



Effect of Yoga on Stress, Fear & Anxiety Due to Covid-19: A Systematic Review

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ABSTRACT

Yoga has become an integral part of people's life. Yoga proved to be very effective during COVID-19 through which people developed their own immunity, maintained to physically and mentally healthy and developed positivity as well as help in fighting this dreadful situation. Yoga has become a subject of research for the last several decades. In which research is going on related to different types of diseases like hypertension, obesity, mental stress, diabetes, coronary heart disease and chronic obstructive pulmonary disease. It brings many happiness in life by keeping the body physically and mentally healthy. In fact, if we look at the meaning of yoga, it means the union of the soul with the Supreme Soul. Its regular practice develops our spiritual consciousness, so that we can reach the highest peak and the primary goal of this has also been considered.

Keywords: Yoga; Stress; Fear; Anxiety.

Introduction

Yoga is a tradition of spirituality which is also related to our lifestyle and health. The beginning of the Yoga tradition is considered to be the Yoga Sutra, which is the definite path of classical yoga. yoga is one of the oldest disciplines. It has been regarded as treasure in running life and developing spirituality. Which can be used effectively for physical and mental well-being and which can also make us attain complete happiness. Due to COVID-19, people have made by incorporating it into daily life (Jayasinghe, 2004). It helps in maintaining the balance of these three physical, mental and spiritual. Yoga proves to be effective in regulating the nervous system, physical system and improving the psychological condition (Curtis et al., 2012). Anxiety, stress and depression have become features of modern lifestyle (Hidaka, 2012). Adverse effects have been observed with the use of drugs in its treatment and a decrease in their effectiveness has also been observed. Researchers told that non-medical and non-invasive treatments for these disease (Shohani et al., 2018). Yoga practice showed improvement in variables of self-description, cognitive status and quality of life (Richter et al., 2016). Yoga improves a sense of well-being in the form of physical and mental exercise (Rahnama et a., 2011).

Stress

Many countries around the world instructed their citizens to stay at home, stay safe and maintain social distance during the time of corona. The COVID-19 pandemic has created a lot of stress among the people (Bao et al., 2020). China's survey of the general public during COVID-19 found that 9.1% of people saw more stress (Wang et al., 2020; Liu et al., 2021). Stress is an adaptive reaction of the individual to internal and external events. One of the factors influencing assessment and response to stress is personality (Lecic-Tosevski et al., 2011). Rajkumar (2020) review of COVID-19 and mental health in Research found that symptoms of depression and anxiety were more self-reported stress is normal psychological response to epidemic (Liu et al., 2021). Stress can occur on both an emotional and physical level that can arise at any time. The fear of the unknown is called anxiety, which is the body's natural response to stress (Rehman et al., 2021).

Fear

During the COVID-19, there was a fear in people about the fear of high death, lack of treatment, rate of infection and how long the virus would be controlled. Psychological distress, adjustment and also more severe mental times were found to be seen. Economic losses, disrupted daily routines, inability to attend social events and frequent news exposure are additional factors affecting mental health (Lakhan et al., 2020). The era of COVID-19 was a time of crisis for institutions and others as well. One who gave birth to feelings as a bad result, such as- anxiety, fear and apprehension were seen as terrifying among the students. During this time, it was seen that the fear which was there negatively affected the students (Ahorsu et al., 2020; Lin

2020; Ellahi, 2017;). The impact of fear was seen more in institutions, resulting in distress in the process of teaching and learning, deeply affecting e-learning. Like- fear of failure & fear of security etc. Due to COVID-19, fear was created in some form or the other (Morchid, 2020; Machu & Morysova, 2016; Alt & Boniel-Nissim, 2018).

Anxiety

Anxiety has been recognized as a key factor due to the fear of COVID fear that shy away from adopting technology. Anxiety has been considered as an excellent factor in the part of education which influences the adoption of technology in the students (Al-Marroof et al., 2020). COVID-19 can also be stressful. This epidemic has given rise to anxiety among the people (Cao et al., 2020; Wang et al., 2020; Xiang et al., 2020). In such a situation it is important to understand the psychological factors driving anxiety as it has been seen to result in significant anxiety in some people (Xiang et al., 2020; Malesza & Kaczmarek, 2021). Due to the continuous increase of COVID-19, there was a matter of concern among the people. Such restrictive measures can be effective in containing the virus. Concerns arose about their potential psychological impact on the well-being of the general population and persons who may be vulnerable to mental diseases. Anxiety and depression stem from similar conditions (Saddik et al., 2020; Li et al., 2020; Yang et al., 2020).

Yoga prevents of stress, fear & anxiety

Yoga was discovered as a possible alternative during COVID-19 Ransing et al., 2020). Our tradition yoga system includes- asana, pranayama, meditation and mantras which reduce physical and mental stress, enhance lung function and boost the immune system (Hakked et al., 2017). It has been revealed from the studies that by reducing stress, anxiety, fear and all mental problems, it leads the sick people towards healthy well-being (Thirthalli et al., 2013; Danhauer et al., 2019; Venkatesh et al., 2020; Tang et al., 2020; Rain et al., 2021). After these practices-prayer, jal neti, kapalbhathi, anulovilom, it was observed that there was a decrease in the level of anxiety, aggression and increase the level of subjective well-being (. According to WHO, yoga cures physical and mental disease & reduces non-respiratory disease (Bussing et al., 2012; Ransing et al., 2020).

Conclusion

Yoga enhances emotional control, improves self-confidence, self-efficacy and overall quality of life. During COVID, yoga practices has been very effective. It has not only made our physical and mental level healthy and at the same time, a new hope has been created among the people. In this people have recognized and adopted their ancient culture- which included yoga, yajna, chanting and meditation. It has made us grow positivity out of every situation.

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