

‘YOGA AND STRESS MANAGEMENT AMONG HIGHER SECONDARY STUDENTS IN THRISSUR DISTRICT’

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ABSTRACT

Yoga was always been considered as an effective tool for stress management from Vedic period onwards. Though stress was not that important those days, it was exited from very old days onwards. Yoga was considered to repair mind body and soul. It has gained wider momentum across the globe these days. Because of its simplicity and ease of use it is easy to learn and practice. Yoga is considered to be a curative exercise for body and mind. Stress and stress management are of recent origin and are results of modern life imbalance. The hasty nature of modern life, lack of proper exercise, disturbing time schedules, untimely and junk diet and consequent ill health makes modern life stressful. Stress management has become a tougher topic of hot discussion these days. The present study was conducted among Higher Secondary School Students in Thrissur District of Kerala. It has been proved that yoga makes learning process easy and provides concentration, peace of mind and focus in life. The present study reveals that yoga is effective in managing stress among Higher Secondary Students in Thrissur District.

KEYWORDS: *HSS: Higher Secondary School, HS: High School, BP: Blood Pressure, Ho: Null Hypothesis, Ha Alternate Hypothesis, BC: Before Christ, Dt: District.*

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