ABSTRACT

Background

Fatigue and state anxiety negatively affect student's academic performance, joy in learning, lecture understanding, attendance, emotional and physical health and their quality of life. Cyclic meditation (CM) based on alternatively stimulation and relaxation gives deeper relaxation to the mind and body. Mandukaya upanished suggests that such combination especially helpful to reach a state of mental equilibrium where parasympathetic system predominant. Previous CM studies illustrated a beneficial effect on cognitive processes, memory, skills, sleep, metabolism rate, anxiety, and stress.

Objectives

Evaluate the immediate effect of CM and Supine rest (SR) on fatigue, anxiety, and vigor in adults and substantiate the applicability and efficacy of these techniques in reducing fatigue, anxiety and increased vigor in adults and enhances pleasure in learning, academic performance, emotional physical health, and quality of life.

Material and methods

Ninety six students both male and female, age ranges from 25 to 40 years (25.19 ± 5.89) received 10 days orientation program. Participants randomized into two group's CM and SR; CM and SR practice given respectively for 35 minutes. Before and after the practice fatigue, vigor and anxiety parameters were measured using POMS subscale (fatigue and vigor), short version of the STAI questionnaire respectively in both groups.

Result

Cyclic meditation has produced significant results in reduction fatigue, state anxiety and increases vigor whereas the magnitude of change is lesser in Supine rest.

Conclusion

The investigations in this study suggest that a cyclical combination of yoga postures and supine rest CM practice reduced fatigue, scores immediately after the practice and decreased state anxiety more than rest in a Shavasana the classical relaxation posture. CM practice increased vigor scores significantly in CM practice more than SR practice.

Key words: Fatigue; Anxiety; Cyclic meditation; Supine rest; Yoga based relaxation techniques