

Stress Management Through Psycho-Yogic Therapy

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ABSTRACT

The present study is concerned with the effect of Psycho-Yogic therapy in managing the stress of subjects. The main objective of the present study is to know the impact of Psycho Yogic Therapy on stress management of the faculty members of “Meerut Institute Of Engineering and Technology” (MIET), Meerut. To achieve this objective “Personal Stress Source Inventory” (PSSI), by Arun Kumar Singh, Ashish Kumar Singh, and Arpana Singh is used for measuring stress levels of the participants. 14 participants/subjects, out of 62 were selected in the sample on the bases of Personal Stress Source Inventory. The intervention (Psycho-Yogic Therapy) was rendered to these subjects for three weeks. Then, the post scores were obtained on the basis of same stress inventory. The t-test was applied to find out the significance of the difference between two means (mean of pre- test scores and mean of post-test). Results of this study clearly reveal the fact that intervention process (Psycho-Yogic Therapy) has significant role in managing the stress. The results of this study are discussed and interpreted on the bases of the findings in the present context.

Keywords: *Psycho-Yogic therapy, Stress*

Stress is defined as a state which involves demand on physical or mental energy in the Oxford dictionary. Stress has been defined in different ways over the years. It was conceived of as pressure from the environment, then as strain within the person. The generally accepted definition today is one of interaction between the situation and the individual. It is the psychological and physical state that results when the resources of the individual are not sufficient to cope with the demands and pressures of the situation. Thus, stress is more likely in some individuals than others.

Stress situations can undermine the achievement of goals, both for individuals and organizations. Acute responses to stress may be in the areas of feelings (anxiety, depression, irritability, fatigue), behavior (being withdrawn, aggressive, tearful, unmotivated), thinking (difficulties of concentration and problem solving) or physical symptoms (palpitations, nausea, headaches). According to an American Psychological Association (APA), there are 3 different types of stress — acute stress, episodic acute stress, and chronic stress. Each has its characteristics, symptoms, duration, and treatment approaches. Stress management can be complicated because each of the 3 different types of stress can present as single, repeated,

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complicated, or chronic. Therefore, they require different levels of treatment interventions, management, and psychological treatment modalities due to the nature of the person's environment, lifestyle, developmental history, coping resources, and personality.

Yoga is a proven cure to many health problems and can help in stress management also. Many Yogic postures help release stress. Yoga makes a person mentally stable. It is a great tool for curing health problems (Sheetal, 2020). Yoga helps in maintaining good health, disease prevention and rehabilitation. It is effective in managing work-related stress; respiratory disorders i.e. asthma, pulmonary tuberculosis, pleural effusion, obstructive pulmonary diseases, chronic bronchitis; cardiovascular disorders i.e. ischemic heart disease, coronary artery disease, angina, chronic heart failure, hypertension; digestive disorders i.e. irritable bowel syndrome, hyperacidity, colitis, indigestion, diabetes, gastro esophageal reflux disease, hepatitis, gall stones, celiac disease and genitourinary problems i.e. urinary stress incontinence, women sexuality, climacteric syndrome, premature ejaculation, pregnancy outcomes, labor pain and duration (Bhandari et al., 2012). Pranayam (Yogic breathing techniques) is very efficient in stress management and other Yoga practices like Bandhas, Mudras, and Shat-Karmas (Yogic cleansing processes) are also very helpful to cure this health problem. Yoga Asanas like Sukhasana, Vajrasana, Shavasana, Halasana, Setubandhasana, Shashankasana, Padhastasana, Trikonasana, Marjariasana, Paschimottanasana, Garudasana, Adhomukha-Shavasana, Badha-Konasana, Uttanasana, and Sarvangasana, etc. are helpful to combat stress. Yoga completely renews & refreshes the mind, body, and soul of an individual. Regular Yoga practice makes a person mentally & physically fit and more innovative. Yoga makes oneself disciplined and positive in life. Therefore, negative thoughts gradually removed and people become healthy in both manner; mentally & physically. Thus, it is a great personality developer. Yoga is very effective in stress controlling also (Sharma, Chauhan, & Khanna, 2012). Yoga increase cortical arousal and reduced limbic arousal, which increases perceptual awareness and reduces the emotional reaction. It affects the sympathetic and parasympathetic nervous system. Study is also discussed and interpreted on the bases of the findings in the present context positively. Yogic relaxation processes help to cope up with the problem of stress (Dwivedi & Singh, 2016). Yoga is a universal tool of self-realization and also happens to be an art of life management. Every Yoga practitioner can achieve health benefits and human intelligence through regular Yoga practice. Yoga not only includes mind-body practices but spiritual practices also. The path of Raj Yoga can give total health and ascetic elevation to any individual who adopts it. This path is equally applicable to each individual who wants to achieve perfect of health, happiness, harmony, and ultimate bliss (Bhandari et al., 2012). The benefits of Yoga include stress control, sound sleep, reduced cortisol levels, a cure to many medical conditions, allergy and asthma relief, lower blood pressure cure, smoking cessation help, lower heart rate cure, spiritual growth, well-being, anxiety, and muscle tension cure, increased strength and flexibility and slow aging process (Ramya & Malliga, 2015). Yoga is a time-tested and biopsychosocial approach to life. It gives a healthy body, peaceful mind helps in developing healthy relationships and harmony in society. One of the key features of Yoga is body-mind-spirit unity. Yogic postures and kriyas are helpful to achieve a healthy body, while breathing techniques and meditation are helpful in clarity of mind and emotional balance. And for social harmony, Yama and Niyama are there (Doria, Irtelli, Sanlorenzo, & Durbano, 2015).

Purpose/Objective

“To study the effect of Psycho-Yogic Therapy on Stress Management.”

Hypothesis

“Psycho-Yogic therapy reduces the stress of subjects.”

METHODOLOGY AND DESIGN

Sample

IN the present study, 14 subjects from the total population of 62 (26 females and 36 males) have been selected in the sample. All these selected subjects/ participants belong to the middle-class socio-economic status ranging from 22 to 50 years. The selection of the subjects was made on the bases of PERSONAL STRESS SOURCE INVENTORY' [PSSI] administered. However, all these subjects were highly educated, having postgraduate and PhD. degree in their subjects.

Design

A Single group design consisting of 14 subjects was employed. On the bases of PSSI the pre scores and post scores were obtained.

Measuring tool

‘PERSONAL STRESS SOURCE INVENTORY’ [PSSI –sss] developed by ‘Arun Kumar Singh, Ashish Kumar Singh, and Arpana Singh.’ PSSI was used to measure the stress levels of subjects.

Procedure of data Collection

As mentioned earlier, this study was to find out the effect of Psycho-Yogic therapy or intervention on stress management of the faculty members /teachers. First of all, I contacted about 62 faculty members /teachers and the rapport was established with them as per requirements of the study. Many of the conceptual; issues related to stress were discussed with these subjects. At this stage, Personal Stress Source Inventory (PSSI) was administered to them and the scores were obtained as per scoring given in the manual. Total 14 subjects out of 62 were selected suffering from higher level of stress.

After 15 days the Psycho-Yogic therapy (Pranayama, Dhyana, Shavasana, Makarasana, Vajrasana) was rendered to these 14 subjects for 30 days. After Interventional phase (rendering of Psycho-Yogic Therapy) the post scores on stress were obtained from the 14 subjects. These scores are shown in table 1.

Table-1 Showing the Pre test scores and post test scores of the participants

S. No	The Score of Pre-Test	The Score of Post-Test
1	82	61
2	85	72
3	87	56
4	86	70
5	84	62
6	88	71
7	87	58
8	89	65
9	89	73
10	90	70
11	87	66
12	91	70
13	81	64
14	83	67

Table-2 Showing Mean Scores of Pre and Post Test, SD and t-value

Stress test	Mean scores	SD	t-value
Pre test scores	86.37	3.028	3.50 *
Post test scores	66.07	5.327	

*Denotes the significance at .01 level of confidence.

RESULTS AND DISCUSSION

As earlier mentioned, the main objective of this study was to know the effect of Psycho-Yogic therapy on stress management. For this purpose, the PSSSI scales were administered to all the 62 participants and pre test scores were obtained. However, only 14 subjects were selected on the bases higher scores on the stress scale.

The investigator started the process of intervention to these 14 subjects only. Many issues related to stress and stress management were discussed with the subjects independently during the process of intervention. After having discussed, many things and issues, the same PSSSI scale was administered individually to these 14 subjects. The post stress scores were obtained from all these 14 subjects/ participants. The pre and post scores are also given in the table-1.

The t-test was also applied to find out the significance of difference between two means. The mean value, Standard deviation and t-value related to pre and post scores were calculated, which are shown in Table-2.

The results of the present study revealed that there was a significant difference between the two means obtained on the bases of pre and post administration of stress scale($t=3.50 < 0.01df$). It means that interventional process (psycho- yogic therapy) was found effective in reducing the stress of the participant. Many relaxations and breathing exercises when practiced with suggestions that we are feeling calm and happy with every fresh breath which we are inhaling and our all sorrows and negativity is reducing with every out going breath have a great effect on reduction of stress. The same results were found in a study conducted by Sheetal, 2020. The findings of her study proved that Yoga completely renews and refreshes the mind, body, and soul of an individual. Regular Yoga practice makes a person mentally and physically fit and more innovative. Yoga makes oneself disciplined and positive in life. Therefore, negative thoughts gradually removed and people become healthy in both manner; mentally & physically. Thus, it is a great personality developer. The practice of Asanas, Pranayama, and Dhyana, gives positive attitude to people and enhance their energy. It is a holistic formula and great therapy for reducing stress at workplace. And similar results were found in the study, conducted by Bhandari, C. B. et al, 2012. They found the effects of Yoga practices i.e., meditation, asanas and pranayamas helps in curing chronic illness and stress. Studies conducted by Sharma, Chauhan, and Khanna, 2012 and also by Dwivedi & Singh, 2016 shows the importance of Yoga in stress controlling as they found that Yoga increase cortical arousal and reduced limbic arousal, which increases perceptual awareness. It affects the sympathetic and parasympathetic nervous system. Yogic relaxation processes help to cope up with the problem of everyday life. Yoga not only includes mind-body practices but spiritual practices also. This practice is equally applicable to each individual who wants to achieve perfect health, happiness, harmony, and ultimate bliss, it is found by Bhandari et al., 2012 and Ramya and Malliga, 2015 . The benefits of Yoga include stress control, sound sleep, reduced cortisol levels and cure to many medical conditions, allergy and asthma relief, lower blood pressure cure, smoking cessation help, lower heart rate cure. Yoga is a time-tested and biopsychosocial

approach to life. It gives a healthy body, peaceful mind and helps in developing healthy relationships and harmony in society. Therefore, psycho yogic therapy or psycho yogic intervention has more importance in reducing the stress as it is found the present study. Not only this, many other reaches and psychologists working in the field of stress management are also support the result obtained by the investigator.

CONCLUSION

On the bases of the present study it is proved that - “Psycho-Yogic therapy has a positive effect on Stress-Management”

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Conflict of Interest

The author(s) declared no conflict of interest.

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