

THE EFFECT OF YOGIC PRACTICE TO RESTRAIN STRESS AMONG PROFESSIONAL WOMEN

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Abstract: The purpose of this research was to investigate the effect of four weeks yoga practice to restrain stress among professional women. In this experimental study, demographic questionnaire, Everly and Girdando's Stress Scale for this study were used. Sixty Sarada college professional women were chosen with randomized way allocated into an experimental and a control group. The experimental group participated in daily yoga classes and Padmasana and Ajapa Japa Meditation for 30 minutes duration for one month. Both groups were assessed again after the one month study period. The data were analyzed using descriptive Mean, SD and independent t-test in statistically methods. Result exposed significant restrain in stress.

Keywords: yoga, stress, professional women

INTRODUCTION

Yoga is a mind and body practice. It is considered one of many types of complementary and integrative health approaches. It together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help us relax and manage stress and anxiety. Stress is a complex, dynamic process of interaction between a person and his or her life. The stress response is a complex emotion that produces physiological changes to prepare us for fight-or-flight, to defend ourselves from the threat or flee from it. Eminent behavioral scientist Stephen Robbins defines stress as that which arises from an opportunity, demand, constraint, threat, or challenge, when the outcomes of the event are important and uncertain.

Stress can be as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury. Stress is a silent killer, and prolonged exposure to stress may exert harmful effects on physical, psychological, and behavioral well-being of an individual. According to the National Institute for Occupational Safety and Health, 80% of workers experience job stress.

Keeley and Harcourt says that occupational Stress is caused by heavy work demands in the job itself, which the unskilled employee with little control over how the work is done, cannot adapt to or modify. Kulkarni, in an article published in Indian Journal of Occupational and Environmental Medicine, has said that the rapid change of the modern working life is associated with increasing demands of learning new skills, the need to adapt to new types of work, pressure of higher productivity and quality of work, time pressure, and hectic jobs. These factors are increasing stress among the workforce. Stress has exhibited a negative correlation with cognitive performance, thus negatively impacting academic performance.

Campbell, Debra Elise, and Kathleen A. Moore (2004), researchers at Deakin University in Melbourne, Australia, with the dual aims of better understanding the contribution of yoga to positive mental health and exploring links between yogic philosophy and psychological theory, conducted a study on yoga as a preventative and treatment for symptoms of mental illness. The yoga classes were designed as a six-week program incorporating exercises for strength, vitality, and flexibility (asanas); guided relaxation (yoga-nidra); and meditation. Psychometric testing was used to assess symptoms of stress, anxiety, and depression across three groups: regular yoga practitioners, beginners entering the program, and people who did not practice yoga. These tests were re-administered after six weeks, and the yoga beginners group showed lower average levels of symptoms of depression, anxiety, and stress than at commencement, but levels were stable for regular yoga practitioners and people who did not practice yoga.

In a study of Rudra Bhandari (2008), the yogic intervention was comprised of selected yogic postures, gestures, psychic locks, concentrations, and meditations that were given for one month among 50 corporate personnel (25 male and 25 female) from the Indian Telephone Industry, Raebwali, India. The result showed significant effects of yogic intervention to manage distress and enhance work performance ($p < 0.01$) and favored the efficacy of corporate yoga to boost health, harmony, morale, work motivation, commitment, performance, and productivity at individual and organizational levels.

Methodology

The purpose of the study was to investigate the effect of yogic practices restrain stress among professional women. To achieve the purpose of these study sixty professional women were randomly selected in Sri Sarada College for women, Tamilnadu, India and their age ranged between 29 to 35 years.

For the tests randomized group design which consists of control group and experimental group were used. The subjects were randomly assigned to two equal groups of thirty each and named as Group 'A' and Group 'B'. Group 'A' undertook yoga practice

Padmasana and Ajapa Japa Meditation for thirty minutes once a day for thirty days and Group 'B' undertook not any practice and they had their routine life. Everly and Girdano's Stress Scale measure widely used in social-science research. The data was collected. Before and after four weeks of training paired 't' ratio was computed. The level of significance was set at 0.01.

RESULT & DISCUSSION

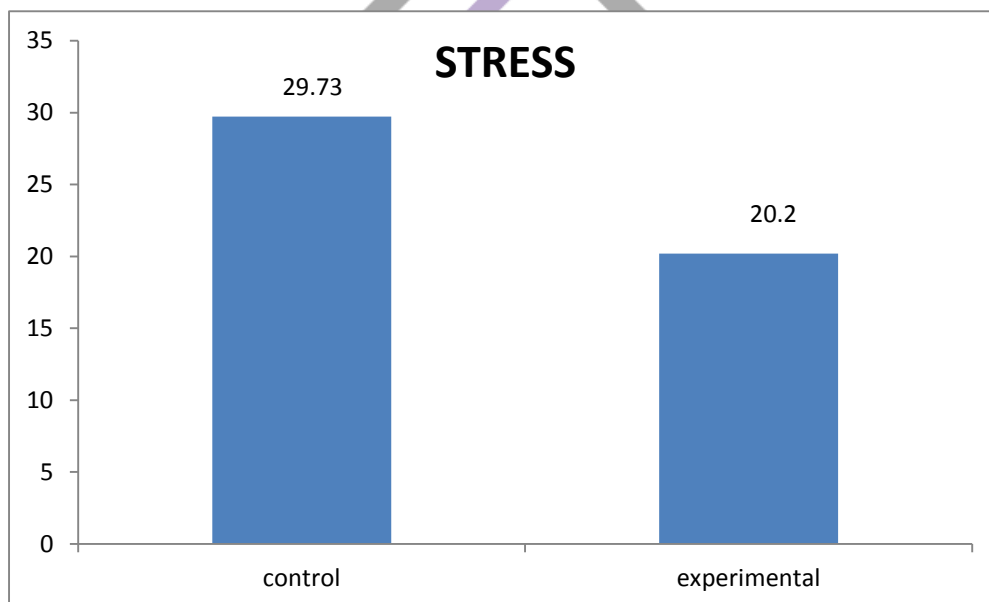
The primary objective of the paired 't' ratio was to describe the differences between the Control group and Experimental Group mean among Professional Women.

TABLE - 1

SHOWING MEAN DIFFERENCE OF CONTROL AND EXPERIMENT GROUP AMONG PROFESSIONAL WOMEN IN THEIR YOGIC PRACTICES OF STRESS

Stress	N	Mean	SD	t- value	Significant/NS Level
Control Group	30	29.73	5.11	8.93	S (0.01)
Experimental Group	30	20.20	4.24		

Required table value: 2.58 (0.01)



It is obvious fact from table that yogic practice has significant effect restrain stress level between Control Group and Experimental group. As the mean value Control group is 29.73 and Experimental group is 20.20. An examination of table indicates that the obtained 't' ratio was 8.93 for Stress respectively. The obtained 't' ratio was found to be greater than the required table value of 2.58 at 0.01 level of significance for 1, 29 degrees of freedom. Hence it was found to be significant.

The results have restrain stress, focus and better our overall emotion. Yoga significantly decreases heart rate and systolic and diastolic blood pressure. yogic techniques that stimulate the brain and nervous system to restrain stress and anxiety. Increased sympathetic activation and the release of stress hormones, including adrenaline, lead to increases in heart rate, blood pressure, breathing, body temperature, and muscle tension. In contrast, the relaxation response has been proposed as an antidote to stress; relaxation decreases heart rate, breathing, body temperature, and muscle tension.

Conclusion

Yoga can minimize the stress levels. It is lifting our positive thoughts by allowing for increased mindfulness, and by increasing self-compassion. By simultaneously getting us into better moods, enabling us to be more focused on the present moment, and by encouraging us to give ourselves a break, yoga is a very effective stress reliever.

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