The Effects Of Yoga And Aerobic Exercise On Anxiety: A Survey Research Study

Mehwish Manzoor¹, Alina Sadia², Dr. Mubashra Manzoor³, Fazal Ahamd⁴

¹visiting Lecturer, Department of physical education & sports science, university of Narowal, Pakistan.

²BS (hons) Department of physical education & sports science, university of Gujrat, Pakistan.

³Akhtar saeed medical college Lahore, Pakistan.

⁴Department of Law, University of Sialkot, Pakistan.

Corresponding author’s Mehwish Manzoor mehwishmanzoor233@yahoo.com

Abstract:
The aim of the study was to find out The Effects of yoga and aerobic exercise on anxiety. The focus was chosen at random from a group male & female between the ages of 15 and 17 years old. N = 25 Experimental Group I and N = 25 Control Group II are experimental group in the study’s sample. Test were utilized in the study as a pre-test and post-test to determine in both groups Experiment Group, I received yogic exercise and aerobic exercise training on alternate days for 8 weeks, while Control Group II received general warm-up training. The experimental group’s performance and improved from pre-test to post-test. It is concluded that significant effect in Experimental Group I t whereas the control group exhibits a reduction in their Performa. The purpose of the present study is to find out the The Effects of yoga and aerobic exercise on anxiety on selected aerobic exercises and yoga among university students male & Female. The collected were then analyzed, tabulated and graphical form. Data analysis of the yoga & aerobic exercises, it was hypothesized that there will be significant correlation The Effects of yoga and aerobic exercise on anxiety, so the hypothesis was accepted this variable.

Keywords: Yoga, Aerobic Exercise, Anxiety

Introduction
Asanas, capable of bringing about stability of body and mind, consist in adopting various psycho-physical body patterns, giving ability to maintain a stable awareness of one’s structural existence for a considerable length and period of time as well. Pranayama consists in developing awareness of one’s breathing followed by willful regulation of respiration as the functional or vital basis of one’s existence. It helps in developing awareness of one’s mind and helps to establish control over the mind. In
the initial stages, this is done by developing awareness of the “flow of in-breath and out-breath” through nostrils, mouth, and other body openings, its internal and external pathways and destinations. [1]
Indicates broad based field of attention, inside the body and mind which is usually understood as concentration. Dhyana (Meditation) is contemplation (focused attention inside the body and mind). They are viewed as the higher yogic practices mainly consisting on adopting certain psycho-physical body patterns along with control over respiration. This further facilitates control over mind and paves way for higher yogic attainment. Detoxification procedures, help to remove the toxins accumulated in the body, and are clinical in nature. [2]
Yuktahara (Right Food and other inputs) advocates appropriate food and food habits for healthy living. However, practice of Dhyana (Meditation) helping in self-realization leading to considered as the essence of Yoga (The Practice of Yoga).
Anxiety has been characterized as a profound condition of unnecessary and silly concern, and is one of the most well-known mental disturbances, close by sadness. In Australia alone, roughly 11.2% of the populace (2.6 million) experiences a tension related condition and is the most often announced emotional well-being concern cross country. Thus, emotional well-being issues, for example, Anxiety make up a huge extent of handicap in Australia, and is an extraordinary weight.
The general well-being framework and the individual. Anxiety is an intricate reaction to an inner or outside improvement, where side effects incorporate sensations of apprehensiveness, anxiety, and negativity. Two distinct sorts of Anxiety have been characterized in the model of state-characteristic nervousness.
State Anxiety is characterized as a reaction to a particular circumstance or threat, and momentary, and occasionally expected emotional state. In contrast, characteristic nervousness alludes to a persistent and stable character quality, which contrast, trait anxiety refers to a chronic and stable personality trait, which increases the risk of developing an anxiety disorder.[3]
The state-characteristic model proposes that tension is a result of a connection between the examination of improvements and the initiation of the sensory system. Tension is often-times treated with stimulant drug. Drug like specific serotonin reuptake inhibitors and serotonin-norepinephrine reuptake inhibitors treat Anxiety on a neurochemical level. These upper medications restrain the physiological reaction of Anxiety, by focusing on chemicals and synapses (noradrenaline and serotonin) engaged with nervousness.
In this manner, it is vital to research non-drug and helpful mediations that could offer reciprocal treatment close by medicine, or another option choice without the results of drug medicine. [4]

**Literature Review:**

Yoga and aerobic exercise have several health benefits. These include improved mood and well-being, and reduced symptoms of depression and stress. Research further suggests that the two modes of exercise have an anxiolytic effect, although these
findings are not consistent across the literature. The current study measured the acute effects of yin yoga and aerobic exercise on state anxiety, trait anxiety and trait mindfulness.[5]

The effects of yoga and aerobic exercise on degree of focus and change in feeling-states were analysed in this review. They theory was that fixation and feeling-states would work on over a yoga and aerobic exercise meeting, yet yoga, a mix of activity and contemplation, was supposed to create more prominent positive changes than aerobic exercise. A period of exercise often instigates sensations of restoration, energy, and sharpness.

Through inspecting the circumstances and end results of these sentiments, it has been tracked down that activity emphatically impacts physical and emotional well-being as well as, mental abilities also. Yoga is a kind of activity that consolidates deep breathing, the calming voice of an educator, and holding static positions that work the body's muscles. Yoga has been considered and found to decidedly affect actual wellness, mind-set, nervousness level, and mental working. In any case, discoveries have been problematic in both exercise and yoga research, as results have shown both facilitative and inhibitory consequences for mental working and temperament among studies. A few examinations tracked down impacts from long-term exercise, while others found impacts from the short term. Lichtman and Poser (1982) have tracked down the immediate effects of a single exercise meeting on mental working. It was found that members scored higher on estimations of mental working and had more noteworthy mindset upgrades (members detailed feeling more joyful) after a practice class than after a side interest class.[6]

Yoga is a type of exercise that varies from aerobic exercise due to its thoughtful part. There have been many investigations led on contemplation and essentially less have been led on yoga. As will be described below, the positive outcomes of contemplation have been demonstrated to be various. Since meditation is an enormous part of yoga, it is critical to examine yoga further to decide the job that contemplation might play in creating positive impacts during yoga.

Ross and Thomas (2010), in a broad audit of the writing, found that yoga has had equivalent and frequently superior medical advantages on people when contrasted with different types of exercise (Ross and Thomas, 2010). In many studies, the physiological impacts have been noticed even after a time of yoga or exercise. Although the two sorts of exercise positively affect temperament, physiological contrasts in feelings of anxiety exist between the two (Ross and Thomas, 2010). exercise has been displayed to build levels of the pressuring hormone, cortisol, while yoga has been displayed to make the levels decline (Ross and Thomas, 2010).

Other physiological impacts have been seen in the act of yoga, and the creators attested that further exploration should be directed to look at how advantages vary between exercise and yoga (Ross and Thomas, 2010).

A survey of meta-examinations on the viability of exercise for depression and anxiety issues noticed that aerobic and resistance exercise may be compelling for gentle to moderate depression, yet less so for anxiety. In any case, the review plans had methodologic limits, including a need of reliable definitions for practice type (e.g.,
aerobic, resistance), controls (e.g., other correlative medicines, short-list controls), result measures (e.g., reduction, treatment stopping), characterized clinical populaces (e.g., symptoms vs. diagnosed conditions), and test enlistment techniques. [7]

These review distinctions increment heterogeneity and sabotage the capacity of meta-investigations to show clear and steady impacts. In outline, regardless of efforts to illustrate clear replicable positive restorative impacts of exercise on depression and anxiety problems, the proof is deficient. In spite of the fact that there is by all accounts more help for exercise in depression versus nervousness problems, there are physical benefits for both. One examination explicitly prescribes exercise as an assistant to medication in individuals with treatment-safe depression. No preliminaries have shown that exercise deteriorates by the same token condition, so prescribing it to patients is protected with the comprehension that extra medication or psychotherapy might be required.[8]

Yoga is an old Eastern practice that consolidates physical posture, breath control, and contemplation. There are a few styles that vary in intensity, term, and accentuation on every part. Two methodical surveys and numerous singular investigations conclude that yoga is a powerful treatment for depression. An orderly survey looked at yoga with different medicines for, major depressive disorder and tracked down comparable advantages for yoga versus exercise and yoga versus medication. [9]

This audit showed that yoga was less effective than electroconvulsive therapy for the treatment of the major depressive disorders recommending that yoga would not be proper for the treatment of resistant depression for which electroconvulsive treatment is a treatment option. However, one review has shown the drawn-out adequacy of yoga as an adjunctive treatment for ladies with determining depression Yoga additionally showed viability in relieving depression in the perinatal period, be that as it may, results shifted in light of the style of yoga.[10]

Exercise-based yoga was not successful in decreasing depression side effects in the perinatal period, yet integrative styles with a more grounded accentuation on medication and breath control were effective Signs of yoga in the treatment of anxiety issues are less clear. A meta-examination of hatha yoga (the most widely recognized style in the United States) found that individuals with additional extreme side effects benefited most. However, by and large the impact was moderately little, which proposes that it is best utilized as an adjunctive treatment with cognitive behaviour therapy, particular serotonin reuptake inhibitors, or other anti-anxiety medication.

A few examinations recommend that yoga might be more viable at decreasing tension side effects contrasted and no treatment be that as it may, different investigations don't show side effect improvement.[11]

Yoga has become well known as a therapeutic and relaxation mediation among all age gatherings, including the older adults. In spite of the fact that there are many sorts and styles of yoga, regular yoga rehearses join extending and holding different presents (called asanas) with profound, rhythmmed breathing and medication, fully intent on expanding actual adaptability also, strength in skeletons.

Yoga as a therapy for an insomnia disorder among patients with disease and survivors were deliberately checked on and recommended as promising proof of yoga for its
adequacy in moving along sleep deprivation and rest quality impairment. The proof showed psycho physiological impacts of yoga, and it was proposed to increment endogenous emission of melatonin, which, thusly, may be reliable for working on the feeling of well-being. Furthermore, meditation likewise showed physiological impacts by expanding cardiac output, which intrinsically impacts the basal metabolic rate.

As to mental capacity, yoga practice showed no critical improvement in the healthy populace; nonetheless, yoga practice revealed motivating outcomes in the quality of life and physical measures. By the by, yoga-based the mediation program is feasible and adequate in making positive upgrades in well-being and wellness. The mental impact of yoga has been analysed in a past report. Yoga seems to chip away at depression, anxiety, furthermore, self-viability. For example, an efficient survey done in 2004 examined the adequacy of yoga in the treatment of anxiety and anxiety issues. Proof detailed empowering results with the obsessive-compulsive problem in spite of the variety of mediation conditions and lacking nature of the studies. Shown by a new survey that involved 27 investigations, of which 19 examinations revealed a critical decrease in state and additionally characteristic anxiety. [10]

In ladies who endure nervousness issues, a 2-month yoga class can prompt a critical decrease in apparent degrees of anxiety. The impact of yoga and stress has been analysed in a wide scope of old enough gatherings and social situations with prisoners and office sets. The component of yoga and stress has been underlined. The positive effect, self-sympathy, and hindrance of the back nerve centre (hypothalamus) and salivary cortisol from a current orderly audit were undeniably displayed to intercede the relationship between yoga and stress Due to the variety of yoga rehearses and the weak proof that existed in yoga types furthermore, the stress in healthy populaces, the current review tried to better describe the advantages of yoga on pressure. This orderly survey assesses the ongoing logical proof of yoga practice on pressure. We speculate that any sort of yoga will advantageously affect the pressure. We inspected this question across an enormous age range.[11]

**objective of the Study:**
The objective of the study was to find out the relationship of the yoga and aerobic exercise on anxiety.

**Significance of the Study**
The study will examine the degree of Effects of yoga and aerobic exercise on anxiety.
The study would develop new concepts in improving the effect of yoga and aerobic exercise on anxiety.

**Hypothesis:**
It was hypothesized that there would be a significant difference in The Effects of yoga and aerobic exercise on anxiety.

**Literature Review**
Ssvasankar et al. (2019) study was to find out the effect of yogic practices and physical exercises on selected physical and physiological variables among information technology professional. To achieve these purpose, 30 obese women were selected as subjects randomly from information technology companies in our city. [8]

The selected subjects were divided into three equal groups of ten subjects each, namely, yogic practices group, physical exercises group, and control group. Experimental groups were trained for three alternative days in a week for 12 weeks with their specific training. Physical and physiological variables such as endurance and resting pulse rate were selected as criterion variables and they were tested prior to and immediately after the 12 weeks of yogic practices and physical exercises using Coopers 9 min run/walk test and radial pulse method. The ANOVA was applied to find out the significant difference in each criterion variables, if any, among the groups. Since, three groups were compared, whenever, they obtained “t’ ratio for the adjusted post-test means was found to be significant, the Scheffe’s post hoc test was applied to determine the paired mean differences, if any, was used. The results of the study revealed that there was a significant improvement on selected physical and physiological variables due to yogic practices and physical exercises groups as compared to control group. [9]

Interview Survey uncovered that 30% of utilized labourers detailed that openness to mental pressure was the work condition that most jeopardized their well-being (Shilling and Brackbill, 1987). This 30% addressed an expected 11 million labourers.

A new investigation of handicap claims oversaw by the North-western Mutual Life Insurance Agency (1991) found that the level of stress-related cases more than multiplied from 1982 to 1988 (6% to 13%). The typical put away expense for stress related claims was almost $73,000 per case, and the recovery achievement rate for stress inquirers was simply 33% contrasted with 80% for any remaining petitioners. From 1975 to 1976 mental issues (which incorporate pressure related conditions) were the third generally debilitating condition among labourers getting government-managed retirement Administration handicap stipends, gone before simply by outer muscle wounds and circulatory infections. [10]

Alchtiller and Motta (1994) analysed the impacts of aerobic and non-aerobic practice on representative state and quality anxiety levels, truancy, work fulfilment, and resting pulse. They tracked down that over a single exercise session, huge state anxiety decreased followed aerobic exercise yet not really for non-aerobic exercise. The impact size revealed by Alchtiller and Motta following a single aerobic exercise was 0.50. They too see that despite the fact aerobic exercise force seems, by all accounts, to be fundamental, mental changes don’t seem, by all accounts, to be attached to cardiovascular improvement on the grounds that the resting pulses of the oxygen consuming subjects didn’t change fundamentally.

As indicated by a new distribution of Yoga Journal (1999), enterprises have been going to the old profound act of yoga, as a potential impediment to worker stress. Nike, HBO, Forbes, and Apple all proposal on location yoga classes for their workers. These also, scores more Fortune 500 organizations consider yoga sufficiently significant to offer classes as a customary worker benefit (Wolfson, 1999). Beryl Bender Birch, creator of a famous book on yoga called Power Yoga, guarantees that
"today yoga is essentially standard hardware in corporate wellness communities" (referred to in Wolfson, 1999, p. 21).

"The ongoing blast in corporate yoga can be followed back 25 years to when organizations started taking on Well-being projects to bring down medical services costs," makes sense of Edie Weiner, leader of Weiner, Erich Brow, Inc., A New York-based pattern examination firm (referred to in Wolfson, 1999, p. 22). This was around 1975 when the top health spokesperson gave an admonition saying dormancy was as large a well-being risk as smoking cigarettes. Many organizations bounced at the valuable chance to lay out work out regimes as a component of a health drive and started sponsoring rec canters, which offered yoga as a "light" practice choice. "Whether studies have really demonstrated that efficiency is up and medical services costs are down, episodically, the proof that it works is overpowering," says Weiner (referred to in Wolfson, 1999, p. 23).

At HBO in New York, worker well-being and wellness chief Bill Boyle can't stay up with the interest for yoga classes. Boyle credits the blast in yoga at HBO to rising degrees of working environment stress.[12] "Everyone is under more pressure now, and has to perform better, and work more hours out of every day. Yoga allows them an opportunity to take everything in step” (referred to in Wolfson, 1999, p. 23). The fact that the venture HBO makes Boyle convinced is making to sponsor yoga classes for workers are definitely justified. "The profound relaxing also, unwinding workers get from yoga assist them with being more engaged and less restless. At the point when they return to work, they're in a situation to settle on better choices. You don't really need individuals going with business choices when they're anxious" (referred to in Wolfson, 1999, p. 23)

Research Methodology:
The purpose of the present study is to find out the The Effects of yoga and aerobic exercise on anxiety on selected aerobic exercises and yoga among university students male & Female. The subject was chosen at random from a group of male & female between the ages of 15 and 17 years old. N = 25 Experimental Group I and N = 25 Control Group II are included in the study’s sample. Tool Used The following aerobic exercises and yoga were administered on selected among aerobic exercises and yoga.

Results and Discussion:

Table 1: Analysis of “t” ratio for the pre-test and post-tests of control and experimental group

<table>
<thead>
<tr>
<th>variables</th>
<th>Group</th>
<th>Mean</th>
<th>SD</th>
<th>“t” ratio</th>
<th>Significant*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga &amp; aerobic exercises</td>
<td>Control</td>
<td>Pre</td>
<td>5.767</td>
<td>0.324</td>
<td>1.51</td>
</tr>
<tr>
<td></td>
<td>Experimental</td>
<td>Post</td>
<td>5.752</td>
<td>0.320</td>
<td>1.51</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pre</td>
<td>5.620</td>
<td>0.485</td>
<td>7.72</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Post</td>
<td>5.353</td>
<td>0.469</td>
<td>7.72</td>
</tr>
</tbody>
</table>

http://www.webology.org
Table No: shows that the data analysis of the yoga & aerobic exercises, it was hypothesized that there will be significant correlation The Effects of yoga and aerobic exercise on anxiety, so the hypothesis was accepted this variable.

Graph no 1: show that the significant difference between pre-test and post-test for experimental group.

Through the review of the results of the study, it can be concluded The Effects of yoga and aerobic exercise on anxiety. There is a far-reaching public affirmation, in light of various examination studies, that stress is a significant issue for representatives in the work environment (Bellarosa and Chen,1997). All the while, there is a developing body of research that shows that different structures of activity are useful in lessening both physiological and psychological stress. Nonetheless, I recognized just two examinations that had been really set in the work environment. Besides, yoga is arising as an activity of decision for the overwhelming majority work environment professionals. Yet again yet, not very many of the examinations, distributed in the standard activity brain science writing, remembered yoga for their exploration. This examination sets out to explicitly address the impacts of yoga on stress inside a work environment setting and to see how these contrasts and the impacts of high-impact action. Many have viewed the twentieth century as a period of tension and stress. anxiety, what's more, stress has become a normal everyday peculiarity and major psychological wellness issue. 20th-century man has presented with an assortment of stressors that outcome in both mental and actual problems. During the 1970s, enough individuals were stressed over the hurtful impacts of pressure that Type a Behaviour and Your Heart, "Time magazine recognized work pressure as the scourge of the 1980s; during the 1990s, the United Nations marked work pressure "the 20thcentury infection". Proof from various sources supports the United Nations view that work stress has turned into an "overall plague," showing that labourers in expanding numbers Recreated with the consent of the copyright proprietor. Further generation is disallowed without authorization.

CONCLUSION AND RECOMMENDATIONS
The main focus of the research study through inspecting the circumstances and end results of these sentiments, it has been tracked down that activity emphatically impacts physical and emotional well-being as well as, mental abilities also. Yoga is a kind of activity that consolidates deep breathing, the calming voice of an educator, and holding static positions that work the body's muscles. Yoga has been considered and found to decidedly affect actual wellness, mind-set, nervousness level, and mental working. In any case, discoveries have been problematic in both exercise and yoga research, as results have shown both facilitative and inhibitory consequences for mental working and temperament among studies. Critical attribute tension decrease happened north of about two months just for aerobic subjects who were not customary exercisers before the beginning of the review.

The non-aerobic group in their review participated in workout and extending works out. Despite the fact that yoga likewise incorporates extending works out, they are finished in an orderly way and each stretch is connected to a particular breath design. tracked down no examinations that explicitly included yoga as a non-oxygen consuming pressure decrease choice in the work environment. By and by yoga has become so famous in the U.S. that organizations are progressively including it at their wellness places as an activity choice for their representatives

While selecting for the physical education students Effects of yoga and aerobic exercise on anxiety. The result of this study can help the physical education teacher, trainer, and coach in screening and selection of potential shot putters.

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