TABLES, FIGURES AND PICTURES

I. TABLES

Table 3.1  Showing matched scores of Experimental and
           Control Groups

Table 3.2  Showing number of teachers in each sub-group

Table 3.3  Showing the names of the school, time period &
           duration in each school

Table 3.4  Shows various groups of exercises, with the time
           duration used by the investigator on Experimental Group

Table 4.1  Variable Codes and their interpretation

Table 4.2  The t-values for Low Stressed Experimental Group
           and High Stressed Experimental Group on variables
           of Stress, Anxiety, Systolic Pressure, Diastolic Pressure
           and Heart-rate

Table 4.3  The t-values Pre-test and Post-test scores and values of
           Experimental group on variables of Stress, Anxiety,
           Systolic Pressure, Diastolic Pressure and Heart-rate

Table 4.4  The t-values for Pre-test and Post-test scores and values of
           Experimental Government 10th group on variables
           of Stress, Anxiety, Systolic Pressure, Diastolic Pressure
           and Heart-rate

Table 4.5  The t-values for Pre-test and Post-test scores and values of
           Experimental Government 12th group on variables
           of Stress, Anxiety, Systolic Pressure, Diastolic Pressure
           and Heart-rate

Table 4.6  The t-values for Pre-test and Post-test scores and values of
           Experimental Private 10th Group on variables of Stress,
           Anxiety, Systolic Pressure, Diastolic Pressure
           and Heart-rate
Table 4.7. The t-values Pre-test and Post-test scores and values of Experimental Private 12th Group, on variables of Stress, Anxiety, Systolic Pressure, Diastolic Pressure and Heart-rate

Table 4.8. The t-values for Control and Experimental Group on variables of Stress, Anxiety, Systolic Pressure, Diastolic Pressure and Heart-rate

Table 4.9. The t-values for Control Government 10th and Experimental Government 10th on variables of Stress, Anxiety, Systolic Pressure, Diastolic Pressure and Heart-rate

Table 4.10. The t-values for Control Government 12th and Experimental Government 12th on variables of Stress, Anxiety, Systolic Pressure, Diastolic Pressure and Heart-rate

Table 4.11. The t-values for Control Private 10th and Experimental Private 10th on variables of Stress, Anxiety, Systolic Pressure, Diastolic Pressure and Heart-rate

Table 4.12. The t-values for Control Private 12th and Experimental Private 12th on variables of Stress, Anxiety, Systolic Pressure, Diastolic Pressure and Heart-rate

Table 4.13. Depicts different groups securing highest and lowest mean scores and values on different variables

Table 5.1. Shows various group of exercises, with their time duration used by investigator on Experimental Group

II. FIGURES

Fig. 11. Sources of Pressure for Job Stress

Fig. 12. Sources of work-related Stress

Fig. 13. List of Ailments recognized to have Stress Background

Fig. 14. "Indirect and Direct" Effect

Fig. 15. Effect of Stress on the Individual

Fig. 16. Source www.americanheart.org (2000)

Fig. 17. Design of a randomized controlled trials as given by Park, 2000

www.aniencanltcart.org
Fig. 3.2  Schematic diagram of the design of concurrent parallel study (Park, 2000) 135
Fig. 3.3  Schematic representation of the experimental study 142
Fig. 4.1  Graphical representation of Stress levels of both low and high stressed Experimental Groups 171
Fig. 4.2  Graphical representation of Anxiety levels in both Low and High Stress Experimental Groups 172
Fig. 4.3  Graphical representation of Systolic Pressure levels in both Low and High Stress Experimental Groups 173
Fig. 4.4  Graphical representation of Diastolic Pressure levels in both Low and High Stress Experimental Groups 174
Fig. 4.5  Graphical representation of Heart-rate in both Low and High Stress Experimental Groups 175
Fig. 4.6  Graphical representation of Pre and Post Stress levels of Experimental Groups 197
Fig. 4.7  Graphical representation of Pre and Post Anxiety levels of Experimental Groups 197
Fig. 4.8  Graphical representation of Pre and Post Systolic Pressure levels of Experimental Groups 198
Fig. 4.9  Graphical representation of Pre and Post Diastolic Pressure levels of Experimental Groups 198
Fig. 4.10  Graphical representation of Pre and Post Heart-rate levels of Experimental Groups 199
Fig. 4.11  Graphical representation of change in Stress levels in both Groups 201
Fig. 4.12  Graphical representation of change in Anxiety levels in both Groups 202
Fig. 4.13  Graphical representation of the mean Systolic Pressure of both Groups 203
Fig. 4.14  Graphical representation of mean Diastolic Pressure of both Groups 204
Fig. 4.15  Graphical representation of mean Heart-rates of both groups 205
Fig. 4.16  Graphical representation of change in Stress levels in both the Groups 209
<table>
<thead>
<tr>
<th>Fig. 4.17</th>
<th>Graphical representation of change in Anxiety level in both Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fig. 4.18</td>
<td>Graphical representation of mean Systolic Pressure of both Groups of Government 10th</td>
</tr>
<tr>
<td>Fig. 4.19</td>
<td>Graphical representation of mean Diastolic Pressure in both Groups of Government 10th</td>
</tr>
<tr>
<td>Fig. 4.20</td>
<td>Graphical representation of mean Heart-rate in both Groups of Government 10th</td>
</tr>
<tr>
<td>Fig. 4.21</td>
<td>Graphical representation of change in Stress levels in both Groups of Government 12th</td>
</tr>
<tr>
<td>Fig. 4.22</td>
<td>Graphical representation of change in Anxiety levels of both Groups of Government 12th</td>
</tr>
<tr>
<td>Fig. 4.23</td>
<td>Graphical representation of both Groups of Government 12th for mean Systolic Pressure</td>
</tr>
<tr>
<td>Fig. 4.24</td>
<td>Graphical representation of mean Diastolic Pressure of both Groups of Government 12th</td>
</tr>
<tr>
<td>Fig. 4.25</td>
<td>Graphical representation of mean Heart-rate of both Groups of Government 12th</td>
</tr>
<tr>
<td>Fig. 4.26</td>
<td>Graphical representation of change in Stress levels in both the Groups of Private 10th</td>
</tr>
<tr>
<td>Fig. 4.27</td>
<td>Graphical representation of change in Anxiety levels in both Groups of Private 10th</td>
</tr>
<tr>
<td>Fig. 4.28</td>
<td>Graphical representation of both Groups of Private 10th for mean Systolic Pressure</td>
</tr>
<tr>
<td>Fig. 4.29</td>
<td>Graphical representation of mean Diastolic Pressure of both Groups of Private 10th</td>
</tr>
<tr>
<td>Fig. 4.30</td>
<td>Graphical representation of the mean Heart-rate of both Groups of Private 10th</td>
</tr>
<tr>
<td>Fig. 4.31</td>
<td>Graphical representation of change in Stress levels in both the Groups of Private 12th</td>
</tr>
<tr>
<td>Fig. 4.32</td>
<td>Graphical representation of change in Anxiety levels in both Groups of Private 12th</td>
</tr>
<tr>
<td>Fig. 4.33</td>
<td>Graphical representation of both Groups of Private 12th for mean Systolic Pressure</td>
</tr>
</tbody>
</table>
Fig. 4.34  Graphical representation of mean Diastolic Pressure of both Groups of Private 12th

Fig. 4.35  Graphical representation of the mean Heart-rate of both Groups of Private 12th

Fig. 5.1  Schematic representation of the Experimental Study

III. PICTURES

Pic. 3.1  Teachers completing their ESI questionnaire

Pic. 3.2  Investigator recording the Blood Pressure of the teacher

Pic. 3.3  Investigator recording the Heart-rate of the teacher

Pic. 3.4  Teachers in Knee-raising pose

Pic. 3.5  Teachers doing Sideways Neck Twists (2)

Pic. 3.6  Teachers in Spinal Twist pose

Pic. 3.7  Teachers doing Alternate Nostril Breathing

Pic. 3.8  Investigator administering Autogenic Technique to the teachers

Pic. 3.9  Teachers in meditative pose