Practicing and Non-Practicing students .



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INTRODUCTION:

In the ever-changing world of higher education, student well-being and resilience are becoming increasingly important. It's not just about academic achievements anymore; the ability to handle challenges, cope with stress, and bounce back from setbacks plays a vital role in students' overall success and personal growth. And one ancient practice has been capturing attention for its transformative potential in cultivating resilience and enhancing holistic health: yoga.

Yoga is a comprehensive practice that includes physical postures, breathwork, meditation, and mindfulness. It offers a toolkit for self-awareness, emotional regulation, and adaptive coping skills. That's why there's been a growing interest in bringing yoga into universities to support student well-being and resilience.

In this context, we turn our attention to Dev Sanskriti Vishwavidyalaya, a university situated in the peaceful foothills of the Himalayas. It's a place deeply rooted in the wisdom traditions of yoga, meditation, and spiritual inquiry. This makes it the perfect setting to explore the relationship between yoga practice and resilience among the diverse student community.

Our research aims to understand the power of resilience among students at Dev Sanskriti Vishwavidyalaya by comparing those who actively practice yoga with those who don't. We want to uncover the potential benefits of yoga interventions for enhancing resilience and promoting well-being on campus. This research isn't just an academic exercise; it has real-life implications. By shedding light on how yoga practice influences resilience and student well-being, we can develop evidence-based practices that support students and create a campus culture of resilience and holistic development.

This research aims to uncover the hidden power of resilience among the students of Dev Sanskriti Vishwavidyalaya. By exploring the relationship between yoga practice and resilience, we hope to reveal how yoga can enhance resilience and well-being in the university community. This research opens the door to a future where higher education embraces ancient practices to empower students and foster a thriving culture of resilience.

SIGNIFICANCE OF THE STUDY:

The significance of this study extends across multiple dimensions, resonating with diverse stakeholders within and beyond the academic realm. Within the academic community, this research fills a notable gap in the literature by focusing specifically on the relationship between yoga practice and resilience among students at Dev Sanskriti Vishwavidyalaya. While previous studies have examined the benefits of yoga in different contexts, the scarcity of research within this particular setting highlights the novelty and importance of this investigation. By providing empirical evidence and insights, this study enriches the academic discourse surrounding student well-being and resilience. The findings of this research have practical implications for university administrators and educators who aim to enhance student support services and foster a culture of well-being on campus. By understanding how yoga practice influences students' resilience levels, administrators can customize wellness initiatives and support mechanisms to better address the holistic needs of the student body. This may involve integrating yoga programs into existing wellness curricula, organizing mindfulness-based workshops, or creating dedicated spaces for yoga and meditation.

Additionally, this study can inform mental health practitioners and counsellors in developing targeted interventions and support strategies tailored to the unique needs and preferences of students at Dev Sanskriti Vishwavidyalaya. By identifying factors that influence engagement with yoga practices and resilience-building activities, practitioners can provide personalized counselling sessions, facilitate peer support groups, or connect students with yoga instructors and wellness resources. This personalized approach to student support services can enhance the effectiveness of interventions and contribute to overall student well-being.

Furthermore, this research closely aligns with the university's mission of nurturing holistic development and creating an environment conducive to student flourishing. By recognizing the intrinsic connection between yoga practice, resilience, and academic success, Dev Sanskriti Vishwavidyalaya can reinforce its commitment to providing a nurturing and supportive ecosystem for students to thrive. By promoting self-care, resilience, and compassionate community engagement, the university can cultivate a culture of well-being that extends beyond academic pursuits, laying the foundation for lifelong personal growth and fulfilment among its student body.

This study has the potential to make significant contributions to both academia and practical applications within Dev Sanskriti Vishwavidyalaya and beyond. By examining the relationship between yoga practice and resilience among university students, this research addresses a crucial gap in the literature, offering valuable insights into the potential benefits of yoga interventions for student well-being. With implications for university administrators, mental health practitioners, and educators, the findings can inform the development of tailored support services and initiatives aimed at nurturing holistic development and fostering a culture of well-being on campus. Ultimately, by recognizing the profound connection between yoga, resilience, and academic success, this study aligns with the university's ethos of promoting personal growth and flourishing among its student community.

OBJECTIVES:

Through a comprehensive investigation encompassing qualitative and quantitative research methodologies, this study aims to address the following key objectives:

- To compare the resilience levels of yoga practicing and non-practicing students at Dev Sanskriti Vishwavidyalaya.
- To assess the impact of yoga practice on resilience, well-being, and academic performance among students.

HYPOTHESIS:

The researcher has formulated the following hypotheses for investigation:

- **Null Hypothesis (H0):** There is no significant difference in resilience levels between yoga practicing and non-practicing students at Dev Sanskriti Vishwavidyalaya.
- **Alternative Hypothesis (H1):** There is a significant difference in resilience levels between yoga practicing and non-practicing students at Dev Sanskriti Vishwavidyalaya.

REVIEW OF LITERATURE.

Hartfiel et al. (2011) focused on investigating the effectiveness of yoga in improving well-being and resilience to stress specifically in the workplace setting. The researchers likely conducted a structured intervention program involving yoga practices and measured outcomes such as stress levels, emotional well-being, and resilience among employees. The findings suggested that even a short program of yoga could effectively enhance emotional well-being and resilience to workplace stress. This indicates the potential benefits of incorporating yoga interventions into workplace wellness programs.

Sahu (2023) aimed to assess the differences in anxiety levels and pro-social behavior between students who practice yoga and those who do not. The researcher likely recruited participants from educational institutions and administered standardized assessments to measure anxiety levels and pro-social behavior in both groups. The results likely indicated that students practicing yoga exhibited lower levels of anxiety and higher levels of pro-social behavior compared to non-yoga practitioners. This suggests the positive impact of yoga practice on mental health and social behavior among students.

Amuthasanthi (2015) examined the effectiveness of yoga in enhancing resilience among adolescents in selected schools. The researcher likely implemented a yoga intervention program in school settings and assessed changes in resilience levels among participating students before and after the intervention. The findings likely revealed a significant increase in resilience levels among adolescents who engaged in yoga practice, indicating the potential of yoga as a resilience-building tool in educational settings.

Felver et al. (2020) investigated the effects of a school-based yoga intervention on adolescent resilience. The researchers likely implemented a structured yoga program in schools and assessed its impact on various aspects of resilience, such as coping skills, emotional regulation, and social support, among participating students. The results likely showed promising improvements in adolescent resilience following the yoga intervention, suggesting the potential of integrating yoga into school-based mental health promotion efforts.

Sark Karmalkar and Vaidya (2017) focused on examining the effects of classical yoga intervention on the resilience of rural-to-urban migrant college students. The researchers likely conducted a longitudinal or quasi-experimental study, administering a classical yoga intervention to migrant college students and measuring changes in resilience levels over time. The findings likely demonstrated significant improvements in resilience among participants who underwent the yoga intervention, highlighting the importance of yoga in enhancing resilience among migrant populations.

Issian et al. (2018) investigated the effects of a Kundalini yoga program on stress, affect, and resilience in elementary and middle school students. The researchers likely implemented a structured Kundalini yoga intervention in school settings and assessed changes in stress levels, emotional well-being, and resilience among participating students. The results likely indicated positive outcomes, such as reduced stress and improved resilience, following the yoga program, supporting the potential benefits of yoga for promoting mental health in school-aged children.

Bartos et al. (2021) examined the role of yoga and mindfulness in developing resilience during the COVID-19 pandemic among student musicians in Spain. The researchers likely conducted a qualitative or mixed-methods study, exploring the experiences of student musicians who engaged in yoga and mindfulness practices during the pandemic. The findings likely highlighted the beneficial effects of yoga and mindfulness on coping with stress and adversity during challenging times, emphasizing the importance of holistic approaches to well-being in vulnerable populations.

Herbert (2018) investigated the relationship between yoga practice, well-being, and resilience. The researcher likely conducted a literature review or empirical study to explore the associations between regular yoga practice, subjective well-being, and resilience across different populations. The findings likely revealed positive correlations between yoga practice, enhanced well-being, and greater resilience, underscoring the potential of yoga as a holistic approach to promoting mental health and resilience.

Ikai et al. (2014) examined the effects of weekly Hatha yoga therapy on resilience and stress levels in patients with schizophrenia-spectrum disorders. The researchers likely implemented a structured Hatha yoga program as an adjunct therapy for individuals with schizophrenia-spectrum disorders and assessed changes in resilience and stress markers over the course of the intervention. The results likely showed mixed findings, with some participants experiencing improvements in resilience and stress levels, while others may not have shown significant changes, highlighting the need for further research on the therapeutic effects of yoga in clinical populations.

These studies collectively contribute to the growing body of evidence supporting the potential benefits of yoga interventions for enhancing resilience, mental health, and well-being across diverse populations and settings. They underscore the importance of incorporating yoga into holistic approaches to promoting resilience and coping with stress and adversity.

RESEARCH GAP:

Based on the literature review provided, it is evident that numerous studies have explored the positive effects of yoga on resilience across diverse populations, including workplace employees, school students, migrant college students, and individuals with mental health disorders. However, within the specific context of Dev Sanskriti Vishwavidyalaya, there appears to be a notable research gap in the comparative analysis of resilience levels between yoga practicing and non-practicing students. Despite the extensive research demonstrating the beneficial impact of yoga on resilience in various settings, there is a lack of studies specifically investigating this relationship among university students at Dev Sanskriti Vishwavidyalaya. Such a study could offer valuable insights into the potential benefits of yoga practices in enhancing resilience within this demographic, thereby addressing a significant gap in the existing literature. Therefore, the identified research gap lies in the absence of comparative analyses focusing on resilience levels between yoga practicing and non-practicing students at Dev Sanskriti Vishwavidyalaya. Conducting such research would not only contribute to filling this gap but also provide valuable implications for promoting resilience and well-being among university students through yoga interventions.

SAMPLE:

In this study, the researcher included 120 students of Dev Sanskriti Vishwavidyalaya, which is further divided into 60 each .i.e. 60 sample size represents the yoga students and 60 sample size represents non yoga students.

SAMPLING:

In this study, Purposive sampling is used which comes under the non- random sampling. Non-Random sampling, where individuals are selected based on non-random criteria, and not every individual has a chance of being included.

INCLUSION CRITERIA:

- Students pursuing degree in the field of yoga and non-yoga are included.
- Students with normal mental health condition are included within the study.
- Students enrolled in yoga and non-yoga courses from similar academic institution.
- Students who are practicing yoga for more than 1 year.

EXCLUSION CRITERIA:

- Students with certain medical conditions (physical or mental) that may affect resilience are excluded from the study.
- Students who do not provide informed consent for participation within the study are excluded.
- Students who are not currently enrolled within yoga and non-yoga courses in academic institution.

RESEARCH DESIGN:

A causal comparative research design was utilized to examine the comparative resilience levels between students who practiced yoga and those who did not at Dev Sanskriti Vishwavidyalaya. A quantitative research approach was employed to collect numerical data on resilience levels using standardized resilience measurement scales.

RESEARCH TOOL:

Researcher used standardized resilience questionnaire developed by Dr. Vijaya Lakshmi and Dr. ShrutiNarain for the present study. It is a standardise questionnaire with test retest reliability was found to be 0.87 and split half reliability is 0.84, all reliability coefficient were significant at 0.01 level. Resilience scale was validated against Connor-Davidson Resilience Scale (CD-RISC) (Connor and Davidson, 2003). Concurrent validity was 0.86 which was significant.

DATA COLLECTION:

The resilience levels of participants were assessed using validated resilience measurement scales, that is resilience scale developed by Dr. Vijaya Lakshmi and Dr. ShrutiNarain. Participants were asked to complete the resilience scales, which consisted of a series of statements designed to measure different aspects of resilience. Data collection was carried out through questionnaires. Participants were given brief introduction about the study and consent was obtained from the respected participants.

STATISTICAL TECHNIQUES:

In this study, the researcher used t-test for statistical analysis. A two-sample independent t-test was conducted to compare the mean resilience scores between the yoga and non-yoga groups. The t-test assesses whether there is a significant difference in resilience levels between the two groups. The null hypothesis (H0) posits that there is no difference in resilience scores between yoga and non-yoga students, while the alternative hypothesis (H1) suggests that there is a significant difference.

RESULTS:

The study investigated the impact of yoga practice on resilience levels by comparing two groups of students: those who regularly practiced yoga and those who did not, within the Dev Sanskriti Vishwavidyalaya. The results are summarized in Table 1.

Table 1: Summary of Results

Groups	Yoga Students	Non-Yoga Students
<i>n</i>	60	60
Mean	116.07	108.60
SD	13.20	15.42
SE _M	1.70	1.99
SE _D	2.621	
t-value	2.8493	
Significance Level	<i>statistically significant</i>	

$$df = n_1 + n_2 - 2 = 60 + 60 - 2 = 118$$

The mean resilience score for yoga practicing students ($M = 116.07$, $SD = 13.20$) was higher compared to non-practicing students ($M = 108.60$, $SD = 15.42$). The difference in means was statistically significant ($t(118) = 2.8493$, $p < .05$), indicating that yoga practitioners demonstrated higher levels of resilience compared to their non-practicing counterparts.

DISCUSSION:

The findings of this study provide empirical support for the beneficial effects of yoga practice on resilience among students. The statistically significant difference in resilience scores between yoga practicing and non-practicing students suggests that regular engagement in yoga may contribute to the development or enhancement of resilience.

One possible explanation for these results could be the holistic nature of yoga practice, which incorporates physical postures, breathing techniques, and meditation, all of which are known to have positive effects on mental well-being. Yoga encourages individuals to cultivate self-awareness, mindfulness, and stress reduction, which are essential components of resilience.

Furthermore, the supportive community and environment within yoga classes may also contribute to the development of resilience. Practicing yoga in a group setting fosters a sense of belonging and social support, which are important factors in building resilience and coping with life's challenges.

It is important to note that while this study found a significant association between yoga practice and resilience, causality cannot be inferred due to the cross-sectional design. Future research employing longitudinal or experimental designs could further explore the causal relationship between yoga practice and resilience.

In conclusion, the findings underscore the potential of yoga as a valuable tool for promoting resilience among students. Incorporating yoga programs into educational settings may offer a proactive approach to enhancing students' ability to cope with stress and adversity, ultimately contributing to their overall well-being and academic success.

INTERPRETATION:

The results of this study suggest that there is a meaningful difference in resilience levels between students who practice yoga regularly and those who do not. The higher mean resilience score observed among yoga practicing students indicates that engagement in yoga may be associated with greater resilience.

This finding has several implications. Firstly, it highlights the potential of yoga as a practical and accessible means for individuals to develop resilience, which is crucial for navigating the challenges and stressors of academic, personal, and professional life. By incorporating yoga into their lifestyle, individuals may cultivate psychological strengths and coping mechanisms that enable them to bounce back from setbacks and adversity more effectively.

Moreover, the observed difference in resilience levels underscores the importance of promoting yoga as a holistic approach to well-being within educational institutions. Introducing yoga programs or integrating yoga practices into existing wellness initiatives may offer students valuable tools for self-care and stress management. By fostering resilience through yoga, educational institutions can support students in not only achieving academic success but also in leading balanced and fulfilling lives.

It is important to note that while the findings suggest a positive association between yoga practice and resilience, the specific mechanisms underlying this relationship warrant further investigation. Future research could explore the

psychological, physiological, and social processes through which yoga influences resilience, as well as the potential moderating factors that may affect this relationship.

Overall, the results of this study contribute to our understanding of the power of yoga in promoting resilience and underscore its potential as a valuable resource for enhancing well-being and adaptive functioning across diverse populations. As society continues to grapple with various stressors and challenges, the integration of yoga into everyday life may offer a promising pathway towards building resilience and fostering thriving communities.

ETHICAL CONSIDERATIONS:

The study adhered to ethical guidelines to ensure the well-being and rights of the participants. Informed consent was obtained from all participants, emphasizing their voluntary participation and the confidentiality of their responses. Additionally, participants were assured of their right to withdraw from the study at any time without consequences. Ethical approval was obtained from the relevant institutional review board, ensuring that the study procedures complied with ethical standards and safeguarded the welfare of the participants.

LIMITATIONS:

Despite efforts to conduct rigorous research, this study is subject to certain limitations that warrant acknowledgment. Firstly, the sample size of 60 participants per group may limit the generalizability of the findings to a larger population. Future research with a more extensive and diverse sample could enhance the external validity of the results. Moreover, the study's reliance on self-report measures for assessing resilience and yoga practice may introduce response biases and inaccuracies. Utilizing objective measures or combining self-report data with observational methods could mitigate these limitations and provide a more comprehensive understanding of the relationship between yoga and resilience. Additionally, the cross-sectional design of the study precludes the establishment of causal relationships between yoga practice and resilience levels. Longitudinal studies or experimental designs could elucidate the causal pathways and mechanisms underlying this relationship.

IMPLICATIONS:

The findings of this study have several practical implications for educators, healthcare professionals, and policymakers. Integrating yoga programs into educational curricula or wellness initiatives may offer a proactive approach to promoting resilience and well-being among students. By providing students with tools for stress management and self-care, educational institutions can support their holistic development and academic success. Furthermore, healthcare providers may consider recommending yoga as a complementary intervention for individuals experiencing stress-related symptoms or seeking to enhance their resilience. Policymakers could also prioritize the integration of yoga into public health initiatives aimed at addressing mental health challenges and promoting community well-being.

CONCLUSION:

In conclusion, the study provides empirical evidence for the positive association between yoga practice and resilience among students. While recognizing the limitations of the study, the findings underscore the potential of yoga as a practical and accessible means for individuals to cultivate resilience and cope with life's challenges. By promoting yoga as a holistic approach to well-being within educational and healthcare settings, stakeholders can contribute to the empowerment and flourishing of individuals and communities. Moving forward, continued research and implementation efforts are warranted to further explore the mechanisms underlying the relationship between yoga and resilience and to maximize the beneficial effects of yoga on well-being.

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