The Short-Term Effects of Hatha Yoga on Mood States

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ABSTRACT
The present study examined the short-term effects of Hatha Yoga on mood states. Participants were male and female adult yoga students. On a weekday evening before yoga class, participants completed a pretest survey that included the Semantic Differential Feeling and Mood Scale (SDFMS), a measure of mood states. The participants were guided through an hour-long Hatha Yoga practice followed immediately by the SDFMS posttest. The independent variable was the time the SDFMS was taken (Before/After), and the dependent variable was the change in SDFMS score for five subscale conditions: Depressed/Elated, Anxious/Relaxed, Confident/Unsure, Energetic/Fatigued, and Good-Natured/Grouchy. The results supported the hypothesis that each of the five subscales scores was significantly more positive after the yoga practice than before the yoga practice.

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METHODS
- Peace Tree Yoga in Burlington, WI
- There were a total of 5 male and 23 female adults (ages 27-74) included in the study.
- Hypothesis: Hatha yoga will have a positive effect on mood – the scores are predicted to become more positive after the session of yoga (more cheerful, energetic, good-natured, confident, and relaxed).

FIGURE 1. Mean SDFMS Score as a function of Time SDFMS was taken for the Depressed/Elated subscale. A significant increase in score was found.

FIGURE 2. Mean SDFMS Score as a function of Time SDFMS was taken for the Anxious/Relaxed subscale. A significant increase in score was found.

FIGURE 3. Mean SDFMS Score as a function of Time SDFMS was taken for the Confident/Unsure subscale. A significant decrease in score was found.

FIGURE 4. Mean SDFMS Score as a function of Time SDFMS was taken for the Energetic/Fatigued subscale. A significant decrease in score was found.

FIGURE 5. Mean SDFMS Score as a function of Time SDFMS was taken for the Good-Natured/Grouchy subscale. A significant decrease in score was found.