Impact of induced yogic relaxation training (IYRT) on stress-level, self-concept and quality of sleep among minority group individuals.

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Citation

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Abstract

Investigated the effects of induced yogic relaxation training on stress level, self-concept, and sleep quality and disturbances among 12 newly arrived female minority group college students from the North-East Frontier Region of India, who were studying at Delhi University. All the students had reported excessive stress (during an interview), due to various adjustments. Yogic relaxation training was conducted for 1 mo, 20 min per day. The results show there were beneficial effects of yogic relaxation for all the students in terms of reduction in stress level, improvement in self-concept, reduction in sleep disturbances and improved quality of sleep, and feelings of improved well-being. These positive changes ware found to be maintained at almost the same level after a 1-mo follow up phase. (PsycINFO Database Record (c) 2016 APA, all rights reserved)