



THE EFFECT OF YOGA TRAINING ON REDUCING EXAM ANXIETY IN ADOLESCENTS

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ABSTRACT

This study was to evaluate the effect of yoga on Students' exam anxiety girls in Isfahan in 2017 was conducted experimental research with pretest and posttest control group and with a 28 examples of 130 community students 16 to 18 years old one cluster was selected randomly. Test anxiety Hamilton (1968) in both experimental and control groups was conducted before the implementation of the training, the experimental group trained for 16 one-hour sessions in Sports Yoga and mental imagery, but this tutorial for the controls were not implemented. After completing the training of both groups post-test were analyzed by paired t-test. The results showed that teaching yoga at the 95% confidence level, has a significant impact on exam anxiety, exam anxiety is that yoga reduces.

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Introduction

Century technology century, the century of anxiety and complexities century encircle each man. Amid this maelstrom, what the modern man is expected to student and cope with the complexities of the world. The complexity of today's humans has to cope and to cope with the situation, the mechanism of ecological balances, profit rivals.[1,2] One set of emotions that appeal to them to deal with the complexity rivals. The anxiety is evident and obvious. We all know the meaning of anxiety and how we feel when we say we are anxious, our overall impression. We can partly on internal experience such feelings related to our stories. Apart from theories about anxiety, anxiety as a distress signal that a person plays not for the purpose of the endowment. In this turbulent century, the role of human knowledge is triggered. Man goes to knowledge and win the accumulation teaches them that his mind is in stock [3].

In the broadest sense of anxiety can be linked to various physiological and emotional states. When the child on the morning of the exam, show no desire to go to school. You may feel anxious about her reluctance to try his function is assigned. When the athlete can eat before an important race may understand his behavior caused by anxiety. Also, when a child, took up lessons on the draft clearly not for him, his appointment may know of fear of failure or anxiety. Anxiety seems to have different sources and can be shaped in many possible ways. Anxiety may lead to certain physiological symptoms not unlike the signs of affection, not fear.[4] Anxiety can lead to loss of function in complex intellectual work. May lead to irrational choice, or may lead to the withdrawal of one of the situations Aztrabavrhstnd. In any case, while thinking about the origin and meaning of the attention of theologians and philosophers have been successive century's anxiety. It is often said that Freud has

conducted the first study psychology anxiety. The anxiety of a vague, unpleasant emotional state characterized by confusion, palpitations, sweating, headaches, irritability and frequent urination associated.[5,6] When a person has to be efficient, try to have the ability and talent in concern and uncertainty, it can be said of test anxiety. During the exam, especially crucial exams most students experience test anxiety. There is little anxiety is natural and desirable in humans and increased effort and movement, but if not exceed moderation will be reduced academic achievement.[7]

Sarason and Mandlr believe that in situations such as the test location, enter the relevant information learned by trial and anxiety states are right. Some of these related to test anxiety states and others with it. If the test content associated with raised levels of anxiety efficient level will increase. While anxiety is unrelated to the task assigned, reduces the efficiency level.[2] Previous research has shown that an effective way of preventing and treating test anxiety physical and mental exercises so exercise such as stretching exercises, simple gestures, exercises Breathing and meditation to achieve peace, these exercises every person and of all ages in stages Can gradually do. As mentioned earlier in the meantime yoga with mental imagery and make one of the most healthy during the procedure that the person to focus the mind of nagging thoughts abandoned, and with the Control your work takes nerve.[8,9] In this study, we intend to test the effect of yoga on exam anxiety in adolescents we studied.

Material and Method

In this study, quasi-experimental, pretest - posttest with control group, 28 samples were selected from 130 students 16 to 18 years in Isfahan and in both intervention and control groups of 14 each. Of all people, Hamilton Anxiety Scale (1968) was used. Adolescents in the intervention group received 16 sessions of one hour of exercise yoga. After the two groups were assessed again Hamilton Anxiety. After data extraction, data using paired t test using SPSS-21 software were analyzed.

Results

Our research hypothesis was whether the teaching yoga is effective in reducing exam anxiety in adolescents. Analysis of variance with repeated measures in Table 1 to evaluate the effectiveness of intervention on test anxiety is shown.

Table 1. Analysis of variance with repeated measures to evaluate the effectiveness of intervention on exam anxiety

| Power | Chi- Ata | significance level | F | Mean Square | Degrees of freedom | Sum of squares | Effect | | |
|-------|-------------|-----------------------|--------|----------------|-----------------------|-------------------|----------------|---------------------|---------|
| .996 | .289 | .000 | 21.981 | 289.286 | 1 | 289.286 | Time | | |
| .942 | .193 | .001 | 12.920 | 170.036 | 1 | 170.036 | Time *Group | The subject | anxiety |
| .835 | .214 | .003 | 14.741 | 199.339 | 1 | 199.339 | Group | Between subjects | |

As shown in Table 1 is an interaction effect between time and group (P <0.01), group (P <0.01) and time (P <0.01) on test anxiety scores is significant. The difference between this variable at different stages (pre-test, post-test and follow-up) and separately between control and test groups. Also tow groups difference (test and control) as well as significant differences between the various stages is. This means that yoga is significant on test anxiety (P <0.01).

Results comparing the two groups by teaching yoga and control in showed between experimental group and control exam anxiety significant difference exists (P <0.05) and this anxiety has decreased. For other means of education Yoga exercise on reducing exam anxiety adolescents are effective.

Discussion:

The research hypothesis of the effectiveness of teaching yoga in reducing anxiety in adolescents was conducted. It seems that for the first time this study was to investigate the effect of yoga training specifically focused on test anxiety. The results of this study are consistent with the hypothesis in this study indicate that the group meetings mindfulness techniques substantially reduce test anxiety in students from the community. Test anxiety caused. [10,11] In addition, this project is consistent with the hypothesis of our research is that no significant difference between pretest and posttest control group that had not received any treatment, respectively. The results of this study also consistent with studies Ricketts and Galloway (1984) and other studies that the efficacy of cognitive-behavioral interventions in reducing anxiety profit and Sharma (2012) in their meta-analysis have addressed.[13,14,15] prevalence and complications of it. Yoga techniques in group training sessions to improve their mental health and academic performance levels.

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