

Abstract

Background:

University students are increasingly facing psychological and emotional stress due to academic pressures, lifestyle transitions, and concerns about the future. Chronic stress at this stage can significantly impair mental health, academic performance, and overall well-being. Yoga Nidra, a form of guided meditation, has shown potential in inducing deep relaxation and reducing stress. However, its specific effects on stress reduction among university students remain underexplored.

Objectives:

This study aimed to evaluate the effectiveness of Yoga Nidra in reducing stress among university students. The objectives were:

1. To assess the baseline stress levels of university students using the Perceived Stress Questionnaire (PSQ).
2. To implement a structured Yoga Nidra intervention over four weeks.
3. To evaluate post-intervention stress levels.
4. To compare pre- and post-intervention data using paired t-test to determine the impact of Yoga Nidra.

Materials and Methods:

An experimental, cross-sectional study was conducted in the Physiotherapy Department of Brainware University, Barasat, following ethical approval. A total of 80 students aged 18–25 years were selected through convenience sampling based on inclusion and exclusion criteria. Participants reported mild to moderate stress levels. A four-week Yoga Nidra program was administered. Stress levels were measured before and after the intervention using the Perceived Stress Questionnaire. Data were statistically analyzed using the paired t-test with significance set at $p < 0.01$.

Results:

The mean pre-test stress score was 24.56 ± 4.23 , and the post-test score was 18.34 ± 3.89 . The results demonstrated a statistically significant reduction in stress levels post-intervention ($t=9.87$, $p < 0.001$). These findings affirm the efficacy of Yoga Nidra in reducing perceived stress among university students.

Conclusions:

Yoga Nidra proved to be a simple, cost-effective, and non-pharmacological intervention for managing stress in university students. Its regular practice can lead to improved emotional regulation, reduced psychological distress, and enhanced academic resilience. The study supports incorporating Yoga Nidra into student wellness and mental health programs.

Keywords:

Yoga Nidra, stress reduction, university students, mental health, guided meditation, Perceived Stress Questionnaire, experimental study.

Table of Contents

SR. NO	DESCRIPTION	PAGE NO.
1.	Introduction	1-3
2.	Literature Review	4-5
3.	Aims and Objectives	6-7
4.	Materials and Methods	8-11
5.	Results	12-13
6.	Discussions	14-15
7.	Conclusions	16-17
8.	Future Scope	18-19
9.	References	20-21