



## A Study on The Impact of Stress

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### ABSTRACT

Several scientific and medical investigations conducted on yoga practitioners over the last several decades have demonstrated the practice's efficacy in treating a variety of medical conditions. The purpose of this study was to examine the relationship between yoga practice and the mental health of women in Delhi, specifically looking at their stress, anxiety, and depression levels. The world is experiencing the fast pace associated with modern disease right now. A burden, indeed. The effects of stress have resulted in substantial damage. Selye provided the following definition of stress: "the body's nonspecific response to any demand made upon it." According to stress expert Lazarus, assessing the circumstance is the initial stage of the stress reaction. The only surefire way to get rid of stress for good is to learn how to control it. Additionally, eustress is a term used to describe a specific type of stress that is beneficial. Any time we feel unpleasant emotions like pain or tension, it's a sign from the natural world that we need to adjust how we interpret things. Variables that cause stress might be seen as either opportunities or threats by different people. It is possible to observe the effects of stress on almost every bodily system.

### INTRODUCTION

While most of what is considered mainstream medicine falls under the umbrella of There is evidence from multiple research that people who work in healthcare have a lower quality of life and are more prone to stress-related illnesses including melancholy and anxiety. This is the difference when looking at the overall population. One common goal of pranayama, a form of yoga, is to help practitioners relax and control their stress levels. A variety of relaxation techniques, such as yoga poses, meditation, and others, are considered to be part of the complementary and alternative medicine (CAM) sector. If one's neurotransmitter levels are elevated, as they are during yoga, then gamma-aminobutyric acid may be useful in treating anxiety and depression. Research has shown that being under a lot of stress for a long time increases the risk of developing and maintaining depressive symptoms. Indications from multiple studies suggest that yoga practice may help with stress management. Yoga has shown efficacy in treating a variety of mental health issues, including depression, and it is both easy to practice and inexpensive. To top it all off, yoga is easy to learn and do. Numerous benefits can be obtained from it in relation to one's emotions, thinking, and biology. In theory, these are the advantages it might provide. If you're someone who regularly does yoga, you may find that your mood improves and your stress levels drop as a direct consequence of your practice. There has been scant investigation into the possible positive effects of yoga on healthcare providers who assist patients with neurological disorders in the few studies that have looked at the topic. As a means to assist caregivers in alleviating anxiety and improving their quality of life, research is currently underway to determine the efficacy of yoga in this professional context.

### REVIEW OF LITERATURE

Researchers Farzaneh et al. (2013) used a cross-sectional research technique to examine the correlation between undergraduate nursing students' resilience levels and their levels of perceived stress. The first semester of the 2012–2013 academic year at Tehran University of Medical Sciences' undergraduate nursing program included a selection process that used the stratified sampling method to choose 39 students. Two measures that were routinely used during data collection were the Perceived Stress Scale and the Connor Davidson Resilience Scale. Analyses of the data were carried out using descriptive and inferential statistical methods. A whopping 99.3% of students reported feeling moderate to high levels of stress, according to the numbers. We found a statistically significant association ( $P < 0.001$ ) between the amount of perceived stress and the level of resilience.

Wong, D. F. K. (2019) set out to investigate the differences in the ways that stressful life events



and social support impact the mental health of two groups of individuals currently living in Hong Kong: youth who immigrated from the mainland and youth who were born and raised in the city. The researchers in Hong Kong were particularly curious about the ways in which the two youth groups coped with adversity and the support they got from their neighborhoods. The participants in the study were 210 young adults (ranging in age from 15 to 20) who were either native-born Americans or permanent residents of the United States who were interviewed one-on-one. "The Chinese Adolescents Life Events Checklist, The Perceived Satisfaction of Social Support Scale, and The Brief Symptoms Inventory were used" as components of a structured questionnaire that was distributed to participants with the purpose of gathering information on their symptoms. The interviewers had received training in an array of interview methods. Researchers used this questionnaire to learn more about the participants' psychological well-being. Although the two groups of teenagers had the same total amount of stress, the local teens exhibited superior mental health and lower stress levels. Furthermore, it was shown that the mental health of immigrant teenagers was significantly impacted by the support of their peers. Young adults residing in urban cores were the subjects of a prospective study by Luthar S.S., Carol H. Doernberge, and Edward Zigler (2018), which examined the notion of resilience. U.S. researchers carried out the investigation. Specifically, this poll was conducted in 2018. An investigation of the resilience of 138 ninth graders from urban areas was undertaken over the period of six months to examine how well the children maintained high levels of social competence when faced with extreme stress. Several undesirable but inevitable aspects of daily living were factored into the stress analysis methodology. It was found that the best way to measure emotional distress was by self-reporting. However, to determine how competent a subject was in the study, a number of behavioral markers were used, including academic performance, teacher evaluations, and peer ratings. The study found that children with high levels of stress and great behavioral competence were more likely to experience mental discomfort over time, even when they had good behavioral competence initially. Despite the kids' exceptional behavioral ability, this remained true. In addition, resilience was revealed in around 85% of children who had experienced significant levels of stress and showed indicators of it in at least one area of social competence.

Manoj Kumar Sharma (2013) To help them determine if yoga is an effective tool for stress management, researchers conducted a systematic study of yoga as an alternative and supplementary technique. Researchers combed through articles published between 2011 and May 2013 to draw conclusions for their study. For this reason, we searched extensively in Medline, Alt Health Watch, and the Cumulative Index to Nursing and Allied Health Literature for quantitative publications that discussed yoga in any form. The inclusion of seventeen goods was permitted due to their ability to meet the standards. Twelve of the seventeen studies found that stress had a positive effect on either the psychological or physiological results. Yoga seems to have promise as a stress-reduction strategy, according to the study's results.

### CONCEPTUAL BACKGROUND OF STRESS

It has been known for a long time, even before ancient times, that people experience stressful situations. For Hans Selye, stress was "the nonspecific response of the body to any demand made upon it." Stress is something that many people experience. This might be the definition of stress. It was in the field of natural sciences that the concept of the stress reaction was first proposed, setting the stage for subsequent investigations. In the 18th and 19th centuries, the word "stress" was typically understood to mean "force," "pressure," or "strain" equally. All of these words described the external forces acting on an object or a person as they fought to stay in their original state. They were all referred to as "stress" in the same context.

After seeing the concept put to use in this way, physicists and engineers were intrigued by it and decided to adopt it in the hopes that it would meet their needs. Specifically, "stress" refers to "the ratio of the internal force brought into play when a substance is distorted to the area over which the force act." The discipline of engineering provides this definition. Thus, "stress" really means "the ratio of the internal force brought into play when a substance is distorted to



the area over which the force act." Various people have used the term "stress" to describe many different phenomena throughout human history. Among these is stimulation, which is characterized as an outside influence on the organism. a more all-encompassing blend of the variables mentioned earlier, including: (2) response, which denotes shifts in physiological processes; (3) interaction, which denotes the dynamic between an outside force and the biological resistance it encounters; and (4) a mix of the factors mentioned earlier.

### Stress as External Force

The external force theory of stress centers on the things that people themselves perceive as problematic in their lives. Stress is often thought of as an independent variable that people can only regulate to a certain degree. Some of the causes of stress, according to Weitz's research, are:

1. Increase the rate at which information is processed.
2. Noxious environmental stimuli
3. A sense of impending danger
4. Impairment of the individual's psychological function
5. Seclusion and solitary imprisonment
6. Blocking
7. The pressures of the group, and
8. The frustrations

### STRATEGIES USED FOR STRESS MANAGEMENT:

Presently, prison officials and representatives from numerous non-governmental organizations (NGOs) work together to evaluate and control the stress levels of prisoners. In addition to meeting the most basic needs like food and clothing, these non-governmental groups work to improve the overall health of female prisoners by providing them with medical care, bedding, and other basic necessities. Conversely, there is little focus on teaching students how to deal with stress in any of the courses. The fact that the program participants are taking part in them suggests that they are oblivious to the importance of yoga and meditation as a means of stress management. Therefore, stress management skills are not a part of any of the programs. The research scholars concluded that yoga consists of a series of postures (asanas), breathing techniques, and other practices that aid in mental relaxation and strain relief. These practises make up yoga, an intervention that is both complex and dynamic.

### RESEARCH METHODOLOGY

In the scientific community, the phrase "quasi-experiment" describes a common way of gathering data for studies in the social sciences. Similarities between "real" experiments and "quasi-experiments" are numerous; both seek to discover treatments or interventions that work. As the word "quasi" implies "like" or "resembling," it follows that "quasi-experiments" have many characteristics with their more formal counterparts. Not using a random assignment process is the main distinction that this empirical technique brings about. Time series analysis, which can be categorized as interrupted or non-interrupted methods, is another distinctive feature that is usually included in this experimental methodology. The design of an experiment is said to be quasi-experimental if it is built in this way. When developing a plan for a quasi-experimental investigation, identifying potential variables is the first step. You can think of this as the starting point. In this specific investigation, the x-variable will serve as the quasi-independent variable. This study will use the yoga training package, which includes seven distinct components, as a control variable to examine the effect of stress on the sample. The expected result would be the effect of yoga classes as an independent variable on stress as a dependent one (expressed by "Y"). It was anticipated that this result would materialize.

### RESEARCH DESIGN

After thirty days of yoga training, the effects of stress on women were assessed using a post-test. The goal was to get a feel for the kinds of stresses that yoga can put on women. The participants in the study will take part in evening yoga sessions for 30 days in a row. Below you can see the results of comparing the pre- and post-administration scores on a questionnaire.





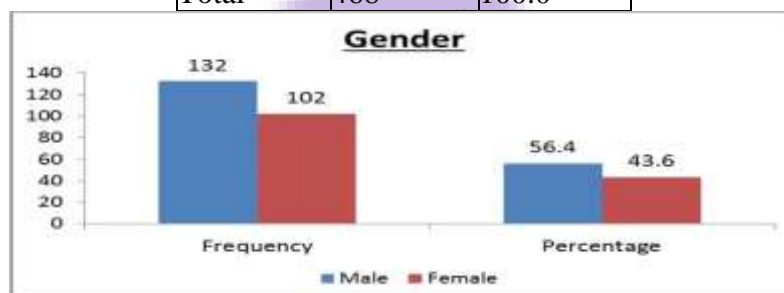
## DATA ANALYSIS

### DEMOGRAPHIC PROFILE

#### Gender

Table Gender

Particulars	Frequency	Percentage
Male	264	56.4
Female	204	43.6
Total	468	100.0



Included with the percentage of the 468 survey takers is a breakdown of the gender frequency distribution. The frequency distribution under discussion is graphically shown in this section. Based on the statistics, we can see that there are 468 human resource managers, with 44% being female and 56% being male.

### DISCUSSION AND INTERPRETATION

They may have developed normal discrimination, brought forth their latent immense potentialities, and increased their capacity for insight, vision, and analysis through the yoga training, which included suryanamaskar, yoga asanas, pranayama, meditation, a yogic diet, philosophical discourses, and prayer. These advantages might have been a result of the yoga training. The weight of greater expectations and a deeper and more comprehensive comprehension of life's components may have been induced by it. Changes in perspective and outlook on life may have also resulted from it. They may have experienced markedly better physical health, less mental fog, increased optimism and self-confidence in their capacity to deal with the challenges they confront every day, and perhaps even less mental confusion as a result of this.

### CONCLUSION

Over the course of thousands of years, humans have amassed and applied a wealth of information in the fields of neurology, psychology, ethics, and spirituality; this information is the foundation of yoga philosophy. Yoga as a physical and mental discipline predates its modern form by thousands of years. The yogic method of stress management is comprehensive and all-encompassing. Traditional yoga, which has been around for a very long time, has recently demonstrated its remarkable ability to alleviate stress. (1)a. Research shows that yoga significantly reduces stress levels in women and in all aspects of life, including (but not limited to) the following: a) the workplace, b) the home, c) one's own life, d) monetary considerations, e) the outside world, and f) one's physical health. Research shows that yoga is very beneficial in every one of these areas.

It has also been seen that women benefited in many other ways. Among these are: a) a decrease in body mass index and other obesity-related measurements; b) an improvement in digestive health and the alleviation of constipation; c) better sleep patterns; d) an end to menstruation issues; e) an enhancement of overall health and wellness; f) a boost in optimism and sense of responsibility; and g) a reduction in joint stiffness and low back pain. These are some of the benefits that people who are overweight or obese report experiencing after beginning a yoga practice. (2) a. When it comes to a) age, b) marital status, c) family size, d) financial situation, and e) employment position, there is no noticeable difference in the effect of yoga on reducing stress levels experienced by women. There has been observation of this. This is the inevitable outcome of considering the findings presented in the preceding two statements. So, yoga is a



highly beneficial activity for women of different ages, marital statuses, financial situations, occupational standings, numbers of children in the household, and so on. You can benefit from yoga in every area of your life. Number three. There is no difference in the impact of yoga on the stress levels of men and women in any area of life where yoga is performed, and it has been shown that yoga significantly reduces stress levels experienced by guys. This holds true irrespective of whether women or men are the ones experiencing the stress.

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