RESEARCH OF RELATED LITERATURE

Taraknath & Udaybhanu¹ carried out a study to know whether there is any change in self concept and locus of control the subjects practicing yoga and with that of subjects not practicing any type of yoga. 80 male student volunteers from Muni International School, A-2/16-18, Mohan Garden, Uttam Nagar New Delhi-110059, India, of age between 11 to 14 years were selected. They were assigned to four groups as per Soloman Four Group Design that included a random assignment to respective groups, pre-text for experimental and control groups and post-test for all four group. A significant effect of yoga on self concept (p < .001) was observed. However, no significant effect of Yoga was observed on locus of control. The authors recommended that a yoga intervention of a longer period might show a significant effect on locus of control, as well.

Ajiz & Rukhma² carried out a study to measure the locus of control of students in order to determine the degree of their externality or internality of locus of control Motivation is regarded as the alpha and omega of learning . It is the heart of teaching learning process. Motivation is defined as an internal state that arouses, directs, and maintains the behavior over time. Thus motivation is the pivotal component of learning and locus of control which is one of the important factors it stems from. Locus of control is a belief about the primary source of a person's behavior- either internal (within a person) or external (with in a person's physical and social environment). The main aim of this research was to measure the locus of control of students in order to determine the degree of their externality or internality of locus of control. And to find out the gender difference in locus of control orientation at College and University levels to relate the locus of control with academic achievement. Sample of study consisted of 466 students, out of which 205 were boys and 261 were girls. This sample was chosen from two female college and one male college located in Rawalpindi city and one Co-education University.

²Aijaz Ahmed Gujjar, Rukhma Aijaz, “A Study To Investigate The Relationship between Locus of Control and Academic Achievement of Students”, I-Manager's Journal On Educational Psychology, Vol. 8 No. 1 Lmay - July 2014.
Institute located in Islamabad city. The college students were mostly of 16 and 17 years age group, whereas University students were in the 20 and 21 year age group. For the purpose of measuring locus of control questionnaire was used with a few modifications. Academic achievement was measured by the marks obtained by the sample in their recently held examination at their institutions. The obtained data were analyzed and interpreted using statistical tools such as: Mean Standard Deviation, t-test and correlation coefficient. The results show that the majority of students were found to be more internal than external in their locus of control. This result is enlightened with others studies that, locus of control and academic achievement were related positively to each other. Boys were found to be more internal than girls at college level however, no gender differences in locus of control were found at the University level.

Bhogayata, C.\(^3\) conducted a study, "Locus of Control and Academic Achievement: A Quantitative Synthesis". This study is a meta-analysis of the results of the studies on the relation between the measures of locus of control and academic achievement. The objectives of the study were (i) to synthesize quantitatively the results of correlational studies on the relationship between locus of control and academic achievement; (ii) to study the typical correlation between the measures of locus of control and academic achievement; (iii) to study the student characteristics such as grade level, sex and socio-economic status (SES) that affect the relationship between locus of control and academic achievement; (iv) to study the relationship between the format and domain of measures of locus of control, and (v) to study some specific types of achievement measures that affect their relationship with locus of control measures. The major findings of this study were (1) The mean correlation between locus of control and academic achievement from the sample of the studies was .257 which indicated that locus of control measures on an average accounted for 6.30% of variance in achievement.

\(^4\)Ujwala Devi studied pupils' academic achievement in relationship to their intelligence, neuroticism and locus of control. This study deals with the effects of intelligence, neuroticism, and locus of control on academic achievement. The

\(^4\) Ujwala Devi (1990). Pupils' Academic Achievement in Relationship to their Intelligence, Neuroticism and Locus of Control. M.Phil. (Edu.), Annamalai University.
objectives of the study were (i) to study the relationship among (i) academic achievement, neuroticism, intelligence and locus of control; (ii) intelligence and neuroticism, and locus of control; (iii) neuroticism and locus of control; and (iv) sex and intelligence, neuroticism and locus of control of standard IX students. Major findings of the study were (1) Girls had a significantly higher academic achievement than boys. (2) There was no significant difference in the intelligence levels of boys and girls. (3) Boys showed a higher neurotic tendency than girls. (4) There was no difference between boys and girls in the locus of control. (5) Academic achievement showed a positive and significant correlation with intelligence. (6) Academic achievement was negatively correlated with neuroticism and (7) Intelligence showed a negative relationship with locus of control.

Sunita Badola conducted a study entitled "Locus of control, Achievement-Motivation and Anxiety as Correlates of Creativity" in Hemwati Nandan Bahuguna Garhwal University. The objectives of the study were (i) to explore the relationship between creativity and locus of control, between creativity and achievement motivation, and between creativity and anxiety of students, and (ii) to find out as to how far high and low creative students differ in respect of locus of control, achievement-motivation and anxiety. The major findings of this study were (1) Creativity and locus of control were positively related with each other in the case of general students. (2) There was no significant relationship between creativity and achievement-motivation in respect of creative students in general. (3) There was a positive and significant relationship between high creativity and anxiety in respect of total creative students.


Sharanjeet Kaur studied self-concept and locus of control as predictors of career maturity on sex sub-groups. The objectives of the study were: (i) to examine the significant contribution of self-concept, locus of control and sex to predict Career Maturity, (ii) to ascertain how self-concept, locus of control and sex are related to Career Maturity, and (iii) to investigate the differences between boys and girls in relation to Career Maturity. The major findings of the study were: (1) Self-

concept had no significant contribution in the prediction of attitudes towards Career Maturity for boys, but it was a significant predictor for girls and for the total sample. (2) Self-control was a significant predictor of competencies of Career Maturity for boys, girls and for the total sample. (3) Locus of control was a significant predictor in the attitudes towards Career Maturity for the total sample and for boys, white for girls it was not. (4) Locus of control was a significant predictor of competencies of Career Maturity for boys only, and not for girls and for the total sample. (5) Sex was not a significant predictor of attitudes towards Career Maturity and total competencies of Career Maturity. (6) Self-concept was not significantly related with attitudes towards Career Maturity in the case of boys, but a significant correlation was found in the case of girls and the total sample. (7) Locus of control (internality) was significantly related with attitudes towards Career Maturity, competence scale of Career Maturity for the total sample and for boys and girls separately. (8) There was no significant difference between boys and girls in relation to attitudes towards Career Maturity.

Gloria Cataldo Brusoski\textsuperscript{7} conducted a study entitled "Career Group Effects on Career Indecision, Career Maturity, and Locus of Control of Undergraduate Clients". A pretest-posttestcontrol group design assessed the effects of a series of three 90-minute structured, career workshops on undergraduate career clients at the counseling center of a large urban university. Rotter's I-E Control Scale measured locus of control, the Career Maturity Inventory assessed career maturity and career indecision was measured by the Career Decision Scale. The effects of the intervention were examined using an ANCOVA. Theoretical relationships among the variables were explored using Pearson Product Moment Correlation Coefficients. The findings indicate that the intervention increased students' career decidedness. Locus of control and career maturity were not changed significantly. Results also suggest that undergraduate career clients are a sub-population of undecided students who are ready for career decision-making.

Anuradha Sharma\(^8\) collected data from three hundred and fifty students of Delhi using Rotor's I.E. scale. The average score shows that there is internality of locus of control. This personality factor could be a result of child rearing practices of middle class coupled with achievement orientation of parents in a developing economy like India. Further the students are provided with an environment which is full of challenges, achievement, competition and excellence. In addition of these factors tremendous social change has also brought about changes in supernatural belief and attitudes in Indian society in general. The study reveals that there is socio-cultural basis of reinforcements strategies, expectancies and social learning processes resulting in personality orientations. This may eventually also change the national characteristics and shows its effects on national developments.

Amurty Gupta and S.P. Sinha\(^9\) examined the effect of control, and learning and performance goal-orientation on academic achievement among a random pool of 300 students of first year of graduation courses from the age range of 16-19 years. The findings of the present investigation show that there is no significant main effect of locus of control on academic achievement. The high learning as well as high performance goal oriented subjects scored higher on academic achievement as compared to their low scoring counterparts. Moreover, locus of control in interaction with learning and performance goal orientation showed significant effect on academic achievement. The high performance goal oriented subjects were found to have better academic achievement as compared to low performance goal oriented subject. This study provided strong support that the individual personality traits e.g. locus of control in interaction with goal orientation affect one's academic performance to a significant extent.

Usha Lohan\(^10\) examined the effect of yoga on locus of control of female students of Kurukshetra University. The sample consisted of 60 female students of age 18 through 25 years. Purposive sampling technique was used to draw a sample of 60 female students i.e. 30 yoga practitioners and 30 non-yogic female students of


\(^10\) Usha Lohan (2010), "Effect of Yoga on Locus of Control of Female", Students Edutracks, Vol. 9, No.7, P. No. 31-32.
Kurukshetra University. Each subject completed the locus of control questionnaire (J.B. Rotter's, 1966), which is a forced choice instrument, consisting of 29 pairs of statements. The results of the study showed that internalized locus of control scores of yoga practitioners are better than non-yoga practitioners. The students following yogic path have self-constructive behaviour. The non-yogic students have more scores on external locus of control scale i.e. they are under the control of powerful others like chance, fate, luck etc. They are less independent.

Giselle D'Souza\textsuperscript{11} studied stress in students of standard X in relation to their locus of control. It also focused on the gender differences in these variables. The descriptive research was of the corelational and causal-comparative type. The sample comprised of 1092 students of standard X. The rating scales used for the purpose of study were prepared by the researcher. Descriptive analysis of data included calculation of the Mean, Median and Mode, Standard Deviation, Skewness, Kurtosis, and estimation of population parameters. Inferential Statistics included the 't' test and Pearson's coefficient of correlation. The study revealed a negative correlation of stress with locus of control. Significant gender differences were found to exist in the variables.

Kumar et al.\textsuperscript{12} studied the effect of yogic practices on academic stress of secondary school students and on the components of academic stress viz. Academic frustration, academic conflict, academic pressure and academic anxiety of secondary school students. Design of the Study: It was an experimental study based on randomized matching. A pre-test, post-text, control group design with one Experimental group was employed to conduct the present experimental study. Treatment was the independent variable and dependent variable in academic stress. Training in Yoga exercises Stakriyas (Kapalbhati and Trataka), Pranayamas (Anuloma –Viloma, Sitali Sitkari and Bhraman) and Meditation was given to the Experimental group for 30 days one hour in the morning regularly.

Three is no significant difference in academic stress scores of students of Experimental and Control groups at pre-test and post-test levels was rejected in


favour of the finding that yogic practices helped in reduction of academic stress from pre-test to post-test level among students of the Experimental group as compared to the Control group ratio for the mean reduced scores between the Experimental and Control Group. Entries made in Table 2-t-ration for the mean reduced scores between the Experimental and Control groups on academic stress was found to be significant at 0.01 level of confidence (t=9.905). Thus, H2 was rejected as the Experimental group students, who were exposed to yogic practices, exhibited reduction in academic stress as compared to their counterparts of the Control group. For each of the four components of academic stress, the t-ratios between the mean reduced scores of the Experimental and Control groups was found to be significant at 0.01 level of confidence. The t-ratio between mean reduced scores of the two groups for academic frustration was 12.260, for academic conflict was 4.963, for academic pressure was 8.944 and for academic anxiety was 4.223. All these t-values were significant at 0.01 level of confidence. Thus, H3, H4, H6 were rejected as yogic practices did help in the reduction of academic frustration, academic conflict, academic pressure, academic anxiety among students of experimental group as compared to the control group students, who were not exposed to yogic practices. It is concluded that the study has revealed the efficacy of a carefully designed yoga module in reducing / coping the stress responses of adolescents of 10th standard in Moga district.

Wankert\textsuperscript{13} designed to investigate how a personal’s disposition factor (trait anxiety) and a situational factor (number of observers) affect state anxiety and motor performance 30 high and 30 low trait anxiety (Spilberger in STAI) female subjects were randomly assigned to one of the three treatment conditions alone two evaluative observers five or six evaluative observers subjects performed 30 massed lose traits in the pursuit motor tasks under the assigned treatment conditions and then completed the SATI state anxiety scale. Trait anxiety significantly affected to the state anxiety and pursuit motor performance but no audience main effects or interaction effects were statistically significant. The results were interpreted as supporting some predictions from Spielbeiger trait state anxiety theory while contracting others.

Wagman\textsuperscript{14} anxiety encompasses both some degree of activation and unpleasant emotional state. The term anxiety is used to describe the combination of intensity of behaviour and direction of affect or emotion. The direction of effect characteristic of anxiety is negative in that it describes subjective feelings that are unpleasant. Anxiety is a state serves to mobilize an organism to escape or to avoid danger.

Bhole\textsuperscript{15} after including twenty four men in the experimental group and other men in control group has noted the measurement of Pranmulak power of the subjects of experimental group before and after the three week training of Yoga. In the training of Yoga twenty asana and Svasan and two respiratory processes – ujjaini and Kapalbhati in addition Nauli and Naulibnadh were included. The significant increase was seen in the Pranmulak power statistically of experimental group. No change was seen in the Control group after the three weeks training.

Evan\textsuperscript{16} had selected 45 students whose age was 14 to 20 years as subjects for the research. One group was given the training of Yoga, Second group was given the training of regular exercises. Third group was Control group. Training was given three days in week for four weeks. Before training the test was filled up regarding the groups’ interest in education. From post test it was found that significant improvement was seen in Yoga Pranayama group.

Pale\textsuperscript{17} had studied 40 men swimmers. Who remained present in the program of swimming at Laxmibai College of physical education, Gwalior. These swimmers were divided in three groups, the positively and negatively holding breathing exercises were given two groups and the third group was taken as Control group. Kapalbhati exercise was done in warming up. In Pranayama the positively holding breath group took the training of Kumbhak(I.e. exhaling). Like to hold the breath for as much time as possible after taking deep breath. The negative holding breath group had taken the training of holding the breathing without breathing. Both the

\textsuperscript{16}Russell Evan, “effect of yoga and exercise on iterance on education, Dissertation Abstract International 43, ( April ,2000), P. No. 3040-A.
\textsuperscript{17}Ramesh Pal, “Comparative effects of positive negative breath holding aerobic and anaerobic capacity”, (M.Phil. thesis, Jivaji University, 1983).
experimental groups were given tests for the checking of significance. Their statistical significance was checked through ‘F’ ratio. In the end it can be said that in the trainers of Pranayama done by Positive holding breathing aerobic capacity was increased.

The object of research of Mungara\textsuperscript{18} was to check the effect of training of Pranayama on hematological factors. This research was carried out on the students of Mahadev Desai Gramya Seva College, Sadara of the age group of 17 to 22 years. They were divided in two groups. 15 students in each group. The experimental group was given training of Pranayama. For the reports of Cholesterol, blood sugar, hemoglobin, white blood cells, red blood cells and platelets before and after the training eight week’s training were noted after the tasking blood for checking in a pathology laboratory. “t” test was applied to check the significance of difference of means of variants of pre test and post test. The standard of significance was fixed 0.05. In its significance effect (decrease) was seen on cholesterol by the training of Pranayama. Significant effect (decrease) was seen on blood glucose (increase) in experimental group. Significant effect was seen on platelets (Increase) in experimental group. No effect was seen on Control group.

Moses\textsuperscript{19} had kept the flexibility of hip, waist neck and wrist in view. Experimental and Control group were framed randomly from the students of the classes of physical education of universities randomly. 27 subjects were taken in each group. The measurement of experimental group after and before the eight training class of yoga. In the training Halasana, Sarvagasana, Bhujangasana, Shalabhasana, chat asana, mattrsyasana, yogmudra sihasan, padmasana and savasana were included. In the training of Yoga Ujjaiyi, Nadishodhan, Bhrastika respiratory exercises were included. After the statistical analysis of Yoga group on comparison it with Control group noteworthy significance was seen in flexibility.


Bandopadhyay\textsuperscript{20} had tried to check the effect of yogasana on the flexibility of women of the age group of 46 to 55 years. The base of flexibility is on the joint. Therefore, the test of flexibility of main joints was taken through standard method. The measurement of body structure was done through skin fold method. For this study 12 women were selected. These subjects were given training 5 days in a week for eight weeks. In Yogasana, swastikasana, padmasan, bhujagasana, Shalabhasana, gaumukhasana, paschitomasana and pavanmuktasana were included. Pre test and past test of the subjects were taken. Back side, Shoulder, wrist, waist neck etc’s flexibility and biceps, transepts measurement were taken after knowing the percentage of cholesterol. For the checking of hypothesis “t” test was applied. The results of this study showed noteworthy increase takes place in the flexibility of hip. Back side, neck, shoulder and wrist and the quantity of cholesterol decreases notably.

Gharate\textsuperscript{21} had noted the increase in certain test by physical capability before and after the training of yoga for three weeks. In this training of Yoga, the recommendations of National planning for physical educational of Education Ministry of government of India. In this training twenty asanas were included. In it process (Agnisara, Kapalbhati and Naicali) Uddiyanbandh and ujjaoi Pranayama were also included converted into e measurement of flexibility, explosive force, tuning, and balancing and tolerance power. When in the training of women Mayurasan were not included. The test of men was taken for the r of test was the number of test was converted into qualification marks, Gharate saw that positive difference in qualification marks takes place in men and women by the training of three weeks given to them.

Kasundra\textsuperscript{22} had selected a group of 38 students of Hindi group of Mahadevbhai Desai, Gram Seva College headed by Gujarat Vidyapith to study this subject. Out of these total students two groups of 19 in each group were framed. In


\textsuperscript{21} M.A Gharote, “effect of Yogic training on physical.” \textit{Yoga Mimansa}, (1973), P. No. 31-35.

\textsuperscript{22} Prabhudas M.Kasundra, “Mahavidyalayona Vidyarthiona Rudhirabhisaran Swasan Tantra ni xamata par Pasanad Karayela Kasorastoni Asaro no Abhyaas” (A study on the effect of selected exercises on the cardiovascular and respiratory system of the students of College) (Unpublished M.Phil. Thesis, Gujarat Vidyapith Ahmedabad, 1998.)
it the measure of capacity of blood circulatory system by Howard step test and the
capacity of respiratory system was taken by Rogers test. Out of them a group of 19
students which was kept as Control group and the another group as experimental
group, this experimental group was given the training of Yoga exercise. This
training was given for one hour in the morning. This yoga exercise training period
was fixed for eight weeks.

After completion of training a measure test was taken on blood circulatory
system and respiratory system of experimental group and control group. For
measurement the pulse rate was measured by stop watch and the capacity of lungs
was measured in pyrometer liter. For analysis of this study significance was checked
through t test and on the basis of t value after analysis of mean significance was
seen according to t test value. In it, the t test value of capacity of blood circulatory
system of experimental group was 7.844. “t” test value of Control group was 0.589.
Looking to this the value experimental group is very much. Therefore it is
significant.

The object of the research selected by Varkhade\textsuperscript{23} was to check the effect of
the training of Yoga asana selected by Varkhade\textsuperscript{(9)}, Pranayama, meditation,
Yognidra and Omkar mantra on the blood pressure, Cholesterol and stress of heart
patients. In the six months effective research 23 heart patients were selected. They
were given the training of selected yoga for one and half minute every day. In the
yoga methods for these heart patients, simple movement of body, some broad asana,
some respiratory methods of Pranayama, initial method of meditation and exercises
of yoganindra and Omkar mantras in certain methods were included. The heart
patients were checked before and after the training and the results were compared.
Checking the results blood pressure and cholesterol were decreasing constantly.

Shubh Laxmi,\textsuperscript{24} keeping in view the fact that to increase the strength of heart
and working capacity of respiratory system has made the practice of Pranayama and
has made program to check the effect of Nadishodhan Pranayama for 20 minutes,

\textsuperscript{23} Ramesh Gharode, Yogacharya Viswas Mandlic and Jayant Sahani “effect of Yoga training
package on heart patients”, \textit{International Journal of Yoga}, April,2009, P. No.95.
\textsuperscript{24} N.K Shubha Laxmi, “Immediate effect of Nadishodhan Pranayama on some selected
parameters of Cardiovascular, Pulmonary and higher function of brain”, \textit{The Journal of physiological
Science}, Volume-18 (2\textsuperscript{nd} August, 2005) P. No. 10-16, On line Internet, 23\textsuperscript{rd}
December,2001).
heart beats in immediate effect the proper and improper blood pressure, too much breathing rate, and the efficiency to solve common problem. Generally health persons from the curriculum of physiology were selected for this research. They were given inspiration for the study of this program. The practice of this program were scheduled for 4 to 5 times daily separately for everybody. For two divisions were formed for regular subjects They were permitted for each other's subject and freshness. Nadi shodhan Pranayama were done for 20 minutes with calm and breathing. Significant decrease was considered for proper heart beating and it was observed in blood pressure that the more breathing flow was significantly decreased and the time being taken to solve the common problem was minimized significantly. In opposing, during the training of Pranayama, in the two regular subjects respiration and the work of heart no significant change occurred. This research suggests that the working system of heart immediately responds to Nadi shodhan pranayama and helps to solve the common problems. For the research in large volume more research is required. So that machine system development is included.

Bhatt²⁵ The object of this research was to analysis the effect of Asana – Pranayama training on physical eligibility and physiological factors. For this research, the students of the Gyandhara shixan tirth, Sadara of the age group 11 to 12 years were selected randomly. And they were divided in two groups – experimental group and control group. The experimental group A was given training of Asana and Pranayama. And thereafter the marks of the beginning and after the eight months training of breath holding capacity, Pranmulak power, respiratory rate speed, flexibility, the holding power of hand were noted. It s significance level was fixed 0.05. The main object of this research was to know how much development can be done of holding power of hand, flexibility, speed, capacity of breath holding, pranmulak power and respiration by the asana – Pranayama training program. Significant effect was seen in it.

²⁵Ravishkumar J.Bhatt, “11 thi 12 varshni umarna vidyarthio par asana ane Pranayama training dwara sharirshasrta vishayk pasao ane shariririk yogyatana ghatako par thati asarono abhyas” (A study of effect of Asana and Pranayama training on physiological factors and physical capacity children of the age of 11 to 12 years.
Malhotra\textsuperscript{26} had selected 30 persons of the age group of 25 to 35 age group for this study. They were divided in two groups 15 persons in each group. In it group A was given training of exercise for 40 minutes, 20 minutes of slow running in the morning and 60 minutes in the evening. Group B was given practice of selected asana and pranayama for 45 minutes 15 for minutes in the morning and evening. In it group A was given training for three months. After three months result was that there was improvement in the working capacity of heart, respiratory system and mental power. And there was increase in red cells in proper quantity due to the yogic exercise of three months.

Holy\textsuperscript{27} had selected 10 untrained volunteers of the age group 18 to 27 for this study. The decisions like effect of asana and pranayama like factors related to week. In every class of yoga 15 minutes for movement exercise, 50 minutes for various asana, 10 minutes Savasana. The result after the training of all these subjects came that extra ordinary muscle shape, increase in elbow, mobility of elbow, health like muscle power, tolerance power, changeability, blood circulatory working capacity, physical strength subjects were selected. There were total 10 persons, 9 women and 1 man. Whose classes were conducted for eight weeks, two classes per increase in knee was 31%,19% and 28% respectively (P,0.05) Best muscled shape power, changeability of knee, changeability in knob progress in shoulder, neck mobility was 13%(p<0.01) 155% (p<0.01), 188% (P<0.01 and 14% (p<0.01) respectively. Clear relative maximum oxygen was increased 7% and % respectively. Therefore, regular practice of asana and Pranayama can improve the physical working capacity related to health factors.

\textsuperscript{28}Anxiety and depression are two most common mental problems facing the aged and are often ignored. In a vast country like India, particularly the rural India where little mental health facilities are available, these people are little taken care of with regards to their mental health. However, our very own system of yoga holds so


\textsuperscript{28}Pranay Kumar Gupta, Manoj Kumar, Riti Kumari and J.M. Deo, “Anuloma-Viloma Pranayama and Anxiety and Depression among the Aged”, \textit{Journal of the Indian Academy of Applied Psychology}, January 2010, Vol.36, No.1, 159-164.
much promise for these sufferers. The present study is an attempt to find out the impact of pranayama on the anxiety and depression of the senior citizens living in the rural community. For the study, 30 senior citizens of Madhubani town have been selected. Their level of anxiety and depression were measured on Sinha Anxiety Scale and Beck Depression Inventory prior to their enrolment in Yoga sivir (camp) of 7 days duration where they were trained in anuloma-viloma technique of pranayama. Their level of anxiety and depression were again measured after 3 months during that period the subjects regularly practiced the pranayama. The comparison of the two scores showed significant impact of the pranayama on their anxiety and depression.

The apparent stress of time pressures related to modern life in nations has keen public interest in how lifestyles can be balanced. Circumstances of apparent imbalance, such as workaholism, suffer exhaustion, sleeplessness, chubbiness and circadian desynchronosis, are ever-present and have been linked to unpleasant health consequences. Yoga is a science practiced in India over thousands of years. It produces constituent physiological changes and has sound scientific basis. Pranayama are breathing techniques that put forth profound physiological effects on pulmonary, cardiovascular and intellectual higher centre functions. The science of pranayama deals with the control and fortification of the vital force which results in rhythmic respiration, calm and alert state of the mind. Various studies reveal that different types of pranayama produce divergent physiological effects.

Felton, Barbara J. and Revenson, Tracey A. and Hinrichsen, Gregory A. This study evaluates the usefulness of strain and warfare in order to explain individual differences in the psychological adjustment of chronic disease. 170 Moderate Aged and Four Stubborn Diseases This letter (between hypertension, diabetes melets, cancer, and parallel studies to combat rheumatoid arthritis use of the first wave) during chronic illness and sexual tension checks the relationship, and the ability to interpret psychological adjustments. The results show that the use of


strategies through a medical diagnosis is minimized. Positive strategies, including
cognitive strategies, seeking relevant information, while emotional strategies,
especially those related to negative effects of avoidance, guilt and emotional
ventilation, self-esteem, and adjustment to disease. However, these findings suggest
that stress and remedy models can be valuable to understand the arrangements
between chronological sick people, failure stress buffer hypothesis suggests the need
for some modification in the principle of duplication to explain new research
approaches and present adjustments in general Shilta and cure effects.

Mehrabi, Tayebeh and Azadi, Fatemeh and Pahlavanzadeh, Saeid and
Meghdadi, Niloofar On today's date, it is known that in dealing with tight
incidents, individuals handle the fighting strategy. These strategies play an
important role in individuals. Nurses come in high stages, which directly affect the
quality of work and the quality of their services. Therefore, in the current study,
attempted to investigate the effect of yoga on stress-fighting strategies among nurses
working in the Pregnant Care Unit (ICU). Materials and methods: In this semi-
experimental study, 34 female nurses working in the ICU were considered eligible
for admission in the study. Yoga exercises were organized in two sessions of the
week for 8 weeks in the study group. Before and after the intervention the CSR
questionnaire was filled. Data descriptive and estimation (T-test) was described by
statistical tests. Result: The results of numerical tests show that the highest
application of strain-fighting strategies was for uneven stress coping strategies.
Compared to previous yoga sessions, after yoga practice, there was a significant
difference in the average score of tense focus, emotional attention and ineffective
strategies. Discussion: Considering the findings, the eight-week yoga practice is
considered as complementary treatment to improve stress-fighting strategies. More
studies have been suggested in this field.

Epstein, Seymour compared responses of 3 groups of subjects differing in
general coping ability, as measured by the Constructive Thinking Inventory, on

matched sets of items that differed according to whether the outcomes were positive or negative and directed at the self or at others. All groups reported widespread overgeneralization to items with favorable outcomes. Groups differed strongly and consistently only in response to unfavorable outcomes directed at the self, with poor constructive thinkers reporting more negative overgeneralization than others following such outcomes. It was concluded that poor constructive thinkers have a selective bias toward making negative inferences about the self, which has widespread implications for their general coping ability. A theoretical framework is presented for understanding why individuals acquire and maintain negative self-schemata, which has implications for depression and self-esteem as well as for general coping ability.

Oleshansky, Melissa Beth The main purpose of this study was to examine the usefulness of Hatha yoga for a non-clinical population. Particularly, this study examined whether using Hatha yoga (a style of yoga involving a variety of standing or seated poses and postures alone and/or in combination with deep breathing meditation techniques) was associated with low levels of daily stress. The sample was comprised of 111 adults from the greater Los Angeles, California region and the west suburbs of Detroit, Michigan. Participants completed a packet of self-report questionnaires including, The Daily Stress Inventory (Brantley & Jones, 1989), the COPE questionnaire (Carver, Scheier, & Weintraub, 1989), and The Self-Efficacy and Exercise Habits Survey (Sallis, 1988). Also included in the packet was a short-answer demographic questionnaire to assess whether or not participants engaged in Hatha yoga. Fifty-three participants reported using Hatha yoga versus 58 who had not used Hatha yoga. The majority were European American women, Jewish, highly educated, and between the ages of 29 and 40. The results demonstrated that Hatha yoga users did not have significantly lower levels of daily stress than those who had not used Hatha yoga. On the other hand, Hatha yoga users were more likely than non-users to have higher levels of self-efficacy regarding consistent use of exercise activities including Hatha yoga, and to use a greater number of coping skills during periods of stress. Further analysis revealed that men were more likely than women to have higher levels of self-efficacy and were also more likely to use a greater

number of coping skills during stress. This study showed that although using Hatha yoga did not make a difference in one's level of daily stress, some benefits were correlated with Hatha yoga use. Additional research is necessary to further understand the benefits of using Hatha yoga, and to investigate its efficacy in lowering daily stress for a non-clinical population.

Taylor, B and Lo, R\textsuperscript{34} The study used a mixed methodology to investigate the effects of Healing Touch (HT) on the coping ability, self esteem and general health of undergraduate nursing students to: check the veracity of claims made by HT practitioners that the therapy is effective in reducing stress; monitor the effects of HT on participants' scores using instruments which measure coping, self esteem and general health; and compare objective data with subjective accounts relating to coping, self esteem and general health. Quantitative findings showed no effects of HT on the coping ability, self esteem and general health of first year students, but there were some slight effects for the third year students who were in the experimental group. Qualitative findings showed that all participants in the experimental group found the experience positive. However, conclusions may be drawn tentatively that HT is effective while acknowledging that this project's design may have been ineffective in measuring the effects of HT, as the questionnaire may not have tested the actual effects of the therapy, and objective measures may be inadequate for exploring subjective experiences such as HT.

Monk-Turner, Elizabeth and Turner, Charlie\textsuperscript{35} Compared with college students to evaluate the difference between body, mind and soul in yoga students. Materials and methods: Two groups of mind, body and soul survey are managed. Outcome: The five indicators for measuring psychiatrists were different between medical practitioners and college students. In three of these five steps, college students reported higher mental well-being than yoga practitioners - in other words, this relationship was expected. College students have often noted that they have maintained stability in their lives compared to yoga practitioners, and have often


experienced the satisfaction of interpersonal relationships. College students were also more likely to report yoga practitioners to be tolerant of others, whether they recognized their behavior or beliefs. Yoga practitioners were more likely to report strong ethics and healthy values than college students, as well as expressing their feelings and taking care of others' emotions. Understanding of yoga practitioners and college students gave us the distinction between more than half the objects (five out of nine). Yoga practitioners were more likely to know their spirituality better and better than college students, with positive contributions, the quality of life (at level 0.07), increasing the quality of life of spiritual health and increasing their positive attitude, regularly took new experience. In addition, we found support for the proposal that yoga practitioners are more likely to report happiness. Conclusions: Significant differences between yoga and college students were found on body, mind and soul measurement instruments. The complexities of these relationships need to work further.

Rinn, Anne N and Boazman, Janette and Jackson, Ann and Barrio, Brenda\textsuperscript{36} carried out a study to evaluate a measure of academic dishonesty and examine high ability college students' loci of control and its effect on behaviors of academic dishonesty, as moderated by academic self-concept. A total of 357 high ability college students enrolled at two universities in the southwestern United States took part in this study. Variables and the moderation of academic self-concept were examined for the aggregate group (n = 357) and for the disaggregate honors and non-honors groups. Students completed the Rotter Internal-External Locus of Control Scale (Rotter, 1966), the Self-Description Questionnaire III (Marsh, 1989), and a scale to measure academic dishonesty based on the work of Geddes (2011). A 17-item measure of academic dishonesty was developed. Results indicate locus of control does not significantly predict academic dishonesty for the non-honors group, but several relationships were found among variables for the aggregate group and for the honors and non-honors groups.

\textsuperscript{36} Rinn, Anne N and Boazman, Janette and Jackson, Ann and Barrio, Brenda, “Locus of control, academic self-concept, and academic dishonesty among high ability college students”, Journal of the Scholarship of Teaching and Learning, ISSN E1527-9316, E1527-9316, (Year-2014)
Rinn, A. N. and Cunningham, L. G.\textsuperscript{37} investigated the reliability and validity of the academic subscales of Marsh's Self-Description Questionnaire III and Neeman and Harter's Self-Perception Profile for College Students for use with high-ability college students. Participants included 100 high-ability college students and 196 average-ability college students enrolled in a comprehensive university in the South. Data analysis estimates of internal consistency were moderate, and estimates of relationships with external validity criteria, namely, academic achievement, aspirations, and year in school, moderately supported the validity of each subscale. Results indicate some support for the use of each subscale with high-ability college students. Academic self-concept is a construct that likely affects multiple other academic areas, including academic achievement, educational aspirations, career aspirations, and retention. Among high-ability college students, academic self-concept may be related to participation in an honors program and living in an honors residence hall, which may further the academic, social, and emotional collegiate experience. Having a psychometrically sound measure of academic self-concept that is appropriate for use with high-ability college students will enable researchers to effectively study the academic self-concepts of high-ability college students. Traditional measures of academic self-concept are often validated on younger samples of high-ability students, but the research is lacking on validity research related to samples of college students.

Crowe, B. M., Van Puymbroeck, M., & Schmid, A. A.\textsuperscript{38} Yoga facilitates relaxation and connection of mind, body, and spirit through the use of breathing, meditation, and physical postures. Participation in yoga has been extensively linked to decreased stress, and as a result, is considered a therapeutic intervention by many. However, few theories exist that explain the link between yoga participation and improved psychosocial wellbeing. The leisure-stress coping conceptual framework suggests that through participation in leisure, an individual can decrease stress while concurrently restoring and building up sustainable mental and physical capacities. Three types of leisure coping strategies exist: palliative coping, mood enhancement,


and companionship. The purpose of this article is to propose the leisure-stress coping conceptual framework as a model for explaining benefits received from yoga participation via leisure coping strategies, which may explain or support improved ability to manage stress.

Gaudreau, Patrick and Nicholls, Adam and Levy, Andrew R\textsuperscript{39} examined the relationship between coping and sport achievement at the within-person level of analysis. Fifty-four golfers completed diary measures of coping, stress, and sport achievement after six consecutive rounds of golf. Results of hierarchical linear modeling revealed golfers’ episodic task-oriented coping and disengagement-oriented coping were associated, respectively, with their better and worst levels of subjective and objective achievement. Distraction-oriented coping was not significantly associated with achievement. These results were obtained after accounting for between-subjects differences in ability level and for within-person variations in perceived stress across both practice and competitive golf rounds. These results contribute to an emerging literature on the relationship between coping and sport achievement, and highlight the promises of an episodic process model of sport achievement to understand the transient self-regulatory factors associated with within-person variations in athletic achievement.

Crowe and other\textsuperscript{40} After the conclusion, self-report did a study to understand perceived stress, anxiety, competence and ability to be effective. Because college students are a unique group with specialized environmental, transmigration and interpersonal stress, it is an important population to study potential stress stress techniques. While physical activity is a popular tool for reducing stress, the logical area of research is that the engagement of college students in various forms of physical activity courses improves personal perceptions of health-related construction, except when it does not end. The purpose of this research was to understand whether the college students enrolled in various physical education courses will affect the completion of their courses in stress, anxiety, coping capacity


and different self-reports. Specifically, this study was examined whether these differences were in nominated students and those who were registered in yoga classes, who were nominated for weight loss, other cineology corps such as aerobics and golf. This cross-sectional exploratory study included a self-administered questionnaire, which was administered at the end of the Summer 2006 semester. Completed the criteria to cover 108 students. Survey sections are independent studies and dependent variables identified by each and include the following reliable and validated survey instruments: Perise stress scale, brief Siopii, inventory of college student recent life experiences, positive and negative scale and state tract impact anxiety anxiety list final survey. The section collects information regarding the student's attributes and points of view. Contrary to the main hypothesis, those who report low-spoken tension to nominated students in yoga classes, they actually report very little stress compared to their counterparts (P.22002). However, yoga students used more positive tone strategies compared to the previous month to nonpractitioners (P <.008). There is a need to do more research with yoga or other population groups, more research is done, which practiced yoga that can understand whether yoga exercises can be a factor in reducing stress with time. Observations of this study show that yoga can be a unique type of physical activity that is very stressful to people or those who want to learn strategies to solve their stress can 'demand' it.

Permuth-Levine 41 Find the relationship between college students to provide support for social support, copulation styling and personal welfare (SWB), and mental health education. Methods: Two hundred and fourteen college students were evaluated with an Index of Wellness, Effect Scale, Simplified Coping Style Questionnaire (SCSQ) and Social Support Rating Scale (SSRS). Result: SSB Social support is very and positively connected. Positive tone style was positively associated with SWB, but negative affect negatively style was positively correlated. Positive cooperation style was positively correlated with social support, and negative coping style was negatively correlated with personal support. It was found that there were significant differences between different sexes in SWB and social support. But there is no difference in the style of copulation between male and

female students. There was no significant difference between the three grades in SWW and Duplicate style, but there were significant differences in the social support of three grade students. Conclusion: SWB has important links with social support and coping style. Therefore, good social endorsement and positive copy style SHW College helps students increase.

Stuart\textsuperscript{42} investigated the hypothesis that interpersonal physical contact experience contributes importantly to the capacity to cope with stress. Participants with differing physical contact experience were compared in respect of their coping with a standard adverse life event. A total of 137 survivors of a first myocardial infarction was assessed for their physical contact experience and/or their coping when admitted to hospital, at discharge and then 3 months later. Also, at 6 months post-infarct and 6 months post-discharge respectively, data relevant to their coping were collected from hospitals and general practitioners. The participants with satisfactory and unsatisfactory physical contact experience did not differ on measures of stress and general coping. However, those with satisfactory experience emerged as having adjusted significantly better psychologically than those with negative experience in childhood and the present combined. Yet, the 'satisfactory' participants also spent a significant 5 days longer in hospital and increased their GP usage more than twice as much as their 'unsatisfactory' counterparts. Each kind of physical contact experience may be linked with a different aspect of coping ability, satisfactory experience with psychological adjustment, and unsatisfactory experience with physical resilience.

Cochrane \textsuperscript{43} studied relationship between the reported use of coping strategies and experience of everyday life prior to audiological rehabilitation and the number of rehabilitation consultations needed, were studied in a group of adults. The study took place at St. Olav's University Hospital, Norway and included 132 adult patients (77 men and 55 women) with no previous audiological rehabilitation or experience with hearing aid (HA) use. Hearing impairment was assessed by pure


tone audiometry, while use of communication specific coping strategies and daily life situations were obtained using self-report inventories. The latter concerned activity limitation, participation restriction, and psychological well-being. The patients' hospital records were reviewed approximately 18 months after their first consultation. In total, 41 patients (31%) needed no more than the required minimum number of three consultations to complete rehabilitation including HA fitting, while 91 patients needed more than this. Logistic regression was used to study coping and everyday life in relation to the need for three versus more consultations. Little experienced participation restriction was related to the need for only three consultations. Use of communication specific coping strategies, activity limitation, or psychological well-being was not associated with the number of consultations needed.

Helvik and other\textsuperscript{44} carried out study to compare the psychological effects of a moderate aerobic training programme (n = 24) and an attention-placebo strength and flexibility training programme (n = 23) in previously inactive anxious adults from the general population. Training consisted of one supervised and three unsupervised sessions per week for 10 weeks. Effects were assessed with the Profile of Mood States, the State-Trait Anxiety Inventory and questionnaires indexing perceived coping ability. Seven participants dropped out of each condition during the training period. Expectations of benefit assessed pre-training, and satisfaction assessed post-training, did not differ between conditions. The moderate exercise programme led to significant improvements in aerobic fitness, and was associated with significantly greater reductions in tension-anxiety, depression and other moods than the attention-placebo condition, together with increases in perceived ability to cope with stress. Psychological responses were not correlated with changes in fitness assessed with bicycle aerometry or the 12 min walk/run test. These effects were maintained on 3 month follow up.

Steptoe and other\textsuperscript{45} carried out a study to find out the stress coping ability of prospective teachers from various colleges of education in Coimbatore district. Data was collected from a sample of 400 prospective teachers used random Sampling Technique. Stress coping ability scale constructed and standardized by Investigator Mean, Standard Deviation and ‘t’ value were calculated for the analysis of data. The result revealed that gender, locality exhibited significant difference but, Type of management, marital status had no significant difference in respect of their stress coping ability of prospective teachers.

Joakim\textsuperscript{46} studied 450 college students demonstrated (a) the importance of a distinction between self-produced and externally produced stressors, (b) the usefulness of a construct of productive load, and (c) stronger relations of the Constructive Thinking Inventory than of the Hardiness Questionnaire with productive load and with mental and physical symptoms. Because a major path through which coping ability influences symptoms is negative emotions, the widely recommended practice of partialing self-reported negative affect out of relations among coping, stress, and symptoms is often inappropriate. However, as total daily stressors (e.g., hassles) consist largely of self-produced stressors, it is highly confounded with coping ability, and it is therefore important to partial coping ability out of relations between total stressors and other variables.

Epstein \textsuperscript{47} completed the State-Trait Anxiety Inventory, Attributional Styles Questionnaire (ASQ), Beck Depression Inventory (BDI), and scales assessing efficacy expectation, outcome expectation, situational perception of danger, and situational importance to assess attributional styles and cognitive measures associated with anxiety as distinct from depression. Multiple regression analysis was used to determine which predictor variables significantly accounted for explained variance on the 3 criterion variables of state anxiety, trait anxiety, and depression, respectively. Results show that bad outcomes-global on the ASQ contributed significantly to explained variance on trait anxiety and that efficacy expectation,


importance, and bad outcomes-stable on the ASQ contributed significantly to explained variance on depression. When BDI scores were entered first, no other predictor variables contributed significantly to explained variance on either state or trait anxiety. Significant correlations were found among the BDI and efficacy expectation, bad outcomes-stable, and trait anxiety.

Dowd and other\textsuperscript{48} Efforts were made to investigate the effect of yoga on stress-fighting strategies among nurse working in intensive care units. On today's date, it is known that in dealing with tight incidents, individuals handle the fighting strategy. These strategies play an important role in individuals. Nurses come in high stages, which directly affect the quality of work and the quality of their services. Therefore, in the current study, attempted to investigate the effect of yoga on stress-fighting strategies among nurses working in the Pregnant Care Unit (ICU).

Materials and methods: In this semi-experimental study, 34 female nurses working in the ICU were considered eligible for admission in the study. Yoga exercises were organized in two sessions of the week for 8 weeks in the study group. Before and after the intervention the CSR questionnaire was filled. Data descriptive and estimation (T-test) was described by statistical tests. Result: The results of numerical tests show that the highest application of strain-fighting strategies was for uneven stress coping strategies. Compared to previous yoga sessions, after yoga practice, there was a significant difference in the average score of tense focus, emotional attention and ineffective strategies. Considering the findings, eight-week yoga practice is considered a complementary remedy to change strategies for dealing with stress. More studies have been suggested in this field.

Landow\textsuperscript{49} examined the usefulness of Hatha yoga for a non-clinical population. Particularly, this study examined whether using Hatha yoga (a style of yoga involving a variety of standing or seated poses and postures alone and/or in combination with deep breathing meditation techniques) was associated with low levels of daily stress. The sample was comprised of 111 adults from the greater Los Angeles, California region and the west suburbs of Detroit, Michigan. Participants completed a packet of self-report questionnaires including, The Daily Stress


Inventory (Brantley & Jones, 1989), the COPE questionnaire (Carver, Scheier, & Weintraub, 1989), and The Self-Efficacy and Exercise Habits Survey (Sallis, 1988). Also included in the packet was a short-answer demographic questionnaire to assess whether or not participants engaged in Hatha yoga. Fifty-three participants reported using Hatha yoga versus 58 who had not used Hatha yoga. The majority were European American women, Jewish, highly educated, and between the ages of 29 and 40. The results demonstrated that Hatha yoga users did not have significantly lower levels of daily stress than those who had not used Hatha yoga. On the other hand, Hatha yoga users were more likely than non-users to have higher levels of self-efficacy regarding consistent use of exercise activities including Hatha yoga, and to use a greater number of coping skills during periods of stress. Further analysis revealed that men were more likely than women to have higher levels of self-efficacy and were also more likely to use a greater number of coping skills during stress. This study showed that although using Hatha yoga did not make a difference in one's level of daily stress, some benefits were correlated with Hatha yoga use. Additional research is necessary to further understand the benefits of using Hatha yoga, and to investigate its efficacy in lowering daily stress for a non-clinical population.

Oleshansky\textsuperscript{50} pilot study for potential future studies with the same variables. The purpose of the pilot study was to find a relationship between educational self-efficacy, stress-fighting skills and academic performance in college academic settings. Sixth graduate students, 17 men and 49 women from the Northwestern United States University participated in the study. Strain was measured using the Copan Inventory (Carver, Skier, and Ventreb, 1989). Self-efficacy can be measured using the educational self-efficacy scale (Comers, Hu and García, 2001). Academic Performance Participants College GPA Was measured using. The educational self-efficacy and planning of the COPE inventory was correlated positively with the subsidiary G (R = .49, P < .01 and R = .32, P < .05). The academic self-efficacy was correlated with positive inventory sub-positive positive redistribution and development (R = .36, PR = 0.35, p. 0.01), acceptance (R = .46, p .01) and planning

Academic Self-Efficacy COPE Inventory was negatively associated with subclinical substance use ($r = -3.2$, $p < 0.1$).

Khan\textsuperscript{51} Factors that cause stress and combat strategies among university students. As a Focus group discussion, it was a universal model, which was held in the second semester of Management and Science University (MSU), Shah Alam, Malaysia, among 39 students of Medical Science and Biomedicine. Three issues were discussed: First of all, they define stress; Second, what is the most important cause of stress in their lives; And third, how they deal with stress. Oral consent was obtained from all participants. Due to the small sample size, the data were analyzed manually. The total participants were 39 students, their age was between 21 and 26 years. Seventeen (43.6\%) students were 21 years old, and most women were 31 (79.5\%). The most important reasons for stress being told by students were lack of financial, sleep problems and family problems. In relation to coping with stress, students were able to describe many strategies to meet their stressful situations. It includes counseling services, attention, sharing problems, enough sleep, and going out with friends. Conclusion: Most students have defined stress as "mental state". The lack of sleep, financial and family problems was the biggest cause of stress in the students. Students were able to identify some strategies for dealing with stress.

Alginahi\textsuperscript{52} they have studied about stress and the coping strategies among the university students and English perspective a case study. This study evaluates the perception of stress among Information and Communication Technology students and their coping strategies. For the reason 267 computer science University students are selected with help of semi-structured questionnaire. The reveal of the study shows that students should allow the outside the University to cope up their stress by engaging themselves in sports, searching the web, meditation, hanging out with friends, sleeping or going in isolation.

Bhukar and Sanjeev Kumar\textsuperscript{53} have emphasized Stress level and the coping strategies among the college students. There are two group of education students has been select by the authors’ namely professional students belonging to physical education and engineering professionals. For this reasons four factors have been considered such as frustration and inhibition, overload, time-urgent and aggressive behaviour and coping strategies. The results also indicate that the coping strategy was higher in boys than girls of each professional. The physical education students have better coping strategy compared with engineering students.

Henok Shiferaw\textsuperscript{54} they examine the study about stress and the coping strategies among generic nursing students of Jimma University. The purpose of the study identifies the stress and the coping strategies among the Nursing Students. In order to fulfill the purpose, the following four factors have been used in the study environmental stressor, Academic stressor, Intrapersonal stressor, and Interpersonal stressor. Further two categories of the coping strategies are used to reduce the stress such as healthy coping strategies and unhealthy coping strategies. The cross-sectional questionnaire-based survey has been collected to 193 students; those are chosen by adopting proportionate stratified random sampling technique. The reveals proved that the perceived stress level and use of unhealthy coping strategies significantly associated for the study. There was also a strong relationship between ethnicity and marital status of students and perceived stress level.

Hoggard, L. S.\textsuperscript{55} studied “comparison of African American College students’ coping with racially and non-racially stressful events”. The study was to analyses a daily diary method to examine African and American college student’s appraisals and coping behaviors in racially and non-racially stressful situations. It found that no differences were in students’ appraisals in the racially stressful versus nonracially stressful events. It also indicates that the students’ are less painful

problem solving and more confrontive, ruminative, and avoidance coping strategies in the racially stressful events as compared with the nonracially stressful events.

Lakyntiew Pariat\textsuperscript{56} in the study stress level of college students interrelationship between stressor and coping strategies for that reasons the colleges students selected for the study based on their age group of 19-23 years of age and below 19 years and above 23 years were selected. The self – structured questionnaire used to collect 537 questionnaires to the respective age group students. The statistical tools are employed in the study is t-test and correlation analysis. The main findings of this study therefore concluded that academic stress was highly correlated with social and financial stress. The study is also found that the academic stress was negatively correlated with coping strategies of stress.

Kumar and Kadhiravan\textsuperscript{57} have study titled “Enhancing Stress Coping Skills among College Students”. This study based on quasi-experimental design for those purpose forty-four under graduate computer science students were assigned to control group and forty-four students were assigned to experimental group. From the result, it is found that the developed training is effective in enhancing proactive coping and general self-efficacy of college students.

Lei Zhang and Hong Ji\textsuperscript{58} investigated about coping strategies research on college students for the purpose the researcher has been carried out four factors such as employment situation, study conditions, personal factors, and economic conditions. Finally the result concluded that there is a positive correlation between the all the four factors. Further the authors suggested that the college should focus students’ financial difficulties and also support them by awards, assistances, and loans, reduce their economic burden and ease their stress.

Mohamed Siddique and Manvel Raj\textsuperscript{59} analysed “Professional Stress among Engineering College Teachers and their Coping Strategies”. The study covers both


\textsuperscript{58} Lei Zhang, H. j. (2011). “Research on College Students' Stresses and Coping Strategies”, Asian Social Science, P. No. 30-34

the external and internal causes of teacher’s stress. Further this study includes 50 variables that is related to causes of stress and it will be grouped into four factors such as Pupil misbehavior, Professional demands and responsibility, college management and time pressures which of them professional stress is the combination of internal and external causes.

Mundia Lawrence\textsuperscript{60} his study titled “Coping Strategies for Stressful Situations among the Brunei Trainee Teachers.” There are three types of coping strategies used in the study. They are task-oriented, emotion-oriented, and avoidance oriented. For those reasons, 118 educational psychology teachers were involved in this study. The results suggested that respondents could benefit from counseling strategies that were non-overlapping but distinctively addressed each coping strategy. Further the research has recommended of determining the specific ways in which respondents used the task, emotion, and avoidance coping including other alternative coping avenues of stress.

Nancy and Rajesh Kumar\textsuperscript{61} in the study titled “Stress and Coping Strategies among Nursing Students.” The primary motive of the study determines the various coping strategies of stress among the nursing college students. For that purpose, 180 data were collected with the help of questionnaire method. To reduces stress among the college students there are twelve variables used in the study namely ventilating feeling, seeking diversions, relaxing, self-reliance, developing social support, solving family problems, avoiding, seeking spiritual support, investing in close friends, seeking professional support, engaging in demanding activities, and being humorous. The result reveals that 34 per cent students have moderate stress besides, 33 per cent students have mild and sever stress. Most of the students are use more of healthy coping strategies as compared to negative or un-healthy ones.

Mohan and A. Senthil Kumar\textsuperscript{62} they studied “Coping of Stress among Engineering Teachers”. The primary motive of the study is to identify the colleges adopt coping straggles to reduce the stress level. For the purpose the researcher has taken 12 variables for the study such as level of stress, job redesign, development of


new skills, staff meeting, improvement in physical working condition, job security, developing autonomous work groups, career development providing refreshment during meeting Encouraging staff tour and stress management counseling which of them career development and stress management counseling are highly significant for the study.

Yue Xiaodong63 "A Study of the Struggles of Fighting Between Chinese College Students in Beijing". The present study discusses strategies for coping strategies among a group of college students in Beijing. For the purposes researchers used four factors like academic character-based psychological stress, emotionally-oriented psychological stress, relationship-based mental stress and other stress. In order to copy the technique of stress among college students, the researcher helped four factors such as change, self-contemplation, deliberate escape from escape and others. It was found that the students of Chinese College used different strategies to combat stress in their lives.

Chapter-3
Procedure