



A Quantitative Study On The Psychological Impact Of Geeta Yoga And Tratak On Students In The Modern Era.

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Abstract

This study examines the psychological impact of Geeta Yoga and Tratak practices on students. Utilizing a sample of 100 students, the research aims to understand how these ancient practices affect mental well-being, stress levels, and overall cognitive functioning. Through a structured questionnaire, the study quantitatively assesses the outcomes, providing insights into the relevance of these practices in contemporary educational settings.

Keywords-Geeta Yoga, Tratak, Psychological Impact, Students, Mental Well-being, Stress Reduction, Cognitive Functioning, Quantitative Study.

Introduction

In the fast-paced modern era, university students are often overwhelmed by the psychological challenges they face, including stress, anxiety, and cognitive overload. The pressure to excel academically, combined with the demands of personal and social life, can take a toll on their mental health. Traditional practices such as Geeta Yoga and Tratak have been proposed as effective tools for mitigating these issues, offering a holistic approach to enhancing mental well-being and cognitive functions. This study aims to explore the psychological benefits of Geeta Yoga and Tratak, providing empirical evidence on their effectiveness for the modern generation.

Geeta Yoga, derived from the teachings of the Bhagavad Gita, emphasizes a balanced approach to life through self-discipline, mindfulness, and ethical living. It integrates physical postures (asanas), breathing exercises (pranayama), and meditation (dhyana) to promote overall well-being. The practice of Geeta Yoga helps in reducing stress by encouraging a state of mindfulness, where individuals learn to focus on the present moment, thereby alleviating anxiety and promoting relaxation. The physical postures enhance bodily strength and flexibility, which can contribute to a sense of physical well-being, indirectly influencing mental health.

Meditation, a core component of Geeta Yoga, has been widely studied for its psychological benefits. Research has shown that regular meditation can lead to significant reductions in stress and anxiety levels. It helps in calming the mind, improving concentration, and fostering a sense of inner peace. For university students, who often juggle multiple responsibilities, meditation can provide a much-needed respite, enabling them to manage their academic workload more effectively.

Tratak, on the other hand, is a yogic practice that involves focusing the gaze on a single point, such as a candle flame, for an extended period. This practice is known for enhancing concentration, mental clarity, and cognitive function. Tratak helps in training the mind to maintain focus and resist distractions, which is particularly beneficial for students dealing with cognitive overload. By improving attention span and memory, Tratak can enhance academic performance and overall cognitive abilities.

The empirical evidence on the psychological benefits of these practices is promising. Studies have demonstrated that yoga and meditation can lead to reductions in cortisol levels, a biological marker of stress. Additionally, improvements in mood, increased emotional regulation, and enhanced cognitive functions have been reported among practitioners. For students, these benefits translate to better stress management, improved mental clarity, and greater academic success.

This study seeks to provide empirical evidence on the effectiveness of Geeta Yoga and Tratak by examining their impact on a sample of 100 students. Through a combination of quantitative and qualitative measures, including psychological assessments and self-reported surveys, the study will evaluate changes in stress levels, anxiety, cognitive function, and overall mental well-being. The integration of traditional practices like Geeta Yoga and Tratak into the daily routines of university students holds significant potential for enhancing mental health and cognitive function. By promoting relaxation, improving concentration, and fostering a balanced approach to life, these practices can help students navigate the psychological challenges of the modern era. The findings from this study aim to contribute to the growing body of evidence supporting the use of holistic approaches in mental health management, offering valuable insights for educators, mental health professionals, and students alike. As the pressures of modern life continue to escalate, the timeless wisdom

of practices like Geeta Yoga and Tratak may offer a much-needed antidote to the psychological burdens faced by the younger generation.

Objectives

1. To assess the impact of Geeta Yoga on the mental well-being of students.
2. To evaluate the effect of Tratak on stress levels among students.
3. To analyze the cognitive benefits of Geeta Yoga and Tratak practices.
4. To compare the psychological impacts of Geeta Yoga and Tratak.
5. To provide recommendations for integrating these practices into wellness programs.

Hypotheses

1. Geeta Yoga significantly improves the mental well-being of students.
2. Tratak practice significantly reduces stress levels among students.
3. Both Geeta Yoga and Tratak enhance cognitive functioning.
4. The psychological impact of Geeta Yoga differs significantly from that of Tratak.

Research Methodology

Sample

- **Size:** 100, Shuddha yoga kendra, students.
- **Selection Method:** Random sampling.
- **Criteria:** Students aged 18-25, without prior regular practice of Geeta Yoga or Tratak.

Data Collection

- **Instrument:** Structured questionnaire
- **Components:** Demographic information, psychological well-being, stress levels, cognitive functioning

Procedure

1. **Pre-test:** Assess baseline mental well-being, stress levels, and cognitive functioning.
2. **Intervention:** 8-week Geeta Yoga and Tratak practice sessions.
3. **Post-test:** Re-assess mental well-being, stress levels, and cognitive functioning.

Data analysis and Interpretation

Table 1: Overall Mental Well-being (Pre-test vs. Post-test)

Group	Mean (Pre-test)	Mean (Post-test)	t-value	p-value
Geeta Yoga	2.4	3.8	3.45	0.002
Tratak	2.6	3.6	3.20	0.003

Interpretation: Both Geeta Yoga and Tratak showed a significant improvement in overall mental well-being ($p < 0.05$), with Geeta Yoga showing a slightly higher mean increase.

Table 2: Frequency of Feeling Stressed (Pre-test vs. Post-test)

Group	Mean (Pre-test)	Mean (Post-test)	t-value	p-value
Geeta Yoga	3.8	2.6	4.10	0.001
Tratak	3.9	2.8	3.90	0.001

Interpretation: Both Geeta Yoga and Tratak significantly reduced the frequency of feeling stressed ($p < 0.05$), with Geeta Yoga showing a slightly higher reduction.

Table 3: Ability to Concentrate on Academic Tasks (Pre-test vs. Post-test)

Group	Mean (Pre-test)	Mean (Post-test)	t-value	p-value
Geeta Yoga	2.8	4.0	3.75	0.002
Tratak	2.9	3.9	3.65	0.002

Interpretation: Both Geeta Yoga and Tratak improved the ability to concentrate on academic tasks significantly ($p < 0.05$).

Table 4: Satisfaction with Stress Management Techniques (Pre-test vs. Post-test)

Group	Mean (Pre-test)	Mean (Post-test)	t-value	p-value
Geeta Yoga	2.6	3.9	3.85	0.002
Tratak	2.7	3.8	3.70	0.003

Interpretation: Both practices significantly increased satisfaction with stress management techniques ($p < 0.05$).

Table 5: Frequency of Feeling Anxious or Overwhelmed (Pre-test vs. Post-test)

Group	Mean (Pre-test)	Mean (Post-test)	t-value	p-value
Geeta Yoga	3.7	2.5	4.20	0.001
Tratak	3.8	2.6	4.00	0.001

Interpretation: Both Geeta Yoga and Tratak significantly reduced the frequency of feeling anxious or overwhelmed ($p < 0.05$).

Table 6: Quality of Sleep (Pre-test vs. Post-test)

Group	Mean (Pre-test)	Mean (Post-test)	t-value	p-value
Geeta Yoga	2.5	3.8	3.90	0.002
Tratak	2.6	3.7	3.75	0.003

Interpretation: Both practices significantly improved the quality of sleep ($p < 0.05$).

Table 7: Frequency of Feeling Mentally Fatigued (Pre-test vs. Post-test)

Group	Mean (Pre-test)	Mean (Post-test)	t-value	p-value
Geeta Yoga	3.8	2.4	4.10	0.001
Tratak	3.9	2.5	3.95	0.001

Interpretation: Both practices significantly reduced the frequency of feeling mentally fatigued ($p < 0.05$).

Table 8: Ability to Manage Negative Thoughts or Emotions (Pre-test vs. Post-test)

Group	Mean (Pre-test)	Mean (Post-test)	t-value	p-value
Geeta Yoga	2.7	4.0	3.95	0.002
Tratak	2.8	3.9	3.80	0.002

Interpretation: Both Geeta Yoga and Tratak significantly improved the ability to manage negative thoughts or emotions ($p < 0.05$).

Table 9: Level of Self-awareness and Mindfulness (Pre-test vs. Post-test)

Group	Mean (Pre-test)	Mean (Post-test)	t-value	p-value
Geeta Yoga	2.6	4.0	4.00	0.001
Tratak	2.7	3.9	3.85	0.002

Interpretation: Both practices significantly increased the level of self-awareness and mindfulness ($p < 0.05$).

Table 10: Frequency of Practicing Relaxation or Meditation (Pre-test vs. Post-test)

Group	Mean (Pre-test)	Mean (Post-test)	t-value	p-value
Geeta Yoga	2.5	4.0	4.20	0.001
Tratak	2.6	3.9	4.00	0.001

Interpretation: Both Geeta Yoga and Tratak significantly increased the frequency of practicing relaxation or meditation ($p < 0.05$).

Findings

1. Geeta Yoga significantly enhances mental well-being.
2. Tratak effectively reduces stress levels among students.
3. Both practices improve cognitive functioning, though in slightly different aspects.
4. The psychological impacts of Geeta Yoga and Tratak are significant and comparable, with slight variations in specific benefits.

Conclusion

The study concludes that both Geeta Yoga and Tratak have substantial psychological benefits for university students. These practices not only improve mental well-being and reduce stress but also enhance cognitive functioning. Integrating these practices into university wellness programs can provide a holistic approach to student mental health.

Conclusion according to objectives

Objective 1: To assess the impact of Geeta Yoga on the mental well-being of university students.

Conclusion: Geeta Yoga significantly enhances the mental well-being of students. The post-test results show a substantial increase in the students' overall mental well-being scores, indicating that regular practice of Geeta Yoga positively affects their psychological health.

Objective 2: To evaluate the effect of Tratak on stress levels among university students.

Conclusion: Tratak practice significantly reduces stress levels among students. The reduction in stress frequency scores from pre-test to post-test suggests that Tratak is an effective method for managing and lowering stress in students.

Objective 3: To analyze the cognitive benefits of Geeta Yoga and Tratak practices.

Conclusion: Both Geeta Yoga and Tratak improve cognitive functioning in students. Improvements in concentration, sleep quality, and mental fatigue scores indicate that these practices enhance cognitive abilities and overall brain function.

Objective 4: To compare the psychological impacts of Geeta Yoga and Tratak.

Conclusion: The psychological impacts of Geeta Yoga and Tratak are significant and comparable, with each practice showing slightly different strengths. Geeta Yoga tends to have a higher impact on overall mental well-being and self-awareness, while Tratak is more effective in reducing stress levels. Both practices improve cognitive functioning and emotional regulation.

Objective 5: To provide recommendations for integrating these practices into university wellness programs

Conclusion: The study's findings support the integration of Geeta Yoga and Tratak into wellness programs to enhance students' mental well-being, reduce stress levels, and improve cognitive functioning. Implementing these practices through structured programs, designated spaces, curriculum integration, and supportive environments can significantly benefit students. Additionally, promoting awareness, providing resources, and collaborating with experts are essential steps to ensure the successful adoption and sustainability of these practices within university settings. These measures will create a holistic approach to student wellness, addressing both mental and physical health needs effectively.

Recommendations

1. Incorporate Regular Practice Sessions

- **Weekly Classes:** Offer weekly Geeta Yoga and Tratak sessions led by certified instructors.
- **Daily Practice:** Encourage daily practice by providing guided videos and resources that students can access remotely.

2. Create a Supportive Environment

- **Designated Spaces:** Establish quiet, comfortable spaces on campus dedicated to yoga and meditation practices.
- **Mindfulness Zones:** Develop mindfulness zones where students can practice Tratak or other relaxation techniques between classes.

3. Integration into Curriculum

- **Elective Courses:** Introduce elective courses that cover the principles and practices of Geeta Yoga and Tratak.
- **Workshops and Seminars:** Organize workshops and seminars to educate students on the benefits and techniques of these practices.

4. Promote Awareness and Participation

- **Orientation Programs:** Include information about Geeta Yoga and Tratak in orientation programs for new students.
- **Wellness Campaigns:** Run wellness campaigns that highlight the positive impact of these practices on mental health and academic performance.

5. Provide Resources and Materials

- **Online Resources:** Create an online portal with instructional videos, practice guides, and reading materials related to Geeta Yoga and Tratak.
- **Printed Materials:** Distribute brochures and handouts that explain the benefits and methods of these practices.

6. Support from Faculty and Staff

- **Training for Staff:** Provide training for faculty and staff on the basics of Geeta Yoga and Tratak, enabling them to guide and support students.
- **Wellness Champions:** Identify and train wellness champions among faculty and staff who can advocate for these practices.

7. Measure and Monitor Impact

- **Regular Surveys:** Conduct regular surveys to assess the impact of Geeta Yoga and Tratak on students' mental well-being and stress levels.
- **Feedback Mechanisms:** Establish feedback mechanisms to continuously improve the yoga and meditation programs based on student input.

8. Collaborate with Experts

- **Partnerships:** Partner with local yoga studios and mental health professionals to enhance the quality and reach of the wellness programs.
- **Guest Lectures:** Invite experts to give guest lectures and conduct advanced workshops.

9. Encourage Peer Support

- **Peer-led Sessions:** Encourage advanced students to lead peer sessions, fostering a sense of community and shared practice.
- **Support Groups:** Form support groups where students can share their experiences and progress in practicing Geeta Yoga and Tratak.

10. Incorporate into Mental Health Services

- **Holistic Approach:** Integrate Geeta Yoga and Tratak into existing mental health services, offering them as complementary therapies.
 - **Counseling Integration:** Include these practices in counseling sessions for students dealing with stress and anxiety.
- By implementing these recommendations, you can create a holistic and supportive environment that promotes the mental well-being and cognitive health of their students through the practice of Geeta Yoga and Tratak.

Future Scope

Future research should explore the long-term effects of Geeta Yoga and Tratak, involve a larger and more diverse sample, and investigate the potential benefits across different demographic groups.

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