

EFFECTIVENESS OF

YOGA & MUSIC

IN STRESS MANAGEMENT



Editors:

Dr. Shaifali Agarwal

Dr. Praveen Saini

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MESSAGE

I am glad to know about the book “Effectiveness Of Yoga and Music In Stress Management” edited by Dr Shaifali Agarwal and Dr Praveen Saini. The practice of yoga is being practiced long back since the times of Greeks. The soothing sound of music and practicing yoga is very important in elevating condition of stress. The soothing sound of music is also used as anesthetics in surgeries. The stressful life of an individual leaves a person with no time for taking care for himself. Yoga and meditation is the best way for a person to know about himself/herself. I am sure that papers published in this book provides the readers the best knowledge for yoga and music covering all the field and aspects. I wish all the best to the editors for their book and congratulate them for their success.



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PREFACE

The book “Effectiveness of Yoga and Music in Stress Management” is based on the theme of stress management through yoga and music. In today’s scenario stress is increasing rapidly and people are facing drastic outcomes because they have no time for doing certain relaxative activities like yoga and music. The book comprises of 5 chapters which have further sub divisions. Chapter 1 comprises of general information regarding stress . The first part of this chapter provides a theoretical approach towards stress. It comprises general overview about the nature, types, causes and symptoms of stress and it also describes about the neurochemical changes in the body during stress. The second part of this chapter describes about certain coping strategies used by people during stressful situations. The third part of this chapter describes about correct techniques and approaches towards stress management based on emotions, acceptance etc. The fourth part of this chapter describes about the impact of stress on various health problems and disfunctions of various body parts. The fifth part of this chapter describes about the impact of stress on educational issue. The sixth part of this chapter describes about the impact of pandemics like covid 19 on deterioration of relationships with family members and other people. The last part of this chapter describe show the positive changes in current lifestyle can meet the mental health challenges. Chapter 2 of this book describes about the process of stress management through yoga. The first part of this chapter describes about the role of yoga in pediatric oncology. The second part describes complete mechanism of prevention of stress through yoga and what type of asanas and meditation can prevent the stress. The third part of this chapter describes about the therapeutic effects of yoga and meditation. The fourth part of this chapter completely focuses on traditional way of stress management which is meditation. The fifth part of this chapter describes about certain

hormonal changes through yoga which help in stress management. The last part of this chapter describes about the role of gaba levels in stress management. Chapter 3 of this book is based on stress management through music. The first part of this chapter describes about the importance of music in stress management. The second part of this chapter focuses on workplace stress and how it can be handled through music. The chapter 4 of this book describes about combined effect of yoga and music in stress management. The first part of this chapter considers about the physiology of stress and how yoga and music can handle it. The next part of this chapter describes about the traditional yoga – darshan, music and its utility in stress management. All the other parts of this chapter provide deep insight approach toward combined effect of yoga and music in stress management. The last chapter of this book is based on other sources of stress management except yoga and music

Dr Shaifali Agarwal

Dr Praveen Saini

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Chapter-1

STRESS

1

STRESS: A THEORITICAL APPROACH

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1

CONCEPT OF STRESS

Stress is a latin word ‘stringer’ meaning to draw tight. It denotes force, pressure, strain or strong efforts. This isn’t something new, it has been known for ages , great men like Aristotle , Hippocrates ,and others have known stress and its adverse effects. Stress in common is described as “Physical, mental, or emotional strain or tension”. It is a multi-faceted process that occurs in reaction to events or situations in our environment termed as stressors. To define stress “It is our response to events that disrupt, or, threaten to disrupt, our physical or psychological functioning . (Lazarus and Folkman, 1984; Taylor, 1999). The term stress was borrowed from the field of physics by one of the father of stress research–Hans Selye. It was first used in 1930’s to identify physiological responses in laboratory animals. As Hans Selye quotes it:

‘It is a non-specific response of the body to any demand for change’

Another definition by Fred Luthans (2006) makes it quite clear which states that-

‘Stress is an adaptive response to an external situation that results in physical, psychological, and/or behavioural deviations for organizational participant.’

The seriousness of this issue can be well understood by the views of World Health Organization as it has been dubbed as the ‘Health Epidemic’ of 21st century. Pre-thought about stress had already been formulated by many but Claude Bernard (1987) was the first to formally explain how cells and tissues in multicelled organism might be protected from stress ?

Stress being a reaction to change, has various effects on physical, mental and emotional aspects. “Stress is a big problem of our society” said Allen in 1983. It is often associated as factor in heart disease and cancer, two of the leading cause of stress. The most interesting feature of stress is that each and every individual responds to it in a different way, some might perceive it as stressful while others might simply take a stride. Various dimensions of stress such as Intensity, Chronicity, and Type might lead to difference in reaction of various people at different time. Though certain level of arousal is essential for optimal level of work, beyond that level further arousal increasingly hampers performance. This relationship is usually found in all but the simplest tasks.

Considering the amount of impact stress has on human bodies ‘Hans Seyle’ who is often considered as a father of stress research presented the General Adaptation Syndrome or (GAS) model in 1956, which was based on the physiology and physiobiology as a reaction to stress, stating that certain events can threaten an individual’s state of poise and well being which is usually labeled as a stressor which in turn leads to a three stage bodily response which are alarm , resistance and exhaustion.

ALARM , RESISTANCE AND EXHAUSTION: THREE BODILY STAGES OF STRESS

In the alarm stage the body reacts in a fight or flight response and the sympathetic nervous system is activated as the body’s resources are stimulated to meet the threat. In the stage of resistance the body tries to resist and compensates as the parasympathetic nervous system tries to return many physiological actions to normal levels while body focuses resources against the stressor and remains on alert.

Even if the stressor continues beyond the body’s capacity , the resources start getting exhausted which is called the stage of exhaustion and the body

becomes susceptible to a variety of diseases, i.e. when the body reaches a stage of burnout. Exposure to various forms of stress is a common daily occurrence in the lives of most individuals, with both positive and negative effects on brain function. Some studies state severe and/or prolonged stress causes overactivation and dysregulation of the hypothalamic pituitary adrenal (HPA) axis thus inflicting detrimental changes in the brain structure and function.(Alkhadi, 2013).

There are multiple factors that affect the stress of an individual which may be internal or external. External factors include the physical environment, including our job, our relationships with others, our home, and all the situations, challenges, difficulties, and expectations we confronted with on a daily basis. Internal factors which influence our ability to handle stress include our nutritional status, overall health and fitness levels, emotional well-being, and the amount of sleep and rest we get(Fisher, 2011). Factors influencing the stress are known as stimulants. It is important to understand important stimulants used knowingly or unknowingly in daily life.

NATURE OF STRESS AND IT'S STIMULANTS

Stress is not a factor that resides in the individual or in the environment, instead it is embedded in an outgoing process that involves individuals transacting with their social and cultural environments. Stress is a highly personalized phenomenon that varies between people depending on individual pressures and between different type of tasks. It is a non-specific response of body to any demand. Stress as Selye says *'is not something to be avoided, in fact is something that cannot be avoided'*.

Each of our body segment engaged in different function work-even when we are asleep, freedom from stress can thus be expected only after 'death'. In simple words, everything from being stuck in heavy traffic, a hostile employer, work pressure, all arouse a kind of anxiety-leading to stress.

Flight Or Fight-

Repeated exposure to stress may lead to a feeling of fear and anxiety. Depending on situation, a person in response to fear may act to either *fight or flight*. It is an automatic physiological reaction to an event that is perceived as stressful/frightening when our fight or flight response is activated, sequences of nerve cell firing occur and chemicals are released in bloodstream. These

patterns of nerve cell and chemical release cause our body to undergo a series of dramatic changes. Stress does not reside on the individual or environment, instead it is embedded in an outgoing process-that involves people interacting with their social and cultural environments.

Stimulants are substances that are mistakenly considered harmless stimulants; though, they often do increase stress. Some of them are listed below.

Caffeine: It can be damaging when taken in large amount as stimulates our system for up to 24 hours, also reduces concentration and increases response time. Products of caffeine may cause headache, sleeplessness, indigestion, nervousness, irritability and heart beat.

Cigarettes: Can elevate stress level if taken too much regularly. It can also impair short-term visual memory, leads to cancer.

Drugs and Alcohol: These are highly toxic for body and increases stress level. It has the potential to absorb our energy and blunt our intelligence.

Hence we can say stress has been defined in various ways with multiple causes and symptoms and various stimulants such as caffeine, sugar, cigarettes and drugs and alcohol, leading to multiple health hazards in long term. Thus measures may be taken to either avoid it or reduce it.

2

CAUSES OF STRESS

Stress is normal and everybody experiences it at some point in their lives and, to some extent, it is a necessary part of life. All the situations that require adjustments can be regarded as **stressors**.

Hans Selye also noted that stress could occur not only in negative situations (such as taking an examination, death of a spouse, etc.) but also in a positive situation (such as a wedding, promotion etc) (Hans Selye 1956,1976). What you believe is stressful depends upon many factors, including your personality, general outlook on life, problem solving abilities, and social support system. For instance, a person listening to his/her favourite playlist on a music app may get irritated over advertisements popping up in between the songs whereas, others may ignore it or even sing along with it. Where one person thrives under pressure and perform best in the face of a tight deadline, another will shut down when work demands escalate.

MAJOR LIFE CHANGES

Major life changes come up with new challenges and can be stressful such as divorce, disease, a child leaving home, graduation from a college, shifting to a new place and a career change whereas, the more major life changes you're dealing with at any one time, the more stress you'll feel.

HASSELS OF DAILY LIFE

As mentioned above, major life events are stressful but they are infrequent like you don't file a divorce everyday or have a baby. But there are annoying minor events of everyday life that cumulatively can affect psychological well-being known as **hassles**, such as having to do too many things at once, shopping, agreeing with your sibling, worrying about finances on daily basis. All these small events upset us and end up affecting us the most.

Daily causes of stress include:

Environmental Stressors :- Sometimes our surroundings can also be stressful. Some common examples of environmental stressors are temperature, pandemic, pollution, unsafe neighbourhood, construction of road near your house can interrupt your sleep that may lead to a bad day, barking dog next door, etc.

Family and relationship Stressors :- Some of the daily common stressors may lead to argument with your parents/sibling/partner, poor communication skills may lead to misunderstanding. Marital disagreement, dysfunctional relationships or caring of chronically-ill family member or a child with special needs can raise your stress level.

Social Stressors:- What will people say? Is the most common concern we all have or deal with even attending a social gathering can be stressful it may raise many questions in our mind.

WORK RELATED STRESS

In a career-driven society where most adults spend more time at work than in any other single activity, it is not surprising to know that jobs or career are central source of stress. Workplace related stress may include *glass ceiling* (artificial barrier that prevents women and minorities from being promoted to managerial and executive level positions within an organisation), *extreme overload*- being asked to do too much in too short a time and *work underload*

may lead to feeling of boredom and fatigue which may lower your self-esteem. Some other factors like conflict with other employees, lack of support from co-workers, unpleasant work environment, lack of participation in decision making, can be stressful.

INTERNAL CAUSES OF STRESS

Internal stress comes from inside to us and determines our body's ability to respond to, and deal with it. Friedman and Rosenman were the two cardiologists who have discovered type A behaviour i.e characterised by constant feeling of working and are extremely competitive, hostile and aggressive. Individuals with type A behaviour possess higher level of stress.

- Uncertainty or worries
- Pessimistic attitude
- Negative self-talk
- Unrealistic expectations or beliefs
- Perfectionism
- Rigid thinking or lack of flexibility
- Amount of sleep and rest you get
- Emotional well-being

SYMPTOMS OF STRESS

Characteristics of stress can be identified within an individual on many levels. Whenever there is stress its symptoms can be seen and observed majorly on psychological and physiological platforms. Symptoms can create dysfunctioning, impairment, and may cause slowdown of activities performed by an individual on both mental and physical level.

Broadly, stress is of 2 types based on its meaning - Eustress (positive stress) and Distress (negative stress). They generate same physiological response within our body but are caused by different kinds of stressors. Distress disturbs the body's internal balance or equilibrium leading to noticeable physical, behavioural, emotional, physiological and psychological responses. People experience stress differently therefore there are a lot of symptoms, a few of them are stated below -

1. PSYCHOLOGICAL SYMPTOMS -

- Person may witness fear, frustration, sadness, inability to relax,

anxiousness as the emotional symptom.

- At cognitive forefront, symptoms can be poor judgement, racing thoughts, poor concentration, indecisiveness, information overload and difficulty with memory.
- Individuals tendency to avoid things or speaking to people out of fear of embarrassment, refraining from being center of attention, can be looked as social symptoms of stress.

2. PHYSIOLOGICAL SYMPTOMS

- Upset stomach
- Insomnia
- Hypoglycaemia
- Nausea
- Loss of sex drive
- Chest pain, rapid heartbeat
- Dry mouth
- Sweating
- Fatigue
- Illness
- Weight gain or loss
- Headaches and backaches

3. BEHAVIORAL SYMPTOMS -

- Shaking of legs
- Procrastination
- Avoiding responsibility
- Substance abuse
- Nail biting, fidgeting

Apart from the above stated symptoms, suppressed immune function, increased susceptibility to infectious and immune-related diseases and cancer can be considered as symptoms for prolonging stress which can worsen certain symptoms or diseases.

The signs and symptoms of stress tend to progress through several phases or stages. (Margaret, 2003 and Kobasa,1982). The phases can briefly be

described as -

Phase 1- Warning

This phase is an indicator of occurrence of stress which is majorly emotional in nature and may take us an year to notice them.

Phase 2- Mild Symptoms

Warning signs intensify by now, physical signs become evident. This happens over a period of 6-18 months.

Phase 3 - Entrenched Cumulative Stress

The arrival of this phase is embarked by ignorance of the above 2 phases and herein personal, social, mental well being gets effected alot.

Phase 4 - Severe Cumulative Stress Reaction

This phase is often considered “self-destructive” and tends to occur after 5 to 10 years of continued stress.

Thus, the more signs and symptoms a person experiences at a particular point in time, the closer he/she is to stress explosion.

3

IDENTIFICATION OF STRESS

Stress is not always easy to recognize, it is something that we all experience in our daily lives. It's also important to understand that stress can result from both bad and good events. Some amount of stress may be beneficial and desirable and even healthy but there are some chronic stress which continues to knock at the door of your mind .Many times we don't realize the impact of stress on our body. Chronic stress can cause severe impact on our body but there are some ways to identify stress. Sometimes stress can come from an obvious source, but sometimes even small daily stresses from work, school, family, and friends can take a toll on your mind and body.

It is sometimes easier for someone else to recognize stress in you, but not always so straightforward to recognize it yourself. In the modern environment one is exposed to various stressful conditions. When we feel under pressure the nervous system instructs our bodies to release stress hormones including adrenaline, noradrenaline and cortisol. These produce physiological changes to help us cope with the threat or danger we see to be upon us. This is called the “**stress response**” or the “**fight-or-flight**” response. There are many

changes in our body due to stress such as visceral changes, neurochemical changes and hormonal changes.

VISCERAL STRESS: Visceral stress can be identified by primary insomnia, pain disorder in males, gastrointestinal disorder, hyperventilation syndrome are each attributed to a single individual pattern is different between both sexes. Bulimia nervosa are attributed to few pattern respectively.

EMOTIONAL STRESS: It leads to an impairment in memory and hence, that details of unpleasant emotional events are remembered less accurately. Feeling of tension, irritability, restlessness, worries, inability to relax, depression.

BEHAVIORAL STRESS: Avoidance of tasks, sleep problem, difficulty in completing work, clenching fists, fidgeting, tremors, strained face, crying, changes in drinking eating, eating or smoking behaviours.

COGNITIVE IDENTIFICATION: Anxious thoughts, fearful anticipation, poor concentration, difficulty retention information/memory, low problem solving ability.

STRESS INDUCED VISCERAL PAIN

Visceral pain is generally poorly localized and characterized by hypersensitivity to a stimulus such as organ distension. In concert with chronic visceral pain, there is a high comorbidity with stress-related psychiatric disorders including anxiety and depression. The long-term stress facilitates visceral pain through sensitization of pain pathways and promotes chronic visceral pain disorders such as the irritable bowel syndrome (IBS). Chronic visceral pain describes persistent pain emanating from the thoracic, pelvic, or abdominal organs that is poorly localized with regard to the specific organ affected. Stress due to physical symptoms can be identified in the presence of aches, pain, diarrhea, constipation, rapid heart rate, nausea, dizziness, loss of sex drive, frequent colds and flu.

NEUROCHEMICAL CHANGES DUE TO STRESS

Increasing evidence suggest that exposure to stress paradigms leads to cell loss in the hippocampus, a brain area implicated in the pathophysiology of mood disorders. Sustained or chronic stress, leads to elevated hormones such as cortisol, the “**stress hormone**”, and reduced serotonin and when these chemical systems are working normally, they regulate biological processes like

sleep, appetite, energy, sex drive, and permit expression of normal moods and emotions. When the stress response fails to shut off and reset after a difficult situation has passed, it can lead to depression in susceptible people.

HORMONAL CHANGES DUE TO STRESS

In response to stress, the level of various hormones changes time to time which is reported in specialized investigation. Reactions to stress are associated with enhanced secretion of a number of hormones including glucocorticoids, catecholamine, growth hormone and prolactin, the effect of which is to increase mobilization of energy sources and adapt the individual to its new circumstance.

CATECHOLAMINE

Catecholamines are an important part of the body's stress response, which can be vital in a fight-or-flight response to a perceived threat. In the brain they act as neurotransmitters. In the blood they circulate and act as hormones and are broken down after just a few minutes. They are then excreted in the urine (Goldstein, 1987).

GROWTH HORMONES

Growth hormone is produced by the pituitary gland. It has many functions including maintaining normal body structure and metabolism. The growth hormone (GH) level is increased during acute physical stress. The level can increase up to two- to tenfold. Because of its insulin-antagonistic effect (Delitala, 1987). GH may enhance metabolic activity. In psychological stress, however, GH responses are rarely seen.

THYROID HORMONES

Thyroid function is usually down-regulated during stressful conditions. T3 and T4 levels decrease with stress (Helmreich DL, 2005). Stress inhibits the thyroid-stimulating hormone (TSH) secretion through the action of glucocorticoids on the central nervous system. .

PROLACTIN

Prolactin is one of the most versatile hormones known. It is considered an adaptive hormone due to the key roles it plays in the modulation of the stress

response. Depending on the local regulatory environment at the time of stress, prolactin level can either increase or decrease. Vasopressin and peptide histidine isoleucine may be involved in the secretion of prolactin during stress (Itoh N, 1983). However, the teleological significance of change in the prolactin level is uncertain. It may affect the immune system or some aspect of homeostasis.

STRESSORS AND STRESS RESPONSE CHARACTERISTICS

The advanced statistical models can be used to examine variability in stress responses (both psychological and physiological) within and between people (Bryk and Raudenbush,1987; McArdle and Epstein,1987). Within person variability responses means that a person's response to a stressor within one life domain (work) doesn't necessarily predict how they will respond to a stressor within another domain(family). Different people respond to the same stressor in different ways.

Eg: sample of 1532 healthy adults from the CHANGING LIVES OF OLDER COUPLES PROSPECTIVE STUDY, the psychological response to the death of one's spouse death took on four discrete trajectories(chronic grief , chronic depression , temporary depression , resilient) suggesting that there is not one universal pattern for spousal grief.

Some other most commonly used inventories in stress identification are;

1. LEDES (Life events and difficulties schedule) by Brown and Harris
2. SRAIN (The stress and adversity inventory)by Slavich and Shields 2018

4

PATHOLOGICAL ASPECTS OF STRESS ON BODY

Claude Bernard, a French physiologist, mentioned that in the context of a changing environment, it is necessary for us to keep our internal milieu constant for the maintenance of a healthy life. Cannon in 1926 gave the term 'Homeostasis' to this phenomenon. 'Stress' was the term given by Hans Selye to point out the effects of anything by which homeostasis is disturbed. The actual threat perceived by the individual is called 'Stressor'. Efforts have been made to point out a relation between certain stressors and pathology, though it has not yet succeeded. But, stress is becoming a major subject in our course to

understand the developing and persisting of most of the illnesses related to the body and mind.

In what way, does stress become a source of pathological problems in our body? To answer this question, we first need to understand the way our body responds to stress. With the advent of a perceived stressor, the body goes through a spurt of biological changes. Two specific systems are involved here.

- a. When an individual is in a stressful situation, the hypothalamus instructs the master gland to secrete Adrenocorticotrophic hormone (ACTH). Then it is taken up by the receptors in the adrenal gland and the central region of the gland known as adrenal medulla secretes epinephrine and non-epinephrine into the blood. This whole process helps to trigger Fight and Flight response. The interaction of the sympathetic nervous system and adrenal medulla is known as the sympathoadrenal medullary system (SAM). It is the initial response to any specific situation which causes an increase in heart rate, pupil dilation and decrease in the activity of the digestive system. (Straub, O.R., 2014)
- b. The second and the most important system which is involved in stress is the Hypothalamic-Pituitary-Adrenocortical system (HPA). It is the delayed response after the stressful situation which helps the body to restore homeostasis. The initial activation of this system takes place when the central nervous system gives the message to the hypothalamus which in turn leads to the secretion of corticotropin-releasing hormone (CRH). CRH stimulates the production of ACTH which is secreted by the pituitary gland. Production then leads to the activation of the adrenal cortex to secrete corticosteroids that help in reducing inflammation, promote healing, and helps to restore energy. (Straub, O.R., 2014)

If the activation of a hypothalamic-pituitary-adrenocortical system and sympathomedullary system is prolonged and repetitive; this can interfere with their control of other physiological systems in the body and can result in creating an increased risk for physical and psychological disorders. As supported by experimental evidence from animals as well as human beings, studies indicate

that a wide variety of stressful events trigger the activation of these systems.

STRESS AND HEALTH

We have observed that some of our friends fall ill when there is an exam. They suffer from nausea, headaches, diarrhoea etc. We also notice that people who suffer from long term stress are more likely to fall ill than those people who do not experience much stress. Prolonged stress affects physical as well as psychological health of individuals. Some of the physical or medical problems which arise due to stress are:

- 1. Cardiovascular Disorders:** According to researchers, people possessing TYPE A personality (Friedman and Rosenman, 1959) which is characterized by traits like high motivation, competitiveness, always in a great hurry, aggressive, are more prone to stress and its pathological aspects as compared to individuals with TYPE B personality who are calm, tolerant, and can be basically understood as an absence of TYPE A personality traits. As a result, individuals prone to stress develop heart problems and hypertension. Immediate emotional stress gives way to heart attacks. Some people when they experience stress, are led to smoking and obesity which directly paves a way for heart problems. Coronary Heart Disease (CHD) is a disorder which often develops in people experiencing chronic stress.
- 2. Diabetes:** When a person experiences long term stress, it can lead him to habits such as unchecked and excessive eating and drinking which results in Diabetes. On the other hand, stress increases the level of glucose of individuals with Type 2 Diabetes.
- 3. Headaches:** Headache is the direct product of chronic stress. It even leads to Migraines.
- 4. Gastrointestinal Disorders:** Chronic stress causes a decrease in the oxygen and blood flow which leads to the gastrointestinal problems like inflammation, cramping, Irritable Bowel Syndrome, Peptic Ulcers. Stress does not cause ulcers but worsens them.
- 5. Alzheimer's Disease:** Stress may worsen existing Alzheimer's disease by accelerating the development of brain lesions, which are a significant cause of development of Alzheimer's Disease.

PSYCHOLOGICAL PROBLEMS AND ITS CAUSE DUE TO STRESS AND DEPRESSION

STRESS AND DEPRESSION -According to Hammen (2005) stressful situations have been associated with Major Depressive Disorder as well as to depressive symptoms. An optimum amount of stress for a certain period is necessary as it helps an individual to achieve a particular goal. But an extended period of stress with constant negative feelings and emotions can make the daily functioning of an individual more challenging, this type of stress is addressed as chronic stress which can lead to the onset of depression. Hammen and his colleagues (2005) developed an interview based on a chronic stress profile covering up certain domains like intimate relationship, close friendship, family relationship, finance and health of family members and self in the past six months. Outcomes indicate that chronic stress predicted increased depression.

Taking consideration of pathophysiological studies which show that there is an elevated HPA activity in around 80% of patients with depression (Ising et al., 2007), hyperactivity of HPA also causes an increased level of glucocorticoid into the blood which initially provides us the energy for the fight and flight response. Chronic stress leads to an increase in the cortisol hormone which is the stress hormone and eventually reduces the serotonin and dopamine neurotransmitters which are linked to depression, this leads to unstable and inappropriate regulation of biological processes like lack of sleep and appetite and prohibit the expression of normal mood and emotions. Recent survey findings suggest that people who experience stress related to their work or job are found to be at an 80% higher risk of developing depression. The relationship between stress and depression is not only caused due to environmental stresses but genetic factors equally play an important role to serve as a causal factor in the onset of depression.

POST TRAUMATIC STRESS DISORDER (PTSD) - In DSM-5, PTSD has been grouped into a new diagnostic criteria/ category called Trauma and Stressor-related Disorder. In the former version, PTSD was defined as an anxiety disorder. According to DSM-5 PTSD is defined as exposure to actual threatened death, serious injury, or sexual violence in one or more of the following ways:

- Direct experience of the traumatic events
- Encountering or witnessing the event in person as it happens to others.
- Learning that the traumatic event occurred to a close family member or friend.
- Experiencing repetitive or extreme exposure to callous details of the traumatic events.

It has been reported that symptoms of stress are frequently experienced and observed immediately after any traumatic event. However, symptoms tend to decrease over time. Rothbaum and Foa in 1993 outlined that 95% of women who have been raped met the criteria of symptoms for PTSD within the two weeks of the assault. The percentage declined to 63.3% after a month and then it was reduced down to 45.9% over the period of 3 months. While considering the pathophysiological factors of PTSD it was found that a high level of cortisol hormone is found in people with this disorder. Although baseline amount of cortisol is also related to PTSD development in people. Finding suggests that a lower level of cortisol is found in people who have experienced physical or sexual abuse. Dr. Yehuda's work represents that lower cortisol levels represent a significant risk factor for 'over consolidation' of stressful experiences and therefore results in the development of the disorder.

Conclusion

In today's competitive modern world one encounters stress in various aspects of life. As an adaptive response to stress, there is change in neurological level and also in the serum level of various hormones including cortisol, catecholamines and thyroid hormone. These changes may be required for the fight or flight response of the individual to stress. Although stress is inevitable, it can be manageable. When you understand the toll it takes on you and the steps to combat stress, you can take charge of your health and reduce the impact stress has on your life.

There are lot of studies already done to identify stress , we can easily understand that human suffering is universal and identifying stress becomes a platform of creating awareness in ourselves and others as well . As individuals we are now more responsible to share stress of each other by being sensitive to the stressors and courageous enough to extend our hands to help the ones who are in need of our kind support. Stress is not always bad , we need some stress which works as motivation in our lives. According to the study conducted

on Social Stress Test at Harvard University (1989) on approximately three thousand people in which the subjects were convinced and made “believe” that stress responses like pounding heart, breathlessness were actually making them prepared for the challenges they are going to meet and they should not be afraid of the stress responses their body is going through. Surprisingly the subjects' heart were still pounding but their blood vessels were relaxed and they performed better in addition it was found that their body released oxytocin (neuro hormone which primes us to do things related to social instincts) which is a positive stress hormone which protects our heart from cardio-vascular stress induced damage. From this we can conclude that how we look at stress matters. Perceiving it as beneficial makes us caring, compassionate and helpful. This science behind stress creates the biology of courage and makes us more joyful in our lives.

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2

COPING STRATEGIES USED BY MALE AND FEMALES DURING THE TIMES OF PSYCHOLOGICAL DISTRESS

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Introduction

Stress can be defined as the circumstance in which transactions lead a person to perceive a discrepancy between the physical or psychological demands of a situation and the resources of his or her biological, psychological, or social systems. Stress is not always a bad thing. it can be good as well. Some stress motivates us and helps us move closer to our dreams whereas others can be a source of anxiety, frustration, aggression and may deviate us from our goal. There are few types of stress that a person experience which essentially falls into 2 categories:

1. Eustress

It is positive type of stress which motivates a person and focuses his/her energy toward the goal. Some of the examples of eustress can be marriage,

having a child, starting a new job, moving into a new home, taking a vacation, retiring or learning a new skill etc.

2. Distress

Distress is a negative or unpleasant type of stress which causes anxiety and concern..

Stress affects the health of an individual in many ways. Some of the psychological impacts of stress are:

1. Leads to development of other mental disorders

Constant and chronic stress is often associated with development of anxiety disorders such as GAD. In this situation the person constantly feels that something bad will happen to them or to their family. Other stressful situation such as natural disaster or loss of loved one often leads to the development of *post-traumatic stress disorder* (PTSD) which causes flashback or anxiety as a result of the trauma experienced. Sustained or chronic stress, in particular, leads to elevated hormones such as cortisol, the “stress hormone,” and reduced serotonin and other neurotransmitters in the brain, including dopamine, which has been linked to *depression* as well.

2. Lack of motivation

A little stress in everyday life is considered necessary in order to cope with the life demands but too much stress affects individual’s functioning in different ways. Too much stress reduces the motivation of a person to think or work properly and as a result the individual will show low level of performance in day to day life as well as at the workplace. Constant poor performance can further lead to forced resignation which can further add on to make stressful situation even worse.

3. Behavioural changes

Under stress the person starts behaving differently. For example, he/she may become withdrawn, indecisive or inflexible. They may not be able to sleep properly and may get irritated, aggressive and tearful more often and this may affect their interaction with other family members. Under such conditions the person may also resort to short term mood altering behaviour such as smoking, consuming alcohol or taking drugs which can have long term negative consequences

Coping is a dynamic situation-specific reaction to stress. It is a set of concrete responses to stressful situations or events that are intended to resolve the problem and reduce stress. Coping strategies are used to manage situations in which there is a perceived discrepancy between stressful demands and available resources for meeting these demands (Zeidner and Endler, 1996). The three coping strategies given by Endler and Parker are:

- **Task-oriented Strategy** : This involves obtaining information about the stressful situation and about alternative courses of action and their probable outcome; it also involves deciding priorities and acting so as to deal directly with the stressful situation. For example, schedule my time better, or think about how I have solved similar problems.
- **Emotion-oriented Strategy** : This can involve efforts to maintain hope and to control one's emotions; it can also involve venting feelings of anger and frustration, or deciding that nothing can be done to change things. For example, tell myself that it is not really happening to me, or worry about what I am going to do.
- **Avoidance-oriented Strategy** : This involves denying or minimising the seriousness of the situation; it also involves conscious suppression of stressful thoughts and their replacement by self protective thoughts. Examples of this are watching TV, phone up a friend.

Within the stress and coping literature, there is a growing consensus that distinctions may be made between problem-focused, emotion-focused and avoidant coping strategies (Zeidner and Endler, 1996).

- **Problem focused coping strategies-**

Problem-focused coping is aimed at reducing the demands of a stressful situation or expanding the resources to deal with it. For controllable stresses such as college examinations or job interviews, problem-focused coping strategies, which aim to directly modify the source of stress, are more appropriate. Problem-focused strategies attack the problem itself.

- **Emotion-focused coping strategies-**

Emotion-focused coping strategies are appropriate for managing affective states associated with uncontrollable stresses such as bereavement. Emotion-focused coping is aimed at controlling the emotional response to the stressful situation. It is aimed at controlling the emotions towards the stressful event.

- Social support–The quantity and quality of our social relationships strongly affects our health. People with larger social support networks and stronger social bonds with members of their networks have better physical and mental health, fewer illnesses and less depression, recover more rapidly from physical illness and psychological problems, and have a lower risk of death. Perceived social support is the perception that others are available to provide emotional or instrumental assistance if it is required. Supportive relationships are dyadic social bonds from which people can derive emotional or instrumental assistance when required. Collectively an individual’s complete set of supportive relationships constitute their social network.
- Catharsis- This coping mechanism involves sustained exposure to the traumatic memories, and often this is achieved by telling the story of the trauma in a graphic way that allows the events to be re-experienced.
- Crying- There is strong empirical support to show that crying leads to immediate emotional relief and a short-term reduction in tension particularly when it entails positive relationship changes. There is little support for the popular notion that crying following trauma leads to better long-term psychological adjustment and physical health (Vingerhoets and Cornelius, 2001).
- Faith- To cope with external crises and intra-psycho conflict, people may turn to religion as a way of coping. Religious involvement is associated with both physical and mental health.
- Meditation- Whether we are facing a large uncontrollable stress such as bereavement or just the daily round of hassles and challenges of everyday life, one way of coping is to focus our attention on something other than ruminative stress-related thoughts and to actively disengage from these while not denying their existence
- Relaxation- Muscle-relaxation exercises, breathing exercises, visualisation exercises, autosuggestion and bio-feedback have all been shown to be effective for reducing physiological arousal and inducing a physical and psychologically relaxed state.
- Exercise- Regular daily exercise can help us cope with hassles of daily life and has significant psychological and physical benefits. At a psychological level regular exercise reduces feelings of depression and

anxiety; enhances the speed and accuracy of our work; and improves our self-concepts. At a physiological level, in the short term exercise leads to the release of endorphins, which are morphine-like chemical substances produced in the brain, and which lead to a sense of well-being when released. Exercise also promotes fitness. It increases agility and promotes cardiovascular functioning

- Reframing- With reframing we attempt to mentally step out of the old frame and look at our problems within the context of an alternative frame of reference that makes the emotional impact of the problems less severe or finding a solution to the problem easier. The first framing of the problem is pessimistic and the second is optimistic. Optimistic framings are more conducive to psychological well-being than pessimistic framings. Pessimistic framings, particularly those where failures are attributed to oneself, are associated with depression.
- Humor- Humour has been found to aid recovery from illness and surgery. Immune system functioning has also been found to be improved when humour is used to cope with stressful situations. Humour may help us cope by uplifting our sense of well-being through laughter and/or by increasing social support from our immediate social network, since humour elicits social support from others.
- Avoidant coping strategies-
In some situations where time out from active coping is required to marshal personal resources before returning to active coping, avoidant coping may be appropriate. Avoidant coping is more effective for short term stressors. The aim of the avoidant focused coping is to avoid the source of stress. distraction (rather than monitoring) is an effective coping strategy. Evidence from studies of adults and children shows that distraction can be an effective short-term coping strategy for some individuals dealing with painful medical procedures and coping with painful medical conditions. Avoidant coping strategies lead people into activities (such as alcohol use) or mental states (such as withdrawal) that keep them from directly addressing stressful events.

A study was conducted by Simon et al. (1995) to study the effects of childhood sexual abuse for male and female survivors, current coping strategies and current psychological adjustment. The study consisted of 19 male and 59

female survivors of childhood sexual abuse. The result of the study revealed that in response to sexual abuse experienced during childhood, avoidance coping emerged as the most frequently used strategy by both sexes. Although there were no gender differences in current use of problem-focused and avoidance strategies, males related more use of acceptance whereas females utilized more emotion-focused coping.

Another study was conducted by Matud (2004) on gender differences in stress and coping styles. The sample of the study consisted of 2816 people (1566 women and 1250 men). The results of the study indicated that women scored higher than men in chronic stressors and minor daily chores. The study also found that women scored significantly higher than the men in emotional and avoidance coping styles and lower on rational and detachment coping.

Mataud (2004) also conducted a study on gender differences in the coping strategies as a predictor of anxiety and depressive symptoms. The study consisted of 107 participants and the results showed that women scored significantly higher than men in emotional coping styles and scored lower on more rational styles. Also, the women who used less positive reframing had higher levels of depressive symptoms compared with women who used more positive reframing

Carpenter under the supervision of Prentice (2013) conducted a similar study to assess if there are gender differences in coping styles or the differences are due to individual differences in the stress appraisal process. The study included 122 participants (58 females and 64 males). The results showed that women used more emotional focused strategies and maladaptive avoidant based strategies. However, the active problem focused strategy was used identically by men and women.

Objectives of the present study:

- To study the avoidant coping style used by male and female participants during the time of psychological distress.
- To assess the approach coping strategies used by male and female participants during the time of psychological distress.

On the basis of these objectives, following hypothesis were proposed:

H_{o1}: There will be no significant difference in the use of avoidant coping style among male and female participants during the time of psychological distress.

H₀₂: There will be no significant difference in the use of approach coping style among male and female participants during the time of psychological distress.

Method

Participants

The participants of the present study include adult males and females of the age group of 30 years and above. The participants have suffered from a traumatic experience, e.g. financial crisis, severe illnesses, natural disaster etc. the sample was selected through purposive and convenience sampling. Researcher administered the questionnaire on two participants, one male and one female. The sample consisted of 128 participants.

Table 1

Demographic details of the sample used in the present study

Gender	Age Group	No. of Participants	Demographics
Male	Above 30 years	64	Urban population, residing in Delhi NCR
Female	Above 30 years	64	Urban population, residing in Delhi NCR

Tools Used

For the purpose of the present study following tool was used-

The Brief-COPE, developed by Carver (1997), is an abbreviated version of the COPE Inventory. It is a 28 item self-report questionnaire designed to measure effective and ineffective ways to cope with a stressful life event. It is more focused on understanding the frequency with which people use different coping strategies in response to various stressors.

Design

Quantitative method was used to find out the avoidant and approach coping styles used by males and females during the time of distress. Brief COPE was used. The aim of the study was to examine the difference in the avoidant and approach coping styles used by males and females. After the data was collected, the results were analysed using SPSS.

Procedure

Participants from Delhi NCR were approached due to better accessibility and feasibility for data collection. During data collection, participants were given a brief introduction about the study. An informed consent was then taken from them in accordance with the APA ethical guidelines and they were informed that they can withdraw if needed, at any point in time during the study. Confidentiality of the responses and result was ensured. A small conversation was carried out with the participants in order to remove any apprehensions and anxiety before administering the scale. They were then asked to read the instructions carefully and respond to the questions honestly. Any doubts about the scale were answered then and there.

Results

The results of the study were calculated using IBM SPSS version 23. Table 2 shows the mean of males and female on avoidant and approach coping style. Figure 1 shows the mean of males and female on avoidant and approach coping style. Table 3 demonstrates the mean and t scores of Males and females on approach coping skill. Figure 2 is the graphical representation of the mean scores of Males and females on approach coping style. Table 4 depicts the mean and t scores of Males and females on avoidance coping style. Figure 3 is the graphical representation of the mean scores of Males and females on avoidance coping style. Table 5 shows the mean of males and females on the subscales. Figure 4 shows the graphical representation of the mean of males and females on the subscales..

Table 2

Mean of males and female on avoidance and approach coping style

	Approach coping Style (Mean)	Avoidance coping Style (Mean)
Male	35.6406	27.0000
Female	36.5781	23.6563

Figure 1: Mean of males and female on avoidant and approach coping

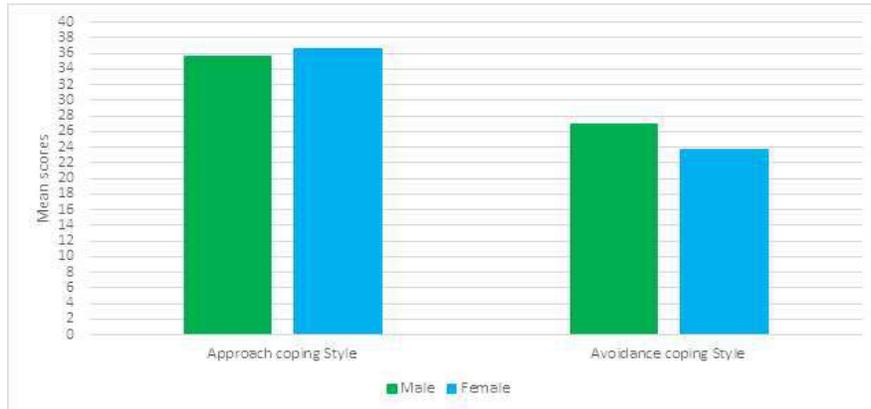


Table 3

Mean and T scores of Males and females on approach coping skill

	N	Mean	Standard Deviation	T score	df	p value
Male	64	35.6406	6.07458	-0.949	126	0.344
Females	64	36.5781	5.05464			

*significant at 0.05 level of significance.

Figure 2: the mean scores of Males and females on approach coping skill.

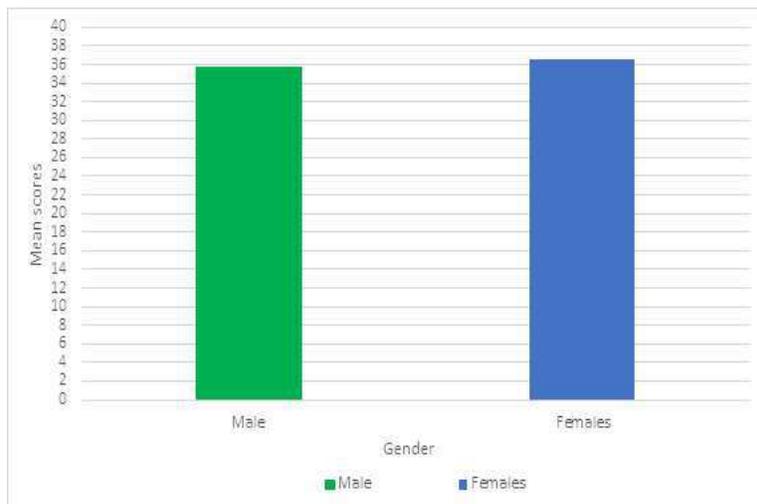


Table 4
Mean and T scores of Males and females on avoidance coping skill

	N	Mean	Standard Deviation	T score	df	p value
Male	64	27.0000	5.85269	3.493*	126	0.001
Females	64	23.6563	4.93841			

*significant at 0.05 level of significance.

Figure 3: the mean scores of Males and females on avoidance coping.

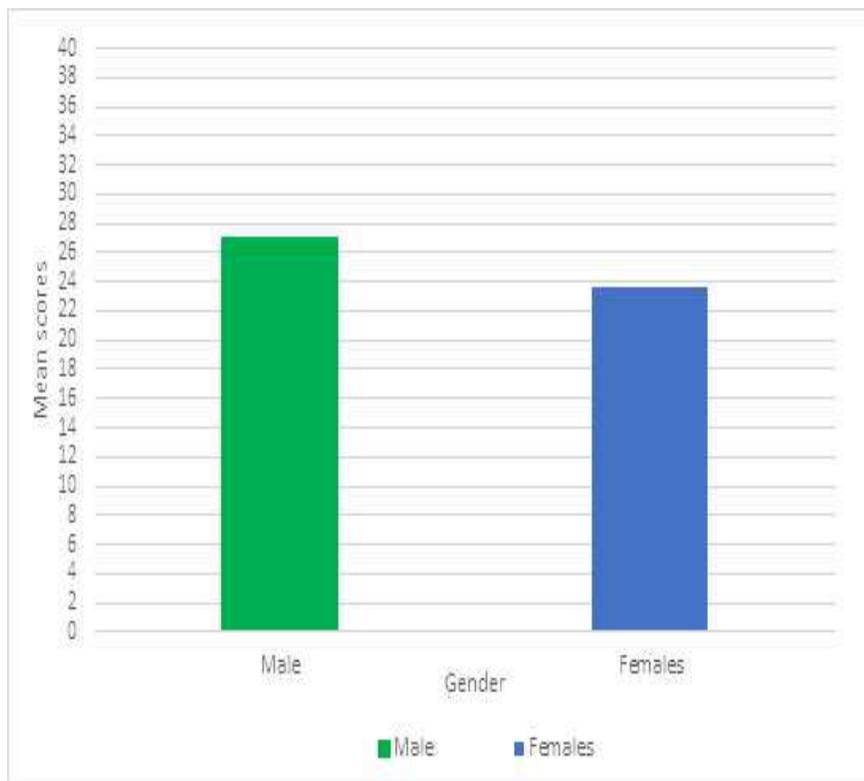
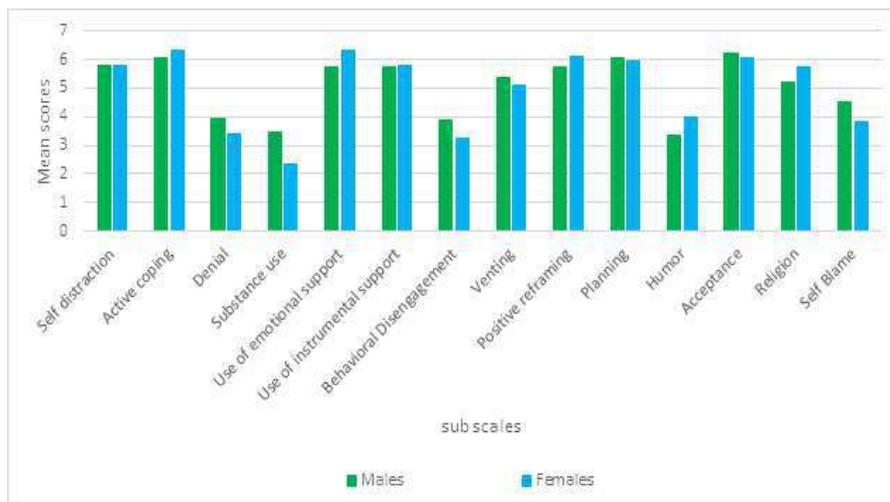


Table 5
Mean of males and females on the subscales

Sub Scales	Males (Mean)	Females (Mean)
Self distraction	5.78	5.81
Active coping	6.07	6.31
Denial	3.95	3.41
Substance use	3.46	2.36
Use of emotional support	5.71	6.33
Use of instrumental support	5.76	5.81
Behavioral Disengagement	3.89	3.25
Venting	5.39	5.08
Positive reframing	5.76	6.12
Planning	6.08	5.94
Humor	3.34	3.98
Acceptance	6.23	6.06
Religion	5.18	5.76
Self Blame	4.51	3.81

Figure 4: Mean of males and females on the subscales



Discussion

The aim of the present study was to examine the difference in the avoidant and approach coping styles used by males and females. The approach oriented coping associated with more helpful responses to adversity, including adaptive practical adjustment, better physical health outcomes and more stable emotional responding. It includes six subtypes such as active coping, which involves taking steps to eliminate problems. In this subtype the mean score of male participants was 6.07 whereas the score of female participants was 6.31. This shows that there is not much difference in the use of active coping among male and female participants. The second subtype is use of emotional support, which involves seeking sympathy from others. In this the male participants scored a mean of 5.71 and the female participants scored 6.32. This shows that this coping style was used more by women than men. The next is the use of instrumental support i.e seeking advice from others. In this subtype, the mean score obtained by male participants was 5.76 and the mean scored by female participants was 5.81. This shows that there is not much difference in the use of this coping style among male and female participants. Another subtype under approach coping style includes positive reframing, which involves reframing stressors in positive terms. In this the male participants scored a mean of 5.76 and the mean scored by female participants was 6.12. This shows that positive reframing was used more by female participants. The next subtype is planning i.e thinking about dealing with the problem. Here the male participants scored a mean of 6.07 and females scored a mean of 5.93, which means that planning as a strategy to deal with problematic situation was used more by male participants. The last subtype is acceptance which involves learning to accept the problem. In this the male participants scored a mean of 6.23 and females scored a mean of 6.06. This also shows that there is not much difference between the two groups of participants.

On the basis of the approach coping style, the first hypothesis proposed was:

Ho: there is no significant difference in the use of approach coping style among male and female participants during the time of psychological distress.

The results obtained in table 2 shows that the mean score of males in approach coping style is 35.64 and the mean score obtained by females is 36.57. This shows that there is not much difference in the use of approach

coping style among both the groups. The value of t critical for df 126 is 1.980. The value of t obtained is -0.949 which is less than the value of t critical at the level of significance 0.05 and the p (0.344) > 0.05. Therefore, we accept the null hypothesis that there is no significant difference in the use of approach coping style among male and female participants during the time of psychological distress. This might be because females, just like males have also started focussing more on attempt to reduce stress by alleviating the problem directly.

The avoidant coping style is a maladaptive coping mechanism, characterized by the effort to avoid dealing with the stressor. It is also associated with poorer physical health among those with medical conditions. It also includes six subtypes such as self-distraction, which involves distracting oneself from thinking about the problem. There didn't appear to be much difference in the use of this strategy among males and females as the male participants scored a mean of 5.78 and the females scored a mean of 5.81. Denial is another subtype of avoidance coping style. In this the individual refuses to believe that the problem is real. The males participants scored a mean of 3.95 whereas the female participants scored a mean of 3.40, which shows there both the groups use this coping strategy almost equally. Another subtype is substance use that involves using alcohol, drugs etc to reduce stress. In this the male participants scored a mean of 3.46 and females scored a mean of 2.35. This shows that substance abuse during stress is more common among males than females; behavioural disengagement, which involves giving up on trying to deal with the problem. In this the male participants scored a mean of 3.89 and the female participants scored a mean of 3.25 which shows that the difference in the use of this coping type among males and females is not much. Another subtype of avoidance coping strategy is venting, in which the individual wants to express his/her feelings to another individual. In this the mean scored by male participants was 5.39 and the mean score of female participants was 5.07. This again shows that both the groups use venting almost equally. And lastly self-blame i.e blaming oneself for the negative outcome even when the situation is not under control of the individual. In this the mean score of male participants was 4.51 and the mean of female participant was 3.80. This shows that the tendency to blame oneself for the negative outcomes was more common in male participants.

On the basis of the avoidant coping style, the second hypothesis proposed was:

Ho: there is no significant difference in the use of avoidant coping style among males and females participants during the time of psychological distress.

The result in table 3 shows that the mean score of male participants in avoidant coping style is 27 whereas the mean score of female participants is 23.65. This shows that there is a difference in the use of avoidant coping style among both the groups. The value of t critical for df 126 is 1.980. The obtained t value is 3.43 which is more than the value of t critical at 0.05 level of significance and the $p(0.001) < 0.05$. Therefore, we reject null hypothesis as significant difference do exist in the use of avoidant coping style among males and females during the time of psychological distress. Males use more avoidant coping strategy than females.

This finding has been supported by research conducted by Matud (2004) on gender differences in stress and coping styles. The sample of the study consisted of 2816 people (1566 women and 1250 men). The results of the study indicated that women scored higher than men in chronic stressors and minor daily chores. The study also found that women scored significantly higher than the men in emotional and avoidance coping styles and lower on rational and detachment coping.

Another study supporting this was conducted by Melendez et al. (2012) on gender differences in coping strategy and the development throughout. The study comprised of 400 participants of 3 different age groups: young adults, middle age adults and elderly people. The results of the study showed that women tend to use more of the emotion focused strategies as they scored higher on negative self-focus, overt emotional expression, religion, avoidance and social support.

Another study in its support was given by Simon et al. (1995) to study the effects of childhood sexual abuse for male and female survivors, current coping strategies and current psychological adjustment. The study consisted of 19 male and 59 female survivors of childhood sexual abuse. The result of the study revealed that in response to sexual abuse experienced during childhood, avoidance coping emerged as the most frequently used strategy by both sexes. Although there were no gender differences in current use of problem-focused

and avoidance strategies, males related more use of acceptance whereas females utilized more emotion-focused coping.

Apart from these subtypes, religion and humor didn't appeared either as approach or avoidant focused coping style. However the mean score obtained by male participants in religion i.e the tendency of an individual to use faith for support, is 5.18 and the mean obtained by female participants was 5.76. This shows that there is not much difference in the use of religion as means of coping from stressful situation among male and female participants. Another coping strategy is humor, which refers to seeing stressful situation in a humorous light. In this the male participants scored a mean of 3.34 and the female participant scored 3.98. This again shows that both male and female participants used this coping strategy almost equally.

The total individual score obtained by male participants in approach coping style was 29. He scored a 5 in active coping, 4 each in use of emotional and instrumental support followed by 5 in positive reframing, 6 in planning and 5 in acceptance whereas, the total score obtained by female participant in approach coping style was 31. She scored a 5 in active coping followed by 5 in emotional support, 4 in instrumental support again a 5 in positive reframing and 6 each in planning and acceptance.

In avoidant focused coping style, male participant scored a total of 29 i.e. 7 in self-distraction, 4 each in denial, substance abuse, behavioural disengagement and venting and a 6 in self-blame whereas, the female participant scored a 31 in avoidant coping style i.e. 7 in self-distraction, 4 each in denial, substance abuse and behavioural disengagement followed by a 6 in venting and self-blame.

Conclusion

The purpose of the study was to examine the difference in the use of approach and avoidant coping styles among male and female participants and to find out as to how many participants were aware about taking professional counselling during the time of distress and how many of them actually took the help of it. The results show that there is no difference in the use of approach focused coping style among male and female participants. However, the use of avoidant coping style was more common among the female participants.

Limitations of the present study: There were certain limitations, such as due to time constraint the sample size selected was small. Since the sample size was small, we cannot generalize the results on the population. The scale administered to collect data was a self-report measure, therefore it is possible that participants might have given socially desirable responses. The sample size can be increased to enhance the generalizability of the findings.

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3

IMPACT OF STRESS AND STRESS MANAGEMENT – GUIDELINES FOR MANAGEMENT OF STRESS

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Introduction

“Set of techniques and programs intended to help people deal more effectively with stress in their lives by analysing the specific stressors and taking positive actions to minimize their effects” (**Gale Encyclopaedia of Medicine, 2008**).

“**Stress**” we know it, experience it and sometimes, put up with it. Indeed Stress is a part of our day today life. According to Selye , stress is the nonspecific response of the body to any demand made upon it. Stress is a natural feeling of not being able to deal with specific situation. However, stress can become a repetitive condition if a person does not develop skills to cope with the situations. Stress may be detrimental to physical and psychological health if it is prolonged and severe. Stress is everywhere in today’s world, but how it is handled can make all the differences. Stress isn’t always bad. A little bit of stress can help you stay focused, energetic and able to meet new challenges in the life. Eustress

(good stress) influences positively by making life rewarding, challenging and energizing. Distress (bad stress) affects individuals negatively if not managed effectively. Stress is believed to be one of the major factors negatively affecting our health. High stress levels have shown to be strongly associated with many physical and emotional problems, such as cardiovascular disease, chronic pain, anxiety disorders, depression, burnout, and addictions (American Psychological Association [APA], 2017; more. Therefore, there remains a strong relationship between these stress-related health problems and higher absenteeism at work (UK Health and Safety Executive,2016). To cope with stressors, millions of people around the world use tranquilizing medication, which is associated with numerous contraindications and negative side effects (e.g., Youngstedt, & Herring,2015 etc.). Because of the difficulty of reducing or preventing stress without any professional support and the great demand for non pharmacological stress reduction interventions, the relevance of the development of cost-effective interventions for stress reduction is high (Brennan, & Schutte,2005; World Health Organization [WHO], 2010 etc.).

What is stress?

Stress is the “psychological, physiological and behavioural response by an individual when they perceive a lack of equilibrium between the demands placed upon them and their ability to meet those demands, which, over a period of time, leads to ill-health” (Palmer, 1989).

Symptoms of stress

- Difficulty sleeping;
- Weight gain or weight loss;
- Stomach pain;
- Irritability;
- Teeth grinding;
- Panic attacks;
- Headaches;
- Difficulty concentrating;
- Sweaty hands or feet;
- Heartburn;
- Excessive sleeping;
- Social isolation;

- Fatigue;
- Nausea;
- Feeling overwhelmed;
- and obsessive or compulsive behaviors.

Why is stress helpful?

In the ancient time, stress was one of our friends. It was a protective mechanism which warned us of danger; and a natural reaction which told us when we have to run. This response is now referred to as the “fight or flight” response, or the “stress response.” When your developmental forefather saw a saber-toothed cat and ran from it, stress saved their life. Stress has remained part of the metamorphic trip because of its usefulness in endurance. When used at the right time, stress increases our awareness and improves physical performance in short bursts (Van Duyne, 2003).

Why is stress harmful?

Monotonous exposure of the stress response on our body is turn out to lead to incurable psychological and physical health issues; these include cardiovascular disease, diabetes, anxiety and depression (“How Does Stress Affect Us?” 2016).

A very beautiful story wanted to share with everyone.

Once, Krishna and Balram were walking through a dense forest. It was a scary forest full of fierce animals and demons. Suddenly a demon came before them. Balram was petrified seeing a demon and asked fearfully, “Who are you?” The demon answered, “I am a demon the size of your fear.” Hearing this Balram was even more scared and the demon grew bigger. The bigger he grew the more scared Balram was. Seeing him grow Balram fainted. Then demon turned his attention to Krishna. He said, “I am demon the size of your fear.”

Krishna looked at him nonchalantly and started playing his flute. The demon grew smaller and smaller and he disappeared. When Balram got up he was surprised to see this, and he realized his mistake.

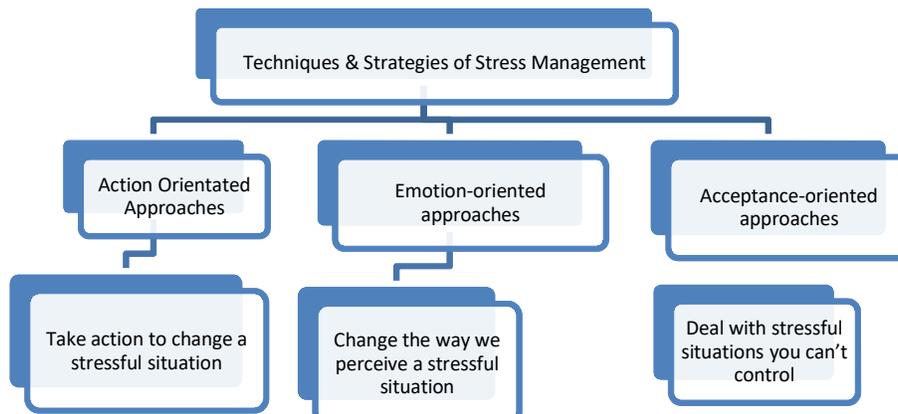
It’s time to let our faith win over fear. It’s not stress that kills us; it is our reaction to it.

We should always remember that ‘*Nothing is Permanent in this World,*

not even our Troubles.’

To de-stress yourself it important to know the cause of Stress like loss of jobs, divorce, increase in financial obligations, illness / injury or the death of a relative or friend are the most common causes of stress.

Techniques & Strategies of Stress Management



Action- Orientated Approaches

Nelson & Hurrell has said, “*Stress is inevitable, distress is not*” These are the approach which is based on the action which are taken to change a stressful situation. These approaches also allow changing the stressful situation. Some of them may be defined as under:

- o **Understand your stress**
One must understand one’s stress due to being different for everybody. We may prepared better and reach our stress management tools if we are able to understand our stress type.
- o **Identify your stress sources**
One must identify its stress sources so that he may be able to work on it and change the various potential triggers.
- o **Be resolute**
Basic key for being the resolute is transparent and effectual communication. If we are resolute, we will be able to ask ourselves about our need and wants along with the explanation about the bothering things. We may do this in a fair and firm manner at the time when we

have sympathy for others. Once if we identify what we have to communicate, we may be able to stand up ourselves and be enthusiastic to alter the stressful situation.

o Reduction in the noise

One should make some time for remaining the quiet each day by switching off all the technology, screen time and constant stimuli. In that condition we will feel those things which seem most urgent, has become less important. We will have a to-do list in such a situation. Indeed recharging is the most effective manner to tackle the stress smoothly.

o Time Management

If we do not care about our time, it will consume all the time and we will be much busy due to unsystematic working. Hence we must not only prioritize but also organize our task so that we may lead a less stressful and enjoyable life.

o To Create healthy boundaries

We must set up our boundaries which are indeed a internal set of rules. It describes our behavior, our acceptance and non-acceptance, time and space required from others and most important our priorities. Healthy boundaries are a need to live a stress-free life.

o To give the rest to your head (mind)

We must not grapple with our racing thoughts every time. Hence we sometime need a break. To distract ourselves, we should watch a movie, or make a phone call or catch up with a friend, or go for a walk or do something positive that you know that they will give some rest to your mind.

Approaches based on Emotion

These types of approaches are adopted to change the method of recognizing the stressful situations. In the words of William James, *“The greatest weapon against stress is our ability to choose one thought over another”*. Some of them may be described as under:

o Conclusive pronouncement and symbolism Affirmations and

imagery

Indeed the power of affirmative procurement and symbolism increase the positive emotions as proven scientifically. When we think about a positive experience, our brain will certainly perceive it into a reality. Therefore, we must replace those negative thoughts with positive statements and challenges along with changing the way we see and experience the world.

- o *Restructuring Cognitive Technique*

This technique was developed by Dr. Albert Ellis, psychologist in the mid-1950. It is the technique to understand the negative emotions along with challenging the sometimes incorrect beliefs which cause them. This technique is a key component of CBT (Cognitive behavioral therapy).

- o **ABC Technique**

This technique was originally developed by Dr. Albert Ellis, psychologist but later on it was adopted by Martin Seligman. In this technique A stands for – adversity or stressful event and B stands for – beliefs or the way of responsiveness and third words C denoted – consequences, the result of one’s beliefs which leads the actions and outcome of that events. Indeed, if we have optimistic our beliefs, we will have more positive the outcome.

- o **Implementation of healthy stress management strategies**

One should take care and remain mindful regarding the unhealthy coping behaviors so that he may pull out them for a healthy option. In case of heavy stress one must practice for meditation or call a friend so that he may be able to switch out from the present stressful situation. As said by The American Psychological Association, “switching out one behavior at a time is most effective in creating positive change.”

- o **Make self-care a priority**

When we make time for ourselves, we may be able to put our well-being before others. Although it may feel selfish to start, it may be like the airplane analogy i.e. we must have our self oxygen mask on if we wish to help others and assist others. It will be the simplest way to increase well being e.g. enough sleep, food, downtime and exercise are some of them which are generally overlooked by us. Indeed, *Self-care is group-care.*

Approaches based on Acceptance

Such approaches are useful in stressful situations which may not be controlled by us. Epictetus, the Greek Philosopher had it right when he said: *“Men are disturbed not by things but by the views they take of them”*

- o **Healthy Diet and routine Exercise**

It is truly said “Jaisa Khaya Ann Waisa Hua Mann”. Certainly we become as we eat so we must take a balanced and healthy diet. If we take simple diet it will reduce alcohol, Caffeine and sugar intake so anxiety will certainly be reduced. Another way to pull down the stress is exercise. It will also be effective as antidepressants to relieve mild depression.

- o **Relaxation through Meditation and physical relaxation**

We must do such activities to relax our body through deep breathing, yoga, guided visualization, and guided body scans.

- o **Framing Flexibility**

Elasticity is our ability to overcome from stressful and/or negative experiences. Indeed, volatile people are skilled to accept the occurred situation because they learn from what transpired and they move on.

- o **Talk it out**

We must not hold all the worries so we should not hold it all inside our self and we should get the things write down and should discuss these things to someone close to us. Therefore, we may be able not only to cut them in half but also give a possibility to laugh at budding ludicrous situations. Certainly various worries sound a lot but less alarming when we say them lustily. If anyone feels uncomfortable to share them, he may either write them down on the note book to release them easily or he may engage himself with an independent professional. There are a lot of luxury services including free services available, which may be quickly Google by anyone to find the service available in his city.

- o **Sound Sleeping**

Sound sleep is not only a fundamental need but also a best possible way to recharge and deal with our stressful situations. Although it may vary from individual to individual how much sleep is required to an individual? Normally an uninterrupted sleep of approximate hours is treated a good night sleep.

v **Take the support to reduce the stress**

If we feel overwhelmed, we should go to our friend or family member to whom we can talk easily. We may also speak with a healthcare professional to reduce our stress by learning the healthier coping strategies.

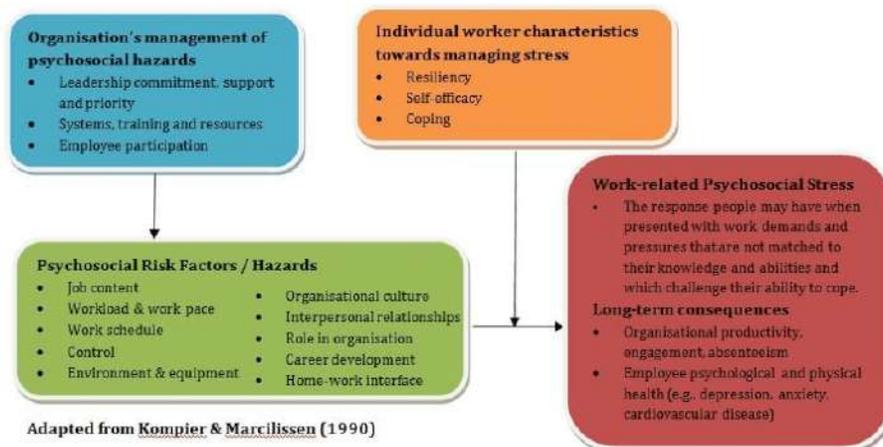
Stress management advantages

<u>To the organisation</u>	<u>To the employee</u>
A well managed health and safety programme	A safe and healthy work environment
A positive and caring image	Enhanced self-esteem
Improved staff morale	Reduced stress
Reduced staff turnover	Improved morale
Reduced absenteeism	Increased job satisfaction
Increased productivity	Increased skills for health protection
Reduced health care/insurance costs	Improved health
Reduced risk of fines and litigation	Improved sense of well-being

Source: WHO 2018

Causes of stress at workplace

The most and least stressful job report for 2018, conducted by Career Cast revealed that the top most stressful jobs of the year were Enlisted Military Personnel, Firefighters, Airline Pilots, and Police Officers. The least stressful jobs were Diagnostic Medical Sonographer, hair stylist, audiologist, and University professor (“Career Cast Rates Least and Most Stressful Jobs for 2018,” 2018).



Symptoms relating to workplace stress

Symptoms relating to workplace stress may be described as physically (e.g. headaches, or stomach twinge, pains or lethargy or eating, and sleeping interruptions etc), cognitively (e.g. trouble with intensify, thinking, remembering and decision making etc), and emotionally (e.g. hectic, nervous, upset, feeling down etc).

Adopting Prevention to avoid workplace stress

There must be healthy relationship between employee and the employer. Hence we must adopt the organizational change and individual stress management to avoid the stress at the workplace. A company must adopt all or some of the following suggestions to manage the stress or minimize the stress among employees: -

- o Company should promote rest, leave and breaks;
- o Exercise and meditation should be encouraged within along with outside of work hours;
- o Workload should be according to their abilities and resources in line with workers;
- o Stimulation and opportunities should be provided for workers to use their skills;
- o By social interactions opportunities should be created to boost up the morale of workplace;
- o Workers' roles and responsibilities should be expressly set out to avoid any confusion;
- o Participation in decision making should be encouraged to affects individuals roles;
- o Open communication should be encouraged;
- o No tolerance policy should be established to reduce or abolish workplace discrimination;
- o An external consultant may also be engaged to suggest a new and fresh approach to any existing issues;
- o Family-friendly policies should be adopted to encourage work-life balance;
- o Training should also be provided for workplace stress management.

Individual strategies for stress management:

- o Everyone should determine the real deadlines;
- o Everyone should take a lunch break for taking proper intake;
- o Everyone should go home well in time;
- o Everyone should avail his holiday leave;
- o Everyone should leave work at work place and don't do that at home;
- o Everyone should take participation in workplace functions;
- o Everyone should try to establish open as well as professional communication;
- o Everyone should give proper respect to his in line and senior employees;
- o Everyone should not tolerate any type of discrimination so he must report any instances;
- o Everyone should sign up for workplace training programs to develop & improve his skills;
- o If needed, we should seek therapy not only to manage and develop skills to cope with workplace stressors but also to develop a healthy work-life balance along with creating time for exercise.

Conclusion:

Importance of interventional strategies is now growing continuously and needed at organizational level. Stress may be reduced by adopting the suitable steps by the companies in the right direction. Indeed a stress-free employee may perform better, feel happier, work harder along with the long term commitment with the organization as compared to stressful employee. Undoubtedly, there is a direct and affirmative relationship between stress and Yoga, Meditation and Soothing humor. Indeed, Meditation, yoga and normal humor is beneficial for healthy health. It gives peace of mind, relaxation and serenity. People who practice meditation daily remain less absent from their work. Because Physical yoga, make fit to the body. As it is known to us, "healthy mind lives in healthy body" hence fit employee force, undoubtedly are more productive. Job satisfaction and proper job involvement of the employee will results in less attrition rate of the company. Soothing humor will certainly assist in enjoyable atmosphere among all team mates. From the study it can be clear that organization are free to implement even some new innovative practices for

Stress Reduction activities like Fun Friday, Team Building, Team Outing, Yoga & Meditation, Social Dance, and Healing through Music, Themed Events, Annual Days Festival Celebration Award Ceremonies, Important Corporate Events, Annual Days, or any occasion that requires a professional touch to ensure things go just the way you planned.

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4

IMPACT OF STRESS ON HEALTH

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Introduction

Everyone experiences stress to some degree. The way you respond to stress, however, makes a big difference to your overall well-being. Sometimes, the best way to manage your stress involves changing your situation. At other times, the best strategy involves changing the way you respond to the situation. The human body is designed to experience stress and react to it. Stress can be positive, keeping us alert, motivated, and ready to avoid danger. Stress becomes negative when a person faces continuous challenges without relief or relaxation between stressors.

LITERATURE REVIEW

Stress is a much talked about word in today's time whether or not the seriousness with which to avoid it and to deal with it, is adequate in organizations. Stress today affects almost all in some way or the other. Organisations are

group of people and therefore they cannot remain unaffected. If the literature review is of any indication, stress emerges as a key concern in the business world today.

In the lives of most individuals stress has been identified as a constant condition. Stress affects the life and functioning and therefore there has been an importance of stress as a research topic (Abdollahi, 2002). In addition, Selye, (1956) has been recognised and credited by many researchers as defining the term stress in the context it is presently used (Oxington, 2005). Selye has been quoted by Oxington in *Psychology of Stress*, saying that there would be no life without stress. According to Oxington, stress is an inevitable result of life. Stress has been defined and described by many researchers (Lazarus & DeLongis, 1983; Oxington, 2005; Sapolsky, 2004; Selye, 1956; Storch & Panzerella, 1996). Sapolsky defined stress in his book, *Why Zebras Don't Get Ulcers* (2004): "A stressor is anything in the ourworld that knocks you out of homeostatic balance and the stress response is what your body does to re-establish homeostasis" Sapolsky, (2004) also has explained how anticipation of a stressful event can become a source of stress. Surprisingly, the body reacts in the same predictable way to an actual stressing event as it would to an anticipated stressing event (Sapolsky, 2004). Commonly accepted definitions of stress have also been provided by earlier researchers, such as (Selye, 1956; and Lazarus & DeLongis, 1983). Oxington, (2005) further elaborated on the works of Lazarus and DeLongis. Oxington considered stress to be the body's physical reaction to a situation that is disagreeable. He described how different events cause different degrees of stress; for example, missing the bus or train or waiting in a relatively long queue can cause mild stress, which according to (Lazarus & DeLongis, 1983), would be considered daily hassles. The death of a loved one or loss of a job can cause severe stress, making this type of life changing event a life event, according to (Lazarus & DeLongis, 1983). Stress can also have diverse sequential durations, such as acute and chronic stress. According to Oxington, (2005), chronic stress includes stress that is not short term. Health concerns, lingering problems and financial difficulties may be sources of chronic stress. Acute stress on the other hand is caused by a reaction to a short-lived, urgent threat. This threat can either be real or perceived (Violanti, 1983).

Types of Stress

Stress can be defined as any type of change that causes physical, emotional or psychological strain.

Eustress: This type of stress is fun and exciting. It's known as a positive type of stress that can keep you energized. It's associated with surges of adrenaline, such as when you are skiing or racing to meet a deadline.

Acute stress: A very short-term type of stress that can either be positive or more distressing. This is the type of stress we most often encounter in day-to-day life.

Episodic acute stress: Acute stress that seems to run rampant and be a way of life, creating a life of relative chaos.

Chronic stress: Stress that seems never-ending and inescapable, like the stress of a bad marriage or an extremely taxing job. Chronic stress can also stem from traumatic experiences and childhood trauma.

Body response

Stress can trigger the body's response to a perceived threat or danger, known as the fight-or-flight response. During this reaction, certain hormones like adrenaline and cortisol are released. This speeds the heart rate, slows digestion, shunts blood flow to major muscle groups, and changes various other autonomic nervous functions, giving the body a burst of energy and strength.

Impact on body

Stress isn't only a feeling. "Stress isn't just in your head," Winner says. It's a built-in physiologic response to a threat. When you're stressed, your body responds. Your blood vessels constrict. Your blood pressure and pulse rise. You breathe faster. Your bloodstream is flooded with hormones such as cortisol and adrenaline. Here we discuss some of the most significant health problems related to stress.

Skin problem-Skin skin problems like acne, psoriasis,eczema,dermatitis, random breakouts and skin rashes.

Stomach problem-Stomach can cause peptic ulcer disease IBD, IBS,food allergy stomach cramps, reflux nausea and weight fluctuations.

Pancreas disease-Pancreas result in elevated secretionof insulin which if

chronic lead to diabetes damage arteries and obesity.

Effect on immune system-Immune system suppressed effectiveness of the immune system to bottle and recover from illness. leads to high levels of inflammation in the body, which cause a variety of chronic health condition.

Head disease-Head issue with mood, anger, depression, irritability, lack of energy, concentration problems, anxiety and panic attacks.

Heart disease-Heart increased blood pressure, fast heart beat, increased risk of heart attack and stroke, and higher cholesterol.

Intestine problem-Intestine decreased of nutrients absorption decreased enzymatic output, increased risk for inflammatory bowel diseases, diabetes and more.

Problems related to reproductive system-Reproductive system decreased testosterone and estradiol production leading to reduced fertility. Dampening of sexual behavior and loss of sexual drive.

Joints and muscles problem-Joints and muscles aches and pains, inflammation, tension, lowered bone density (propensity for osteoporosis) tightness in the shoulders and back.

Problems related brain and nervous system-Brain and nervous headache, feeling of despair, lack of energy, sadness, nervousness, anger, irritability, trouble concentrating, memory problems, difficulty sleeping, mental health disorder (anxiety, panic attack, depression etc).

Others problems-Other aches and other skin problems, muscle aches and tensions, increased risk for low bone density and weakened immune system (making it harder to fight off or recover from illness).

Premature death. A study looked at the health effects of stress by studying elderly caregivers looking after their spouses — people who are naturally under a great deal of stress. It found that caregivers had a 63% higher rate of death than people their age who were not caregivers.

Causes of Stress

Everyone has different stress triggers. Work stress tops the list, according to surveys. Forty percent of U.S. workers admit to experiencing office stress, and one-quarter say work is the biggest source of stress in their lives.

Physical cause-extreme environmental conditions such as temperature ,humidity or noise.

Physiological cause -Physiological physical conditions like fatigue, lack of sleep,missed meals illness.Physiological cause are divided in two parts-

External Physiological cause-work-: Work challenging work environment overwhelming workload having a high risk job working under dengerous conditions daily long commute to work

Life changes-Life changes joining a new office or a new school shifting to a new house marriage motherhood etc

Relationship -Relationship abusive unhappy marriage.

Social Acceptance-

- Social norms
- Discrimination
- Appearance

Internal Physiological cause-

Fear-

- Fear of public speaking
- Fear about disaster.

Cynicism-

- How do you view a situation?
- Negative self talks
- Worry

Perfectionism-

- Unrealistic expectations

Top five causes of stress-

1. job pressure: co worker tension, bosses, work overload
2. Money:loss of job,reduce retirement, medical expenses
3. Health:health crisis, terminal or chronic illness
4. Relationship: divorce, family death,fighting, loneliness.
5. poor nutrition:poor nutrition, caffeine, processed food,refined sugar.

Stress effects on Health-

- Stress effect your health 75-90%of all doctor visit are for stress related

ailments and complaints

- Stress effects health problems such as headache high blood pressure, heart disease ,diabetes, skin conditions, asthma, depression and anxiety
- 54%say stress and anxiety affects their ability to rest and sleep.

Symptoms of stress-

Once a source triggers stress, various symptoms emerge unless the person uses effective coping skills to manage the problem. The most common symptoms of stress and the percentage of people who experienced them include:

- « Irritability and anger: 45 percent of people
- « Fatigue or low energy: 41 percent
- « Lack of motivation or interest in things: 38 percent
- « Anxiety, nervousness or worry: 36 percent.
- « Indigestion, acid reflux or upset stomach: 26 percent
- « Muscle tension: 23 percent
- « Appetite changes: 21 percent

Worldwide Impact of Stress

While stress is a significant problem in the U.S., the rest of the world is not immune to its harmful effects. Stress is a global problem with:

- 91 percent of Australians feeling stressed about one or more important parts of their life
- About 450,000 workers in Britain believing their stress was making them ill
- 86 percent of Chinese workers reporting stress
- 89 per cent of India’s population suffering from stress; most don’t feel comfortable talking to medical professionals.

Cost and Impact of Stress

Every day, people stay home from work, miss school, go to the doctor or even die because of the effects of stress. It’s estimated that American employers spend \$300 billion every year on health care and lost work days linked to stress. Up to 80 percent of workplace accidents come from stress or stress-related problems, like being too distracted or tired.

Conclusions

At times, stress is a helpful tool capable of boosting energy and attention. Most of the time, though, stress is a negative force in a person's life that triggers a host of unwanted effects. Stress is a nearly universal human experience, so every person can benefit from learning about the condition. By understanding just how widespread and harmful stress is, a person can begin to take action against its effects.

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5

IMPACT OF STRESS ON EDUCATIONAL ISSUE

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Introduction: Stress arises when the combination of internal and external pressures exceeds the individual's resource to cope with their situation. For many young adults, college and school are the best time of life. These critical years can also be undermined by depression, anxiety, and stress. Students who do not cope well with stress have a very drastic effect in their studies and behavior. *Educational stress is also called as academic stress and defined as discomfort and anxiety that is caused by different troubles of academic learning experience.* Today's students may be more stressed than ever before. In fact, the 2015 American College Health Association National College Health Assessment found that 85.6 percent of students had felt overwhelmed in the past year. The main aim of the study was to assess the educational stress.

Review of Literature-

Putwain (2007) studied the academic stress and anxiety in students. That is, academic stress in school children and how it may affect emotional well-being, health and performance on school assessments. In many cases stress is

being used to refer to the properties of a stimulus (e.g. an examination) and in other cases to the subjective experience of distress. Shannon and Elizabeth (2008) investigated the relationships among stress, coping, and mental health in 139 students participating in an International Baccalaureate (IB) high school diploma program. Results showed that students in an IB program perceived significantly more stress than a sample of 168 of their general education peers. Hystad, Eid, Laberg, and Johnson (2009) explored capacity of personality hardiness to buffer the relationship between academic stress and health. Results showed that hardiness was negatively associated with both academic stress and number of health complaints, and showed that hardiness moderated the association between academic stress and health. Leung, Yeung and Wong (2009) examined the role of paternal support in the relation between academic stress and the mental health of primary school children in Hong Kong. The participants of this cross-sectional study were 1,171 fifth and sixth graders. The results indicated that academic stress was a risk factor that heightened student anxiety levels and that parental emotional support was a protective factor that contributed to better mental health among children. However, parental informational support delivered to children during times of high academic stress appeared to heighten student anxiety levels.

School Climate dimensions:-The National School Climate Center (NSCC) (1996) defines school climate as the quality and character of school life. School climate constitutes patterns of students', parents' and school personnel's experience of school life and reflects norms, goals, value interpersonal relationships, teaching and learning practices, and organizational structures. Schools differ in their climate and this climate has definite role in determining the well-being and happiness of students. When we notice considerable difference in the educational stress levels of students studying in government, aided and public schools there is enough reason to trace for its causes in the school climate of those schools.

Statistics of stress:-

Worldwide, 80% of college students have stress after exam, papers, problem sets, and other assignments

According to The American Institute of Stress:

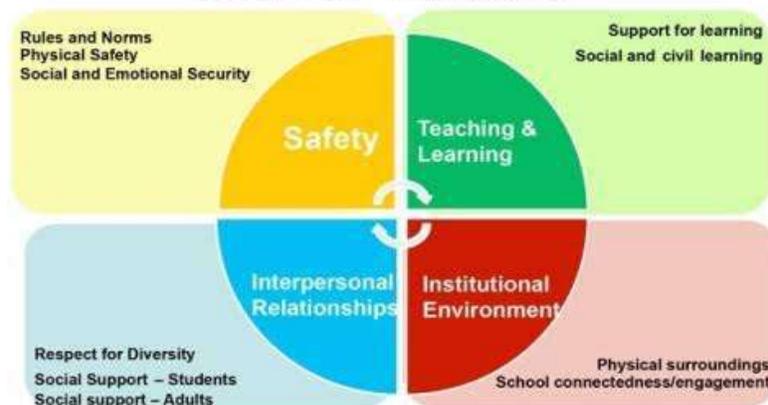
« About 33 percent of people report feeling extreme stress

- « 77 percent of people experience stress that affects their physical health
- « 73 percent of people have stress that impacts their mental health
- « 48 percent of people have trouble sleeping because of stress
- « Unfortunately, for about half of all Americans, levels of stress are getting worse instead of better.

The Global Organization for Stress reports that:

- « 75 percent of Americans experienced moderate to high stress levels in the past month
- « Stress is the number one health concern of high school students
- « 80 percent of people feel stress at work.

4 Essential Dimensions of School Climate



CAUSES OF SCHOOL STRESS FOR STUDENTS:-We already know many students—from elementary school to high school—experience stress at school.

1-Exam load- In every class there are variety of types of students. In this environment many students worry about getting a good grade or simply making time to study if there is more than one upcoming test or exam load.

2-Enough homework- Homework can be improve understanding, study skills and attitudes towards school but lot of homework can result in lack of headaches and different types of anxieties ,which can be a result of stressful life as When your child is worried or frustrated by homework, it makes it harder

for him or her to complete assignments.

3-A lot of workload-Students have always been perceived as stressed individuals due to amount of academic workload (workload like tutorial class ,test ,exam,examination quiz ,project report ,and practicals are under academic session) they bear.

4-Lack of organization Students with poor organizational skills tend to experience more stress in school. If a child lacks the identity and skills to achieve the goals he has set to himself, he feels inadequate. Repeated failures result in emotional tension.

5-Participating in class For many children, the thought of getting called on in class and speaking in front of their classmates can be terrifying. This can be particularly true if your child struggles to keep up in a subject or area (common examples are math and reading).

6-Lack of support-Lack of support of parents is a big part of student stress.If parental expectations are beyond the child's potentialities, the children becomes upset and fulfilled by stress. Cultural pressure to achieve success. Boys tend to set their levels of aspiration higher than girls. The result is that they experience more threats of failure

7-Environmental causes: The environment in which the child grows up plays an important role in his emotional experiences. Parents attitude also are responsible for child's emotionally. These are more common if the parents neglect them, who are always at work for a large part of the day, who are over anxious

8-Alternative lifestyle or irregular time table-Irregular time table can be major source of stress in student life as not getting enough sleep makes it difficult for student to concentrate effectively, so he or she is not able to perform well in class.this can lead felling of stress.

9-Changes to routine A healthy routine help the student to live a joyful day.When changes to the daily routine , your child may find it more difficult to manage his or her time, leading to more stress.

Positive aspects of stress on students-"Too little produces a bland, dull meal; too much may choke you," said Donald Tubesing about spices. You'd be surprised to know that the same saying can be applied to stress too! Stress is so much like spice - in the right proportion, it enhances the flavor of a

dish.

Playing a game in the classroom, conducting a science experiment, and preparing a report in time to meet a deadline are examples of the eustress that your students might experience. There's a rush of adrenaline, but students are in no danger. The stress is positive and short term. It's even exciting.

Eustress is the fuel for personal motivation. It can help students make decisions and improve their academic performance.

Making the best of stress-One of the most effective ways your students can deal with stress is by developing a growth mindset. When your students believe that they can develop their skills and intelligence, they are practicing a growth mindset. To them, setbacks are temporary, and they represent an opportunity to find other solutions.

Eustress helps students work harder on the next assignment if they received a bad grade on an earlier one. Students who don't use growth mindset techniques, however, are more likely to stop seeking solutions and accept the bad grade. Your students need your support in handling stress. Teach students about eustress so they can recognize it and use it to their advantage. If, however, stress impedes academic performance, it's time to get additional support from counselors or other professionals.

Negative aspects of stress on students

-Stress Decreases Sleep Quality-There is a link between stress levels and poor sleep. According to the Anxiety and Depression Association of America, 70 percent of those who report persistent stress have trouble sleeping. The National Sleep Foundation reports teens need at least eight hours of sleep to function at peak performance, yet only about 15 percent of teens get an adequate amount.⁴ Poor sleep makes stress management more difficult, while also negatively impacting concentration, learning, listening, memory and problem-solving.

Stress Makes Students AngrierStress may be the culprit of students who are prone to bullying others. The Mayo Clinic reports stress increases feelings of irritability and anger, which increases the likelihood for angry outbursts and social withdrawal. Besides directing anger at other students, students who are stressed may be resistant to following school guidelines and respectfully engaging with instructors. They may also exhibit disrespectful behavior online.

Their focus on anger may cause overall work to suffer.

Stress Worsens Grades-When a student is stressed and preoccupied, it takes over their ability to focus during lectures or studying. Stress may even cause students to drop out of school or drop classes. The 2010 American College Health Association National College Health Assessment reported more than 25 percent of students say that stress lowered their grades or ability to finish a course.

For students experiencing stress at home, attending to schoolwork may not be a top priority. As research shows, stress exhibited by instructors directly increases the stress levels of students while in the classroom. Stressors may pop up at any moment to disrupt learning and concentration. It's vital for educators to recognize the significant impact stress has on teens and young adults, and work to create a supportive and calm educational environment. School administrators who want their students to succeed academically should conduct regular check-ins with students and direct students to counselors and mental health programs when necessary and educate families about the negative impact of stress on students.

Conclusion-Stress is neither good nor bad. It is simply the body's response to a situation in which the body is trying to protect you. It can be overwhelming if a person is not equipped to deal with stress, or uses methods which are more harmful than beneficial. Stress can help provide a person motivation to meet challenges in the environment or a person's life. Stress arises when the combination of internal and external pressures exceeds the individual's resource to cope with their situation. For many young adults, college and school are the best time of life. These critical years can also be undermined by depression, anxiety, and stress. Students who do not cope well with stress have a very drastic effect in their studies and behavior. People think they know about stress and its hazards, but without understanding the facts and statistics surrounding stress, a person cannot fully grasp its effects.

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6

IMPACT OF COVID-19 ON RELATIONSHIPS AND OTHER ASPECTS OF LIFE

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INTRODUCTION

Crisis is the period of sudden negative transition in an individual's life. Some people see it as a challenge, they change, learn and grow. Others see it as a threat, those who see it as a threat are vulnerable to go into crisis. They are unable to come out of it, they experience disorientation, strong and conflicting emotions such as Anxiety, depression and tension, they need professional intervention. People apply automatic coping resources to come out of crisis. Generally people come out of crisis without any professional help. When their thinking becomes illogical, confused and fragmented and affects the feeling, thought and behaviour. It becomes important to restore the confidence of the person in his coping capacities as well as to assist in new coping skills. In short, we can say that crisis is a state of confusion, disorientation, conflicting internal and external state, psychological distress and discomfort.

There are three types of crisis .

- o Developmental/ Maturational Crisis
- o Situational Crisis
- o Existential Crisis

Developmental/ Maturational crisis

Erickson talks about 8 stages of human development. Each stage is transition for an individual . it represents a conflict to be resolved. Strength and skills are developed at each stage. If any stage is not resolved successfully, person is vulnerable to go into crisis. Erickson has suggested that successful resolution promotes healthy development.

Existential Crisis

This is inner conflict rather than outside stressor. People try to find meaning, sense of purpose and personal freedom in their life. Spirituality is an important aspect of existential crisis. People question their sense of their belief, feel sense of loss and less enjoyment.

Situational Crisis

It takes place when sudden unpredictable , uncontrollable event takes place such as

- o Accidents
- o Job loss
- o Drought
- o Floods
- o tsunami
- o Epidemic
- o Forest fires
- o Pandemic

Common Psychological reactions of people towards COVID-19

People are showing many psychological symptoms such as sadness, anxiety, stress, low self-esteem, irritability, depression and aggression.. These are some of the common psychological reaction of people towards the uncommon times of their life. Fear of getting infected, Hyper-vigilant, Uncertainty and fear of unemployment, Economic uncertainty, hoarding, sleep disturbances, isolation, anxiety, depression negative thoughts and domestic violence.

Social distancing has brought several changes in our day today activities such as work from home, spending great amount of time with family members, responsibility of house hold chores. People are expressing anger, boredom, fear, frustration and irritation. Some People had started consuming mood altering substances. For persons with substance use disorder, sudden withdrawal lead to agitation, depression, seizures.

Slatcher (2020) conducted a study on how pandemic is influencing how connected People feel to others. It was found that many people feel isolated both physically and Psychologically, others feel more connected to social networks and their household. He said that we do not know how long the pandemic will last. They are not sure what will be the long term effects of social distancing will be.

Zoppolat (2020) concluded that human-beings are social being and they had a deep drive for connection. American survey conducted by researchers at Chapman University in California has highlighted the impact of the COVID-19 pandemic on 4,149 adults with an average age of 39 years living in the United States. The study made use of a national data set from all 50 states, but the sample was not nationally representative, say the authors of the publication. Conducted over a one-week period at the end of April, the survey revealed that the majority of those questioned reported feeling additional stress (61%) and feeling more depressed than usual (45%). The survey also found that essential workers such as grocery store clerks, delivery person. With regard to couples, the quality of people's romantic lives was assessed on the basis of the responses of 2,702 survey participants who reported having a long-term relationship. Not surprisingly given the lockdown, 64% reported spending more time with their significant others. Close to a quarter of the participants reported having fewer arguments with their partners in the preceding week (24%), while another quarter reported having more arguments than usual (25%).

David Frederick, "For some couples, the silver lining is that they are getting to connect with their partner. For others, staying home together allows little stressors to build and blow up which then promotes conflict over existing disagreements," points out David Frederick.

Objectives of the Study:

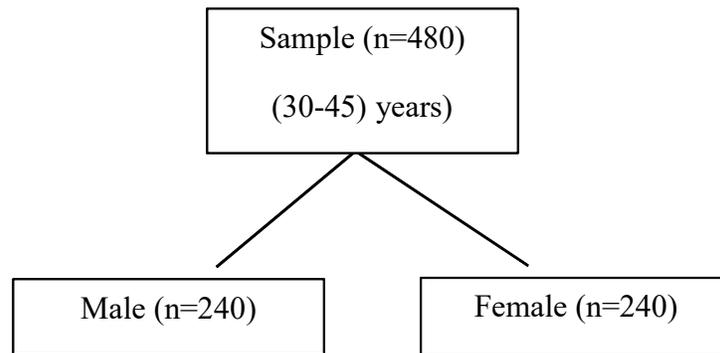
The study has the following objectives:

- 1 To assess the impact of COVID-19 on psychological aspect of adults ?
- 2 To see how much the COVID-19 outbreak has affected relationships ?

Method

Participants

The research sample consisted of 480 Participants. There were 2 groups of 240 participants each. The male belonged to the first group (n=240) and were taken from Delhi. The females belonged to the second group (n=240) and were taken from Delhi. The age of the participants ranged from 30-45 years. Adults were considered as a sample for the study as it was felt that since adults are facing more stress related to work from home , taking care of their children and parents. A mixed sample was selected for the study i.e. it consisted of both males and females. They were informed that the participation is completely voluntary and they can withdraw from the study at any time. Confidentiality and anonymity of names were guaranteed to the participants.



Non probability Purposive sampling technique was used for the present study. In this technique, a common strategy is to pick cases that are judged to be typical of the population in which one is interested..

The sample will be independently selected. For the present study, the data will be collected using the Google forms . The data will be collected, scored and analyzed using both descriptive statistics ,mean. IBM SPSS version 23 will be used for analyzing the data.

Tools used

Quantitative method was used to find out the whether The COVID-19 outbreak has affected social relationships. The aim of the study was also to find out as to how many participants were are feeling physically and psychologically connected to friends during COVID-19? The questionnaire was developed by researchers. After the data was collected through google form, the results were analysed using SPSS.

Results and interpretation**Statistical Treatment of Data**

After scoring the questionnaires for each of the 480 subjects, the raw scores were tabulated for each of the two groups .The data was analysed with the help of computer using Statistical Package for Social Sciences (SPSS).

Descriptive Statistics

The descriptive statistics include the measures of central tendency- the Mean. Mean was calculated .

Table 1: showing the percentage of responses of participants on different statements.

Do you feel isolated?	48%
Working from home increased your stress level.	67%
working from home has affected your relationships?	74%
Children are taking online classes at home? Is it creating stress in their lives as well parents ?	57%
whether The COVID-19 outbreak has affected social relationships ?	64%
Trouble sleeping	44%
Over eating or poor eating	38%
Anger	18%
Increased use of smoking or alcohol	12%
Fear of getting infected	89%
Hyper-vigilant	91%
People are suffering from headaches	46%

It is found the 48% reported that they are feeling isolated during the covid-19 crisis. Because of social distancing, people are staying at home either alone

or with their loved ones. The former triggers feelings of loneliness and depression in most people. Many people are fond of eating out and going out during the weekend. The feeling of missing out is causing loneliness & boredom triggering a number of mental health problems which are going unaddressed because of the quarantine. Working from home had increased 67% of their stress levels. It is found that 74% reported that working from home had negatively affected their inter-personal relationships. Children are taking their online classes during this period of crisis and 57% had reported it had increased their stress levels. 64% reported that covid -19 has affected their social relationships . though they are virtually connected to them , but somehow , they had a feeling their friends are not attached to them anymore. 44% participants reported that they are struggling to have sound sleep at night. Their normal daily routine and schedule are disturbed. Some end up sleeping excessively whereas others barely get any sleep. Both of these situations have a negative impact on one's physical & mental well-being. 38% showed that they are not getting sound sleep, either sleeping more or do not feel like sleeping. 18% expressed that they get angry on minor issues. People are becoming irritable. Some are overburdened with household work. As the servants are not coming because of the spread of the virus, people are on the edge and becoming more and more agitated and angry. Do something creative- read, write , paint , cook , etc., . Whatever you enjoy doing. But try to engage in some sort of activity . Not only just physical , but also mental so that you retain your sanity through this uncertain time. Try to take up a new hobby or learn a new skill, anything which will help you in making a set schedule for yourself everyday . And then , try to stick to that schedule . Wake up everyday on time, just like you would if you were going to college or office , get ready and get down to it. You can even take up an online course on a subject that interests you or learn a new language. There are a lot of online courses by reputed Universities which are free of cost. There is so much you can do 12% reported that they had started smoking more. 89% of People are constantly worried about the well-being of their own self, family members, relatives and friends. The first reaction of the fear of getting infected. But the constant fear leads to stress which in turn increases the likelihood of an infection even more . 91% are People are becoming hyper-vigilant. Even the thought of themselves or their closed one going to the grocery store causes stress, they make sure they wash their hands and sanitize themselves completely after returning. Despite taking all these precautions ,

they have a constant fear and doubt in their minds as to whether this is sufficient to protect themselves and their loved ones or not. 72% people are uncertain about their future, those who are living alone, away from their family members, are constantly worried about the well-being of their family & friends and end up being under this constant stress. questions such as the impact of this pandemic on their jobs keeps popping up in their minds all the time. The probability of possible deductions from their salaries worries them even more, raising questions like “How will they manage to sail through this crisis?”, “Are there any alternate ways they can access their financial resources?”, “What will be the impact of this pandemic on the global economy and in turn their country’s economy?”, “How long will this pandemic last, whether they will be able to manage essentials for themselves and their family with their present financial condition?”. All these questions take a toll on an individuals mental health and peace. Further this mental stress brings down their immunity, which in turn increases their likelihood of contracting the virus even more. Economic uncertainty is something that everyone is dealing with it, which again causes unnecessary mental stress specially when we are dealing with a problem where one needs to be in sound physical & mental condition to protect yourselves from this virus. 51% of participants are expressing hoarding. It is another common reaction of the people. There are numerous videos surfacing online of people fighting over things such as toilet rolls. Numerous stores have scores of empty shelves and running out of most of their inventory due to the fear of non-availability this pandemic is generating among people. Online grocery platforms such as big basket, groffers and amazon are listing most of the essential items as out of stock. 41% of participants are showing Symptoms of Anxiety and Depression. Anxiety involves a general feeling of apprehension about possible future danger. In mild to moderate degrees, anxiety actually enhances learning and performance. But too much of anxiety disrupts the normal functioning of the individual. People are also reporting symptoms of depression. They are finding any joy in those activities, which they used to enjoy. 28% of participants expressed Negative thoughts. Some are constantly glued to the TV watching news all the time since all the news networks are covering the same issue. What people need to understand is that excessive news watching causes mental stress and there is a likelihood of imbibing false information which can cause unnecessary hysteria among the masses. People are becoming more & more negative and pessimistic about their lives. Negative thoughts

leads to negative feelings, which in turn affect your behaviour adversely

People find it difficult to exercise at home. Since most people see gyms as an outlet of their mental stress, they are not finding any way to let off steam. They are becoming lethargic and suffer from headaches or indigestion because of their sedentary lifestyle. These are all normal reactions to a crisis situation but we need to make an effort to get up and move about. To take out 20-30 mins for light-moderate exercise everyday, this is essential to not only keep our body in shape but also keep our sanity. 85% of Cases of domestic violence are increased during covid-crisis.. Some People are losing control on their emotions and becoming more and more aggressive.

Conclusion

Covid -19 is turning out to be major crisis for everyone. Such type of event has never affected so much of population all across the globe. Most people expressing psychological symptoms are normal people, overwhelmed by an extraordinary crisis. Individuals are using substances to overcome isolation as a way of pleasure seeking or to reduce anxiety and stress related to COVID-19. Social distancing has been proved to be psychologically distressing for many people. Everyone must understand the rationale of social distancing. They should be encouraged to remain in touch with each other over virtual platforms. Finally if you find anyone suffering from severe psychological distress, should be referred to a mental health professional. This is a difficult time for all of us with no easy answers, but some of simple strategies may help.

Limitations of the study

The results of the present study should be seen in the light of the limitations of the study. First limitation is related to the sample size and generalizability of the results. The size of the sample of the present study was small because of the time constraint due to which the results cannot be generalized to the population. Second limitation is related to the social desirability bias. As the scale administered in the present study were self-report measures, the responses of the participants might have the social desirability bias. Third, due to the time constraint most of the data was collected with the help of google forms and thus rapport was not established with the participants who filled the google forms which could have impacted the result. Fourth, Qualitative study or a longitudinal study was not carried out in this study.

Suggestions for Further Studies

Further studies can increase the sample size so that the results can be generalized to the population.. Qualitative study can be carried along with quantitative study to get a more in-depth understanding like the researchers can get information regarding the long term impact of covid-19 on people, etc. Longitudinal studies can be carried out to find out the long-term impact of covid-19 and causal relationship between the variables can be studied. Further studies can collect the complete data through face to face administration so that rapport can be formed with every participant. Observational design can be used in order to find the impact of covid-19 on various aspects of life and relationships. The present study was carried out on adults further studies can be carried out on children and elderly people.

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7

CHANGES IN CURRENT LIFE STYLE: MEETING THE MENTAL HEALTH CHALLENGE.

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When this pandemic situation subsides and the normal life will resume, the psychological sequelae will emerge and will remain for a long time. The COVID-19 is not the only pandemic from which we have recovered. The Spanish Flu Pandemic of 1918, polio, HIV, Ebola, SARS, Hepatitis C, MERSA, and Swine Flu, out of which few are more virulent and few were smaller in scale, shorter and less disruptive to society. The 1930's great Depression comparison can be done since the economic crisis caused a wide major experiential trauma of the US which has increased rates of depression, anxiety, substance abuse, and PTSD. We have seen the financial crisis of 2007 when the U.S. reported high rates of depression, anxiety, and alcohol abuse resulting in increased 13% suicides. In 2008 due to unemployment and income inequality more than 46000 suicides were reported.

The novel coronavirus disease that emerged at the end of 2019 and began

threatening the health and lives of millions of people after a few weeks. Highly contagious with the possibility of causing severe respiratory disease, it has quickly impacted governments and public health systems and there's another public health crisis that's rearing its ugly head national and international concern, as well as by adopting extraordinary measures to prevent the contagion and limit the outbreak. Millions of lives have been significantly altered, and a global, multi-level, and demanding stress-coping-adjustment process is ongoing.

With Covid-19 pandemic rage on we can feel an invisible fight that is emerging for many of us at home triggered by anxiety, depression, obsessional symptoms, substance use, joblessness, isolation, uncertainty, suicidal behavior, impulse control disorders and even death which accompany Covid-19. Last month "May" was a mental health awareness month wherein the mental health topic had never been so relevant. The various agencies and experts are reporting increased rates of mental illness and predicted that this is only the beginning of mental health crises.

Kaiser Family Foundation poll stated that nearly half of the people in the US stated that Covid-19 is adversely affecting their mental health. Paul Gionfriddo, president, and CEO of Mental Health America (MHA) said. "Tens of thousands of people are already experiencing serious mental health problems because of the pandemic, many of them young. The number of people screened by MHA for anxiety increased by more than 70% from January to April and the number screened for depression rose by 64%".

According to the National Alliance on Mental Illness (NAMI), 41% more calls and emails to their hotline were received from March 1 to April 23 in comparison to the same period in 2019. Dawn Brown, director of community engagement at NAMI, said. "Some callers are experiencing panic attacks when reaching us, and our volunteers help them work through the panic until they're able to talk about the issue" and there are 75% of the callers who need support and reassurance wherein anxiety and depression was the most commonly reported condition lead by isolation and hopelessness.

A survey conducted on March 27-29 on 1,062 Americans by McKinsey & Company 35% of respondents stated that they were depressed and anxious, while 42% reported who had a job reduction or loss were both depressed and anxious wherein 1 out of 4 respondents reported "binge drinking and taking prescription drugs for nonmedical reasons, and 1 out of 7 reported

using illicit drugs.

Dr. Jugal Kishore, who heads the Department of Community Medicine at the Vardhaman Mahavir Medical College & Safdarjung Hospital, conducted an online survey titled ‘Depression and Corona’, and found that “over 30 percent show signs of depression”.

For a country with the highest number of poor and malnourished, and individuals with depression and anxiety, this is the perfect storm. How many suicides can we expect? India reported 1,34,516 suicides in 2018. Most independent estimates are far more. The World Health Organization (WHO) pegged 2016 suicides at 215,872, with a suicide rate of 16.5 suicides, against the global suicide rate of 10.5. History tells us that India should prepare for a large number of suicides, even in the thousands. Other than human suffering, suicide has an economic dimension, each death costs Rs 265,000 in the first year alone, says a study by Gopala Sarma Poduri in the Indian Journal of Psychological Medicine. Short-term costs include hospital expenses for the actions leading to death, autopsy expenses, police investigations, funeral expenses, etc. Long-term costs include the lost income that could have been earned by the person till retirement, the tax that the government lost from that income, among other things.

Not all psychiatric medicines are available at generic pharmacy stores, and availing of them in rural areas is particularly difficult. District hospitals, meanwhile, have been over-burdened with coronavirus cases and are finding it difficult to provide other health care services.

This situation is an alarm to experts since India is not equipped to handle this type of increase in mental illness and from the past data of National emergencies, this estimate drawn may be an increase in suicides and substance abuse. Hence, this time to save lives it is very important to offer mental health screening and services.

We are not aware that how many of us are experiencing a state of confusion, anxiety, and other situation right now when our media and social sites are filled up with the urgent and often conflicting imperatives of changing in our routines which is constantly vigilant. The media stories uploaded by the online websites are actually of worst scenarios resulting in fear and panic. The overconsumption of these messages can create challenges to our mental health.

That message was echoed by Dévora Kestel, Director, Department of Mental Health and Substance Use at the World Health Organization (WHO). She pointed to past economic crises that had “increased the number of people with mental health issues, leading to higher rates of suicide for example, due to their mental health condition or substance abuse”.

According to the UN guidelines, depression, and anxiety before the COVID-19 pandemic cost the global economy more than \$ 1 trillion per year. Depression affects 264 million people in the world, while around half of all mental health conditions start by age 14, with suicide the second leading cause of death in young people aged 15 to 29.

1. Not able to cope up under COVID-19 Alcohol abuse

“During the COVID-19 emergency, people are afraid of infection, dying, and losing family members”, the UN recommendations explain. “At the same time, vast numbers of people have lost or are at risk of losing their livelihoods, have been socially isolated and separated from loved ones, and, in some countries, have experienced stay-at-home orders implemented in drastic ways.”

Specifically, women and children are at greater physical and mental risk as they have experienced increased domestic violence and abuse, the UN paper affirms.

1. Increasing vulnerability

National data from populations around the world would appear to confirm this increased mental vulnerability, WHO’s Dévora Kestel said, citing surveys “showing an increase of prevalence of distress of 35 percent of the population surveyed in China, 60 percent in Iran, and 45 percent in the US”. The higher levels of depression and anxiety were also recorded in Ethiopia’s Amhara Regional State last month, the WHO official continued, pointing to the estimated 33 % prevalence rate of symptoms - a three-fold increase compared to pre-pandemic levels.

2. Mental Health Risks Due to Social Isolation

The closures of non-essential businesses and schools, prohibiting large gatherings, and requiring quarantines for travelers, in addition to encouraging social distancing and mandatory stay-at-home orders. Former U.S. Surgeon General Vivek Murthy has brought attention to the widespread experience of loneliness as a public health concern in itself, pointing to its association with reduced lifespan and greater risk of both mental and physical illnesses. There is particular concern about suicidal ideation during this

time, as isolation is a risk factor for suicide.

3. Burnout and Strain Among Health Care Workers

Several hospitals do not have the resources to expand care. The global demand for protective equipment and ventilators led to a scarcity of these crucial supplies. Backup stockpiles proved insufficient, and efforts to bolster the supplies were either uncoordinated or forced hospitals to compete with each other. More than any other target group, they are in danger of getting sick from exposure to the virus. The fact that hundreds of clinicians across the globe have succumbed to the disease has only increased their worries. Many of them worry about spreading the disease to other patients and loved ones. Clinicians across the country are taking to social media to speak about resource shortages and share their experiences of being mistreated by their neighbors and manhandled by patients. The moral injury of these uncomfortable decisions can impede their emotional and psychological well-being, not dissimilar to the ones seen in people suffering from the post-traumatic stress disorder.

Differing Effects of Social Isolation by Group

OLDER ADULTS

Older adults are more vulnerable of other ages to develop the serious illness if they contract coronavirus hence it's important for them to practice social distancing, among other safety measures which may limit their interactions with caregivers and loved ones leading to increased feelings of loneliness and anxiety, in addition to general feelings of uncertainty and fear due to the pandemic. Older adults are already at risk of poor mental health due to experiences like loneliness and bereavement.

HOUSEHOLDS WITH CHILDREN OR ADOLESCENTS

To help slow the spread of coronavirus all schools and colleges are closed which is affecting 30 million students, and, subsequently, their parents or guardians. As of April 8, 2020, schools have been suspended nationwide in 188 countries, according to UNESCO. Over 90% of enrolled learners (1.5 billion young people) worldwide are now out of education. The UNESCO Director-General Audrey Azoulay warned that "the global scale and speed of the current educational disruption is unparalleled".

Guidance from the Centers for Disease Control and Prevention (CDC)

regarding long-term school closures states that students depending on school services such as meal programs and physical, social, and mental health services will be impacted due to fewer opportunities to engage with peers.

Suicidal ideation is another major mental health risk among adolescents. While suicide is the tenth leading cause of deaths overall in the U.S. Substance use is also a major concern among adolescents., substance use among teens often occurs with other risky behaviors and can lead to substance use problems in adulthood. With long-term closures of childcare centers and schools, many parents are experiencing ongoing disruption to their daily routines.

School routines are important coping mechanisms for young people with mental health issues. When schools are closed, they lose an anchor in life and their symptoms could relapse. “Going to school had been a struggle for [some children with depression] before the pandemic, but at least they had school routines to stick with”, said Zanonía Chiu, a registered clinical psychologist working with children and adolescents in Hong Kong, where schools have been closed since Feb 3.

Children with special education needs, such as those with an autism spectrum disorder, are also at risk. They can become frustrated and short-tempered when their daily routines are disrupted, said psychiatrist Chi-Hung Au (University of Hong Kong, Hong Kong, China).

Meanwhile, college and university students are stressed about dormitory evacuation and cancellation of anticipated events such as exchange studies and graduation ceremonies. Some lost their part-time jobs as local businesses closed. Students in their final years are anxious about the job market they are going to enter soon.

Increased rates of child abuse, neglect, and exploitation were reported during previous public health emergencies, such as the Ebola outbreak in West Africa from 2014 to 2016.

Mental Health Risks due to Job Loss and Income Insecurity

According to the recent data from the Department of Labor, 5.2 million people filed for unemployment benefits during the week of April 5, bringing the four-week total to a historic 22 million people filing for unemployment. Few industries have been hit harder than others, like the leisure and hospitality sector. With increased depression, anxiety, distress, and low self-esteem; and may

lead to higher rates of substance use disorder. Due to the unemployment rises and a recession nears, suicides may increase. People with low incomes are also more likely to report major negative mental health impacts from worry or stress over coronavirus.

Mental Health Risks Associated with Poor Physical Health

According to the CDC (Centre For Disease Control and Prevention), people who have chronic illnesses such as chronic lung disease, asthma, serious heart conditions, and diabetes are at high risk of COVID-19 and mental health disorders are common comorbidities among patients with these and other chronic illnesses.

Can telemedicine save the day?

On March 25 the Ministry of Health and Family Welfare (MoHFW) published a set of guidelines for remote delivery of healthcare services, or telemedicine wherein telemedicine was mostly used for training medical professionals. But the nationwide lockdown made the government push for a wider deployment of these services.

Digitally-mediated therapy and telepsychiatry (NIMHANS runs a successful telepsychiatry intervention in Karnataka) should be scaled up.

According to a list compiled by the Indian Psychiatric Society (IPS), 656 mental health professionals were volunteering to provide telepsychotherapy as of April 15, 2020.

”Problems of access also exist, especially for patients in rural areas. Arranging online appointments for them is not easy,” the official adds. Accessibility, however, isn’t just limited to internet proliferation and literacy. Getting an online appointment has become quite a task, as one patient points out.

Given that the second wave is expected, most of these deaths can be prevented.

We have to implement the Mental Healthcare Act, 2017, (MHCA) that promises mental health care to all and introduce a suicide prevention policy. Many countries, including China, have been able to significantly reduce suicides after they implemented a suicide prevention policy.

India’s investment in mental health — the last Union Budget slashed it by 20% from Rs 50 crore to Rs 40 crore — need a boost. According to estimates,

Rs. 93,000 crore will be needed to implement MHCA, 2017.

Appeal for National Plans for Mental Health during the Coronavirus Global Emergency

The social impact of the virus on the low and middle-income population who already have limited mental health care providers should be a concern. People with severe mental illness who live in places such as mental hospitals, nursing homes, halfway homes, social care homes, correctional facilities, and other institutions are at risk, as these places become more unsafe. They are at higher risk since they are on medication requiring monitoring and may already be suffering from some physical conditions, and people with cognitive disabilities who don't know how to avoid infection or its spread. Another group that is of concern is socially disadvantaged and the migrant populations living in special centers and camps. They need psychosocial support and health protection as well as a response to their primary needs. Measures that are normally activated during disasters such as feeding camps, work for food, and food relief is not necessarily made available in all countries during the COVID-19 lockdown. The individuals suffering due to a lack of access to food believe that they will die from hunger before they die from the virus.

Even before the current pandemic occurred, the World Health Organization, in the current draft for the renewed Global Action Plan (2020-2030), added a specific objective concerning "Mental health in humanitarian emergencies". Among the actions of the new WHO action plan, mental health is required to be placed on national emergency committees.

Opportunities for a new normal for mental health: Learn self-care strategies and get the care you need to help you cope up:

Every crisis is an opportunity we have seen how the 1918 global flu epidemic stirred many European countries to create national health services. While mental health woes can shave off 3-4% of GDP, every dollar investment has a return of four-six times. Mental health and suicide prevention interventions can not only save lives but also make immense economic sense.

Take care of your body

Be mindful about your physical health:

- 1. Get enough sleep.**
- 2. Participate in regular physical activity.** Find an activity that includes

movement, such as dance or exercise apps. Get outside in an area that makes it easy to maintain distance from people — as recommended by the U.S. Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) or your government — such as a nature trail or your backyard.

3. **The immune system of our body is very important since the brain is deeply linked with it.**
4. **Saatvik food and regular physical exercise is an essential component to improve both physical and mental health.**
5. **Avoid tobacco, alcohol, and drugs.**
6. **Limit screen time.**
7. **Relax and recharge.** Many people benefit from practices such as deep breathing, tai chi, yoga, or meditation. Soak in a bubble bath, listen to music, or read or listen to a book — whatever helps you relax. Select a technique that works for you and practice it regularly.

Take care of your mind

Reduce stress triggers:

1. **Keep your routine.**
2. **The Stress is actually normal and healthy however too much-sustained stress is harmful.**
3. **Mindfulness and relaxation techniques improve both moods and sleep quality through enhancing control over the body's arousal system.**
4. **Limit exposure to news media.**
5. **Stay busy.** Enjoy hobbies that you can do at home, identify a new project, or clean out that closet you promised you'd get to. Doing something positive to manage anxiety is a healthy coping strategy.
6. **Focus on positive thoughts.** Maintain a sense of hope, work to accept changes as they occur, and try to keep problems in perspective.
7. **Use your moral compass or spiritual life for support.**
8. **Set priorities.** Set reasonable goals each day and outline steps you can take to reach those goals. Give yourself credit for every step in the right direction, no matter how small. And recognize that some days will be better than others.

Connect with others

Build support and strengthen relationships:

1. **Make connections.**
2. **Do something for others.**
3. **Support a family member or friend.**

Recognizing what's typical and what's not

Stress is a normal psychological and physical reaction to the demands of life. Everyone reacts differently to difficult situations, and it's normal to feel stress and worry during a crisis. But multiple challenges daily, such as the effects of the COVID-19, can push you beyond your ability to cope.

Get help when you need it

If you have concerns or if you experience worsening of mental health symptoms, ask for help when you need it, and be upfront about how you're doing. If you're feeling suicidal or thinking of hurting yourself, seek help. Contact your primary care provider or mental health professional. Or call a suicide hotline.

Continue your self-care strategies: The stress won't disappear from your life when the health crisis of COVID-19 ends.

With this we have to inculcate **3** things more in life for an optimistic life:

1. **Focus every day on what you can do and take action – no matter how small.** Go outside and appreciate nature at a slower pace to get a daily dose of physical exercise, relaxation, and vitamin D.
2. **Explore – even shape – the new mental health toolkit.** Explore and master the full breadth of opportunities for meaningful social connection, mindfulness, self-care, distance learning, telemedicine, and beyond. Apps won't magically grant wellness, sleep, or an end to poor mental health, but they are tools that we can learn to use with wisdom.
3. **Empower those around you.** We can all take ownership of and be supportive and responsive to our communities – our families, neighborhoods, work, societies.

The pandemic is likely to have both long- and short-term implications for mental health and substance use. We have an opportunity before us to establish an even stronger and more resilient global community, one that practices both

physical and mental hygiene. Now is the time for individual and collective action to shift to healthier “new normal” for all.

Suggestions:

The literature on the mental health consequences of epidemics relates more to the sequelae of the disease itself (eg, mothers with congenital Zika syndrome) than to social distancing. However, large-scale disasters, whether traumatic (eg, the World Trade Center attacks or mass shootings), natural (eg, hurricanes, floods), or environmental (eg, Deepwater Horizon oil spill), are accompanied by an increase in depression, posttraumatic stress disorder (PTSD), substance abuse, a broad range of other mental and behavioral disorders, domestic violence, and child abuse, etc.

The first step is to plan for the inevitability of loneliness and the population physically and socially isolate to develop ways to intervene. The use of digital technologies can bridge social distance following physical distancing. Worship, or gyms, and yoga studios, all can be conducted online on a schedule similar to what was in place before social distancing. Some workplaces are creating a virtual workspace where people can work and connect over video conferencing using different apps.

Particularly relevant here is to develop and implement a routine, particularly for children who are out of school to ensure that they have access to regular programmed work. Online substitutes for daily routines can be extremely helpful, however not all the children have access to the technologies that enable remote connectivity.

Second, we must have in place mechanisms for surveillance, reporting, and intervention, particularly, when it comes to domestic violence and child abuse. Individuals at risk for abuse may have limited opportunities to report or seek help when shelter-in-place requirements demand prolonged cohabitation at home and limit travel outside of the home.

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Chapter-2

**STRESS MANAGEMENT
THROUGH YOGA**

8

ROLE OF YOGA IN PEDIATRIC ONCOLOGY- A REVIEW

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INTRODUCTION

Cancer is a term used to name diseases where abnormal or unhealthy cells grow without control. These cells are known as malignant cancer cells and usually live longer than normal cells in the body. As per National Cancer Institute

(2008) due to advancement in the treatment, about 80% of children diagnosed with cancer live for 5 years and 75% will live for 10 years. Due to this advancement now days a substantial portion of children diagnosed with cancer do not simply survive but many are cured. In contrast, to 1960s the survival rates for most pediatric cancers were less than 30% (Pizzo&Poplack, 2001).

However the impact of childhood cancer is significant. Some studies has reported a decreased physical fitness and a poor social functioning, in cancer patients (Aznar 2006; Hartman 2009; Hovi 1993;Marchese 2004;Moyer-Mileur 2009; San Juan 2008; Warner 2002; Wright 1998; Wright 2005). Most of the cancer patients usually experience muscular weakness, reduced functional capacity, flexibility, mobility and affected quality of life (Hartman 2008). There is also impairment in psychosocial functioning as a result of cancer which can result in a poorer self perception of patient's own ability to perform the activities (Warner 2002; Wright 1998).

The meaning of Yoga in Sanskrit is to unite or integrate. This is an ancient system of breathing practices aiming to integrate the individual's body, mind, and spirit. Another common definition of yoga is to link or join or "yoke" things together. A beneficial form of yoga for cancer patients is pranayama, as it combines the 'prana' (breath) with 'yama', extension or control. Cantrell & Ruble (2011) have emphasized that yoga has emerged as a popular complementary and alternative medicine (CAM) technique and recently increasingly gaining acceptance as a important technique to improve psychosocial and physical health function and it also helps the cancer patients to promote positive coping with the disease and the treatment.

WHY CANCER PATIENTS SHOULD PRACTICE/ CHOOSE YOGA

This is an important question why children & adult with cancer should practice yoga? Available literature has proved that the main reason why cancer patients choose yoga is because yoga teaches the patients to connect more strongly to their body and also helps them to experience being calm, to reduce stress, to experience wellbeing, self-empowerment and to improve coordination and balance. When cancer patients are undergoing chemotherapy they do not have enough energy for doing physical activity, even simple routine tasks become difficult for them. They suffer from fatigue, muscle soreness and other physical and psychological problems related to the disease and its treatment.

Yoga aims to offer natural stress-relief and help cancer patients and their families respond positively to anxiety, depression, fatigue, and other side effects of cancer treatment.

LITERATURE REVIEW

Based on the beneficial utility of yoga in adult cancer and pediatric clinical populations (Birdee et al., 2009; Galantino, Glabavy, & Quinn, 2008), recently researchers have begun to explore the benefits of yoga for pediatric cancer patients and their survivors. It has been recognized by researchers that yoga may be a viable integrative approach (Culos-Reed, Mackenzie, Sohl, Ross, & Danhauer, 2012; Lin, Hu, Chang, Lin, & Tsauo, 2011; Smith & Pukall, 2009; Tindle, Davis, Phillips, & Eisenberg, 2005). Recent reviews of the literature in the adult cancer population offer preliminary support for the efficacy of yoga interventions for cancer patients. Positive effects have also been noted for different outcomes of the disease and its treatment, including quality of life, mood, cancer-related stress, fatigue and sleep (Culos-Reed et al., 2012; Bower, Woolery, Sternlieb, & Garet, 2005; DiStasio, 2008; Lin et al., 2011; Smith & Pukall, 2009).

Studies have reported positive results of yoga interventions in adult cancer patients; but the evidence of benefit of the same in childhood cancer patients is limited. Till date, few studies have explored the benefits of yoga for pediatric cancer patients and most of them found encouraging results for the efficacy of yoga to reduce treatment related side-effects and to improve quality of life as well (Geyer, Lyons, Amazee, Alishio, & Cooks, 2011; Moody, Daswani, Abrahams, & Santizo, 2010; Thygeson, Hooke, Clapsaddel, Robbins, & Moquist, 2010). These studies were performed in patients admitted in the hospital during the treatment and sample was mixed-oncology and hematology patients (Geyer et al., 2011; Moody et al., 2010; Thygeson et al., 2010).

The preliminary results of these studies suggest that yoga has a significant positive impact on quality of life, specifically measured by the PedsQL in child's self-report of physical function (Geyer et al., 2011). While measuring anxiety by using State-Trait Anxiety Inventory yoga interventions has significantly reduce anxiety and pain (Moody et al., 2010, Thygeson et al., 2010), and they have reported yoga to be qualitatively relaxing and beneficial.

Although the potential physical benefits of yoga in pediatric oncology populations has not been explored, but there is evidence to suggest benefits of

physical outcomes associated with yoga in other pediatric populations, (Birdee et al., 2009; Galantino et al., 2008), including improvements in body composition (BMI) and strength. Bera and Rajapurkar (1993) reported that their yoga intervention significantly improved the body weight. On the other hand, Benavides and Caballero (2009) reported 2kg average weight loss with a 12-week yoga intervention. Moorthy (1982) found approximately 80% of children with six-week yoga intervention could pass the physical test focused on muscular strength, who had previously failed a minimum fitness test. Thus, we can say that yoga may be a potential tool to positively impact physical outcomes in pediatric oncology

As in pediatric oncology literature, sample sizes were small and interventions were short. For instance, Geyer et al. (2011) performed only one yoga session/week for five weeks, while Moody et al. (2010) performed one to three yoga sessions and Thygeson et al. (2010) also performed just one yoga session. The research in pediatric cancer population therefore suggests the potential positive effects of yoga, but it does not adequately address the benefits of long-term yoga program on health related quality of life. The research in pediatric oncology suggests the potential utility of yoga in improving symptoms of stress, anxiety and enhancing overall wellbeing. However, these results should be interpreted cautiously as there are several important methodological limitations. Some of the important limitations in the pediatric oncology research are the small samples size and internal and external validity issues, selection bias of participants and families and lack of knowledge regarding mechanisms or appropriate guidelines.

OBJECTIVE OF THE REVIEW

The purpose of this review is to summarize the existing literature on the effectiveness of yoga interventions in children with cancer.

The following inclusion criteria were applied to the search: (1) must include a yoga intervention; (2) sample must include pediatric cancer patients/survivors (3) include patient-reported outcomes related to quality of life, psychosocial and/behavioral outcomes. Study participants were under 19 years of age at diagnosis of any type of childhood cancer.

SEARCH METHODS FOR IDENTIFICATION OF STUDIES

Search methods used for the present study include electronic search on PubMed, MEDLINE, EMBASE, SAGE, SCIENCE DIRECT, OVID and

Journal of Pediatric Psychology, Journal of Pediatric Oncology Nursing, Journal of the Indian Academy of Applied Psychology, Pediatric Research, Indian Journal of Physiology and Pharmacology, The American Journal of Oncology and International Journal of Yoga Therapy were searched.

Running the search, we found around 500 references. After removal of duplicates, this search resulted in 200 potentially relevant articles. Initial screening of titles and abstracts excluded a further 193 references that did not meet the inclusion criteria. The 7 remaining papers were read for the review.

INCLUDED STUDIES

Diorio et al., (2016) attempted to explore the effectiveness of yoga program on fatigue associated with cancer treatment in children undergoing chemotherapy. Total number of the sample was 11 children with the age range of 8-18 years. They designed a special yoga program for the targeted population to increase the mobility and to provide them relaxation. They conducted one-on-one session with each patient admitted in the hospital. Safety of the patients and adaptability was taken into consideration. They concluded that pre and post scores on fatigue showed decreasing pattern although no significant difference was found.

Diorio et al., (2015) tried to evaluate the feasibility of individualized yoga session for inpatient children receiving intensive chemotherapy. They included 11 children and adolescents with the age range of 7.7 to 16.4 years. They conducted three yoga sessions per week for three weeks by a trained yoga instructor. Scales they used in their study were PedsQL Multidimensional Fatigue Module, Fatigue Scale-Child/Adolescent was used for self report and to measure parent's quality of life short-form (SF)-36 was used. in the present study. They concluded that Individualized yoga is feasible and effective for inpatient children receiving intensive chemotherapy.

Hooke et al., (2015) evaluated the feasibility of a yoga program for children and adolescents after completing the treatment. Age of the participants was 10-17 years. They made an effort to assess if cancer survivor had significantly less fatigue and anxiety, better balance and sleep. They did a 6-week yoga intervention and after six weeks scores were compared with a 6-week pre-intervention wait period scores. They found that the scores for anxiety, fatigue, sleep, and balance had no significant changes in waiting period. Children scores

on anxiety showed significant decrease but adults scores showed decreasing trend, whereas scores on fatigue, sleep, and balance remained stable post-intervention.

Wurz et al., (2014) measured the feasibility and benefits of a 12-week yoga intervention for pediatric cancer out-patients. Sample size was eight pediatric cancer out-patients (4 male; 4 female) and they concluded that yoga intervention was feasible and provides preliminary evidence for the benefits of yoga on HRQL, physical fitness in pediatric cancer out-patients.

Geyer et al., (2011) have studied the effect of therapeutic yoga on quality of life in hospitalized children with cancer. Six children participated in 5 yoga sessions over 2 months. PedsQL 4.0 was administered pre and post session to each child and parent/caregivers. Statistically significant differences were found in child perception of gross motor function.

Thygeson et al., (2010) in their study tried to explore the feasibility of a single yoga session for children and adolescents hospitalized with cancer or other blood disorders. They also made an effort to determine if patients and parents experience a significant decrease in anxiety. Total number of patients was 33 with age group of 6-12 & 13-18years. They have created a developmentally appropriate yoga curriculum, which consisted of safe and easily executed yoga poses for the targeted population. They found in their study that parents and adolescents experienced significant decreases in anxiety but anxiety levels in children remained stable.

In a systematic review Birdee GS et al, (2009) studied the Clinical applications of yoga for the pediatric population. They reviewed thirty-four controlled studies published from 1979 to 2008. Clinical areas included in their study physical fitness, cardiorespiratory effects, motor skills, mental health, psychological, behavior and development disorders and they concluded that there is enough evidence in literature to prove that yoga is found to be effective for cancer patients.

Discussion

Several studies have investigated the effects of yoga interventions on physical fitness in adult cancer patients and most of them showing different yoga benefits. Less frequent are studies assessing these effects in pediatric population. This review included seven studies. All these studies investigated the effects of a

yoga intervention in children with cancer. Studies were aimed to improve psychosocial wellbeing, physical functioning, quality of life of pediatric oncology population and some of the studies also concerned about well being of the caregivers as well.

This review provides evidence for positive effects of yoga interventions for children with cancer. These effects could be due to small sample sizes, various interventions, and different outcome measures that were used in the studies included in this review.

IMPLICATIONS

As research in pediatric oncology population rapidly growing and yoga is increasingly integrated into cancer care, the clinical benefits of yoga for pediatric oncology population are better understood and emphasized during and after the treatment.

However, the number of participants in the various publications is small and the variety in type of cancer limited, making it difficult to draw any conclusions and generalize it on targeted population. More and high-quality evidence is needed in order to be able to create yoga intervention program and guidelines for the pediatric population. Therefore, it is suggested to pediatric oncology community to design multicentre studies at national or international levels with large samples.

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9

ROLE OF YOGA IN STRESS MANAGEMENT

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Introduction

Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. When you sense danger—whether it’s real or imagined—the body’s defenses kick into high gear in a rapid, automatic process known as the “fight-or-flight-or-freeze” reaction, or the *stress response*. The term “stress”, as it is currently used was coined by Hans Selye in 1936, who defined it as “the non-specific response of the body to any demand for change”. Physiological or biological stress is an organism’s response to a stressor such as an environmental condition or a stimulus. According to the stressful event, the body’s way to respond to stress is by sympathetic nervous system activation which results in the fight-or-flight response. The body cannot keep this state for long periods of time; afterwards the parasympathetic system returns the body’s physiological conditions to normal. In humans, stress typically describes a negative condition or a positive condition that can have an impact on a person’s mental and physical well-being. Stress is a Sudden Biological Change. It has become the curse of 21st century and is silent killer in the modern world. Stress is the greatest danger to the information era. Stress is

the priceless poison for human life in the universe. It can disturb any one's physical, mental, emotional and behavioral balance. Stress can damage different parts of human body from muscles from tissues to organs and blood vessels. It can speed up pulse rate and respiration. It can raise blood pressure and body temperature. It can also interfere with the body metabolism, digestion, appetite, sleep, sexuality and even fertility. Occupational stress includes the environmental factors or stressors such as work overload, role ambiguity, role conflict and poor working conditions associated with a particular job .

There are three stages a person goes through while suffering from stress. Know more about them.

Resistance stress

In this stage, the body keeps making continuous efforts to cope with stress and therefore feels run down and the person starts feeling irritated, over reacts to minor situations and gets mentally and physically weak. Psychological, physical and behavioral changes are also clearly visible.

Alarm stress

This stage experiences an over acting of the sympathetic nervous system wherein adrenaline and cortisol increase and blood flows away from the brain to the muscles. As a result, dendrites shrink back in the brain to moderate the flow of information, slowing or closing down the nonessential body functions. The whole body starts preparing itself to fight against the reason of stress. The fear, excitement or pressure is evident on the sufferer's face.

Acute stress, the most common form of stress, is short-term and stems from the demands and pressures of the recent past and anticipated demands and pressures of the near future (APA, 2011).

Chronic stress, a long term form of stress, derives from unending feelings of despair/hopelessness, as a result of factors such as poverty, family dysfunction, feelings of helplessness, and/or traumatic early childhood experience (APA, 2011). Chronic stressors associated with health disparities include perceived discrimination, neighbourhood stress, daily stress, family stress, acculturative stress, environmental stress, and maternal stress (Djuric et al, 2010; NIH, 2011).

Eustress and Distress: It is somewhat hard to categorize stressors into objective lists of those that cause positive stress and those that cause negative

stress, because different people will have different perceptions and reactions to particular situations. However, by generalizing, we can compile a list of stressors that are typically experienced as negative or positive to most people, most of the time.

Examples of **negative personal stressors** can include: The death of a partner, Filing for divorce, Losing contact with loved ones, The death of a family member, Hospitalization (oneself or a family member), Injury or illness (oneself or a family member), Being abused or neglected, Separation from a spouse or committed relationship partner, Conflict in interpersonal relationships, Bankruptcy/money problems, Unemployment etc.

Examples of **positive personal stressors** might include: Receiving a promotion at work, Starting a new job, Marriage or commitment ceremony, Buying a home, Having a child, Moving, Taking or planning a vacation, Holiday seasons, Retiring, Taking educational classes or learning a new hobby.

Symptoms of Stress:

Psychological and emotional

Feeling heroic, invulnerable, euphoric

Denial

Anxiety and fear

Worry about safety of self and others

Anger

Irritability

Restlessness

Sadness, grief, depression, moodiness

Distressing dreams

Guilt or “survivor guilt”

Feeling overwhelmed, hopeless

Feeling isolated, lost, or abandoned

Apathy

Identification with survivors

Aches and pains

Diarrhea or constipation

Nausea, dizziness
Chest pain, rapid heartbeat
Loss of sex drive
Frequent colds

Behavioral Symptoms

Eating more or less
Sleeping too much or too little
Isolating yourself from others
Procrastinating or neglecting responsibilities
Using alcohol, cigarettes, or drugs to relax
Nervous habits (e.g. nail biting, pacing)

Cognitive Symptoms

Memory problems Inability to concentrate Poor judgment Seeing only
the negative Anxious or racing thoughts Constant worrying

Confusion
Slowness of thinking and comprehension
Difficulty calculating, setting priorities, making decisions
Poor concentration
Limited attention span
Loss of objectivity
Unable to stop thinking about the disaster

Blaming

Physical

Increased heartbeat, respiration
Increased blood pressure
Upset stomach, nausea, diarrhea
Change in appetite, weight loss or gain
Sweating or chills
Tremors (hands, lips)
Muscle twitching

“Muffled” hearing
Tunnel vision
Feeling uncoordinated
Headaches
Soreness in muscles
Lower back pain
Feeling a “lump in the throat”
Exaggerated startle reaction
Fatigue
Menstrual cycle changes
Change in sexual desire
Decreased resistance to infection
Flare-up of allergies and arthritis
Hair loss

Effect of Yoga on Stress:

Yoga is an ancient science, which originated in India and many studies have found that yoga and pranayama can be practiced to combat stress. Pranayama involves manipulation of the breath that is a dynamic bridge between the body and mind. Pranayama consists of

Three three phases: “Puraka” (inhalation); “kumbhaka” (retention) and “rechaka” (exhalation) that can be either fast or slow. Pranayama has been assigned very important role in Ashtanga Yoga of Maharishi Patanjali and is said to be much more important than yogasanas for keeping sound health. Previous studies have shown that both fast and slow pranayamas are beneficial, but they produce different physiological cardiovascular responses in healthy subjects. Slow pranayama like Nadishuddhi, Savitri and Pranav have been shown to decrease Heart rate (HR), systolic blood pressure (SBP), diastolic blood pressure (DBP), and increase pulse pressure (PP). Very few references are available on the effect of practicing fast pranayamas. Few studies indicate that fast pranayamas like Kapalabhati and Bhastrika when practiced alone increases sympathetic activity thereby, increasing HR, SBP, and DBP whereas, other studies showed that they decrease sympathetic activity and therefore,

decrease HR, SBP and DBP. Other studies have found no effect of fast pranayama after 12 weeks of practice. Previous studies have shown that perceived stress negatively affects cardiovascular function by raising blood pressure (BP) and diminishing cardiovascular reactivity in the subjects. To the best of our knowledge, there is no study comparing the cumulative effect of practice. Previous studies have shown that perceived stress negatively affects cardiovascular function by raising blood pressure (BP) and diminishing cardiovascular reactivity in the subjects. To the best of our knowledge, there is no study comparing the cumulative effect of fast and slow types of pranayama on perceived stress and cardiovascular parameters in health-care students. Therefore, we have planned to compare three commonly practiced fast i.e., Kapalabhati, Bhastrika and Kukkuriya Pranayama and slow Pranayama i.e., Nadishodhana, Savitri and Pranav on these parameters. Stress management programs for

The power yoga for sports: tom Coughlin students including meditation, yoga, hypnosis, imagery, muscle relaxation etc., have shown improvement in their positive coping skills.

Yoga is most Recognized form of Exercise, Stretching, Aerobic exercise and Meditation. The definition of yoga is “to yoke or joint together” it integrates the mind and body focusing on balance posture, deep breathing, stretching and relaxation. Yoga evolved from of the Hindu, Jaina, and Buddhist religious traditions in India. Yoga alters stress response and person’s attitude, towards stress along with improving self confidence, increasing one’s sense of well being, and creating a feeling of relaxation and calmness Yoga is an ancient art that is defined as the union of the soul with God [4]. It is “a path of personal spiritual development that utilizes meditation to bring enlightenment, self-realization, and, ultimately, the attainment of God and bliss”. Originally, the ultimate goal of yoga was called Samadhi, or self-realization [5].

Patanjali is father of yoga around the sixth century B.C. appeared in the massive epic The Mahabharata written by sage Vyasa and containing The Bhagavad Gita. Krishna explains to Arjuna about the essence of Yoga as practiced in daily lives (“Song of the Lord”), uses the term “yoga” extensively in a variety of ways. In addition to an entire chapter dedicated to traditional yoga practice, including meditation, it introduces three prominent types of yoga:

Karma yoga: The yoga of action

Bhakti yoga: The yoga of devotion, note Krishna had also specified devotion itself was action similar to above.

Jnana yoga: The yoga of knowledge.

Patanjali introduced -Ashtanga or Power yoga - a more demanding workout where you constantly move from one posture to another (“flow”). The dimensions of yoga are

- Pranayama (breathing)
- Asana (postures)
- Yama (restraint)
- Niyama (healthy observances)
- Pratyahara (sensory withdrawal)
- Dharana (concentration)
- Dhyana (meditation)
- Samadhi (higher consciousness)

Yoga asana practice is intensely physical. Concentrating so intently on what your body is doing has the effect of bringing calmness to the mind. Yoga also introduces you to meditation techniques, such as watching how you breathe and disengagement from your thoughts, which help calm the mind. Physical activity is good for relieving stress, and this is particularly true of yoga. Because of the concentration required, your daily troubles, both large and small, seem to melt away during the time you are doing yoga. This provides a much-needed break from your stressors, as well as helping put things into perspective. The emphasis yoga places on being in the moment can also help relieve stress, as you learn not to dwell on past events or anticipate the future. You will leave a yoga class feeling less stressed than when you started. Read more about yoga for stress management [here](#). Doing yoga will give you an increased awareness of your own body. You are often called upon to make small, subtle movements to improve your alignment. Over time, this will increase your level of comfort in your own body. This can lead to improved posture and greater self-confidence.

Conclusion

Actually yoga combines several techniques to combat stress. Yoga provides a combination of benefits such as breathing exercises, stretching exercises,

fitness program, and meditation practice and guided meditations all in one technique. That is powerful, that is very powerful! Even for people who have physical limitations yoga can be very beneficial just by practicing the breathing techniques, the meditation and the guided meditation. Just by doing this you can have great benefits with the practice of yoga. So in conclusion yes yoga can be a great remedy for stress and can offer some stress relief. Yoga has combined set of principles and exercises that can greatly benefit you and help you to deal with stress. Yoga practice is one such technique which has been found to be effective in mitigating stress, and enhancing an individual's overall health and well-being. Various researches have reported yoga as a body-mind exercise which enhances physical, mental, and spiritual relaxation by way of asana (body postures of stretching), breathing and meditation. Yoga is a science which enables an individual to cope with stress and perform better in highly stressful situations. Stress-free individuals have been found to be happy and hence, perform better. Yoga is an ancient discipline which relaxes and purifies the body, the mind, and the spirit. It establishes a connection between the individual's body and soul. Therefore, it can be concluded from the study that yoga is an effective tool for reducing and managing stress caused by various stressors like increasing demands at home and work, work-life balance, job insecurity, time pressure, increased competition for talent, need for continuous learning and skill improvement, managing relationships and family responsibilities etc. Yoga practice facilitates stress reduction and stress management, and results in the overall well-being of an individual with a wholesome personality.

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10

ROLE OF YOGA IN STRESS MANAGEMENT

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Introduction

In modern society, stress is a widespread phenomenon and has become most prominent psychological problem now a day. Increased stress, anxiety and depression are important characteristics of modern life. Stress is also act as a risk factor for many physical diseases like coronary heart disease, hypertension, diabetes mellitus, and others, poor quality of life, reduced mental well-being, reduced work efficiency, increased pain, and increased medical visits may be accounted for. Stress is a big concern for public physical and psychological health and yoga is one of the most traditional and prominent approaches to addressing this serious issue of modern life. For stress management, yoga appears to be a promising form. This has no harmful effects and has greater non- medicinal value.

Understanding Yoga

Now a days people are following their traditional path to overcome from their stress level. This traditional path is Yoga, a 3,000-year-old practise, which

is now considered as a holistic approach to physical and psychological health and determined as a complementary and alternative health medicine which is less costly and effective for human beings (Williams K, Steinberg L, Petronis J, 2003). Yoga is the oldest technique in ancient times and is described as a physical and mental healer that developed from the Indus Valley civilization in South Asia. Yoga means union, which is the literal meaning in Sanskrit. It was first identified by the Yoga Sutra of Patanjali approximately in 200 BC (Singh, K, 1983). Patanjali was the first to discover yoga theory and its practice in his classic book named "Yoga Sutras" (Lasater J. 1997 & Desikachar K, et al, 2005). The method which was used by them is the Asthanga yoga, or the 8-fold path. At present time, there are many techniques of describing yoga. In a more modern sense, it is achieving harmony and peace within ourselves and society by connecting mind and body in a systematic way.

The most common way of recognizing yoga by many people is with asana. Most of the people recognize and consider yoga in its physical aspects, but asana is only one of the techniques of healing with stress and anxiety but there are also other forms of yoga which are very effective in dealing with stress like mindful breathing, meditation, lifestyle and diet changes, visualization and sound use, among many others (Desikachar K, et al, 2005).

In the Yoga Sutras, Patanjali called the eight-fold as Asthanga, which is the royal road towards achieving consciousness and awareness of oneself. These eight folds are like eight limbs (Lasater J., 1997 & Maehle G., 2006). These eight limbs give the knowledge of moral principles to live life healthily and meaningfully, they direct attention to one's well-being while recognizing one's nature's spiritual aspects, serving as a prescription.

The conventional yoga practice was very formal, onerous, requiring a lifetime of dedicated practice and strict adherence to austerity. The techniques allow us to make our life suitable and enhance our capacity to tackle every stressful life event in a more positive way. Because of its constructive nature it is well adapted by many yoga institutions.

Yoga and Stress Management

One of the forms of complementary and integrative wellness approaches is known to be yoga, a mind-body activity. Yoga is the combination of both physical and mental activities that will help you achieve body and mind

peacefulness. This will help you to relax and to control anxiety and stress. There are various strategies in yoga that influenced the stress levels or in other words can they are the strongest way to reduce the level of stress indicating that there are many ways in which yoga can reduce stress levels. Studies show that the most constructive ways in which yoga lowers the stress level by altering the negative mood into positive mood, and allow us to increase our self awareness. By putting us into better moods at the same time, Yoga is a very strongest aid to cope up with stress, yoga not only gives us strength to focus on present moment but it also gives us an opportunity to give ourselves a breathing space to live life peacefully in a present moment.

The variables of self-description, psychological state, and quality of life were improved in yoga exercises (Maharishi, YV, 1992). Research indicates that yoga enhances health feelings as an intellectual and mental exercise (Maharishi, YV, 1998). In addition, yoga will strengthen the psychological conditions for stress and negative emotions regulation and management, increase positive emotions, and support mental balance.

Yoga differs in many forms and shapes. The simplest form of Yoga is the Hatha yoga which is considered as the best option for immediate relieves from the stress. It is easy to perform. If someone starts practicing yoga in the first time or a fresher it is the simplest way to perform. But it also depends on the individual that which technique of yoga he or she likes the most. The most popular techniques which are used for coping with the stress in daily life and are easy to perform are:

- **Poses.** The most common techniques which is used while performing yoga are the postures. It reduces the strain in muscles which are due to stress and gives flexibility and strengths to the body. When the muscles are relaxed the person are able stretch their physical limits

- **Breathing:** The next very common method of yoga is to control the breathing movement. By controlling the movement of the respiration it synchronize the body and relax the mind..

- **Meditation:** meditation or relaxation can be integrated into yoga. Meditation is the powerful mechanism to rid out from negative thoughts and give a power to live in a present moment. It gives the strength to accept our state of mind non judgementally

Yoga is our oldest traditional mental health support which serves as a powerful non labelling alternative for the society. They are very powerful mechanisms in our society which are frequently used to reduce stress, enhance productivity and increase our psychological well being (Upchurch DM, Gill M, Jiang L, Prelip M, Slusser W, 2018).it not only beneficial for physical body but it also provides psychological benefits to the individual like lowering the anxiety level, enhancing the sense of well being, give spiritual gain to the individuals and a sense of transcendence.

As it is a type of mind-body exercise which is the combination of muscular and psychological activity to increase our self awareness. Practicing yoga serve as a powerful tool to get rid out of our stress and live life meaningfully (Collins C., 1998). For understanding yoga e have to understand the most common fundamental concepts which are used in practicing yoga in order to reduce our stress level Desikachar K, et.al,2005).

1. The first notion is that the body of the human beings are made up of many composite structures and of various interrelated dimensions. They are not separated from each other means if any aspect is affected then it also affects the other dimension at the same time
2. The second principle is that all individuals are different and their needs and desires are also different. We have to maintain our individuality and practice that component of yoga which suits and which are best for our need.
3. The third core principle of yoga is self empowerment. This gives inner sense to achieve something and enhance our psychological well being.
4. The fourth principle is that the nature and state of the mind of a person is vital to recovery.

Yoga is recognised as a type of medicine for the mind-body that combines the physical, mental and spiritual components of a person to enhance health aspects especially diseases related to stress.(Atkinson NL, Permuth-Levine R. 2009). Research suggests that stress contributes to the aetiology as well as other chronic disorders and diseases of heart disease, cancer, and stroke (Granath J, et.al, 2006). Since stress is involved in multiple diseases, focusing on stress control and reducing negative emotional states in order to minimise the burden of disease is a priority. Yoga, used as a positive stress management technique, is a form of back up that produces a series of bodily events by

which body activates hormones that fifth from the stress response and decreases its level. Now a day's Yoga is practicing frequently by the members of the society and it gives many therapeutic benefits to the society.

Therapeutic effects of practicing yoga:

Now a days people are facing many health challenges like stress, isolation, anxiety, frustration and most important sleep disorders. People don't want to disclose their mental status that's why they are oriented towards the alternative solution such as yoga (Pilkington K, et.al, 2005). Yoga relaxed the mind and the body and activates the parasympathetic nervous system of the body and increase the fight response for the stress (McCall T.2007).

The most important hormone serotonin increases when the person consistently practicing the yoga. Yoga reduces the levels of monoamine oxidase, the enzyme which is responsible for breaking the neurotransmitters and cortisol (McCall T.2007). due to adverse effects of many therapies people are more oriented towards yoga because it gives no harmful effects to our body and mind. A variety of studies indicate the potential beneficial effects of yoga treatments on depression, stress and anxiety (Pilkington K, et.al, 2005, Vedamurthachar A, et.al, 2006, & Woolery A, Myers H, Stemlied B, Zeltzer L. 2004).

Stress has a detrimental effect on the immune system, and prolonged exposure increases disease susceptibility and contributes to disorders of physical and mental health such as anxiety and depression (Arora S, Bhattacharjee J, 2008 & Javnbakht M, Hejazi Kenari R, Ghasemi M, 2009). Implementing yoga and meditation in daily life, act as a booster to come up from acute and prolonged stress and also prepare individuals to deal effectively with other diseases associated with stress and also enhance their quality of life (Oken BS, Zajdel D, Kishiyama S, Flegal K, Dehen C, Haas M, et al, 2006 & Michalsen A. Et. Al.2005). it is also As a non-medicinal type of treatment, yoga techniques are an effective option for treating mood disorders. As a therapeutic intervention in depressive disorders, there is a need for further analysis of yoga and future studies should try to evaluate which of the yoga-focused therapies is most effective and which levels of depression severity are more likely to respond to this approach.

At present, clinical and pharmacological therapies are mostly used in the treatment of anxiety and depression; but as a way to relieve individual stress,

mind-body treatments are becoming more popular. Yoga, is a popular a form of mind-body exercise, has become an increasingly effective therapy used to enhance well-being and to relieve a number of health conditions and illnesses. In the treatment of mild to moderate mental illness like stress, anxiety, depression, and other mood disorders, yoga may act as a encouraging therapy or replacement form of medical therapy, as it has been shown to create a greater sense of well-being, increase feelings of relaxation, improve self-confidence and body image, improve performance, managing relationships, increase concentration power and lowering irritability.

In terms of decreasing stress and calming the physical body, yoga done in the right way can be as therapeutic as a hug or a massage. Certain postures, particularly forward bends and inversions, have a profoundly calming effect on the whole system. The mind becomes active when we are stressed out or nervous — even to the point of frenzy. It may seem like the most difficult thing in the world to learn to concentrate the mind on one thing at a time, but with practise, it becomes simpler. Meditation, like any form of breath awareness, is an extremely effective instrument for calming and slowing down the mind. All starts to concentrate and slow down when you bring your mind to the breath, whether you are holding postures, flowing through sequences, or in a seated meditation pose.

You begin to develop fresh patterns towards a more relaxed internal state over time and with repeated practise. Stress and tension, which can lead to more anxiety, can cause us to breathe in a fast, shallow way. Yoga allows you the ability to breathe more efficiently, to use the diaphragm and to use the full capacity of the lungs. There's typically a greater sense of peace and comfort in our lives when the mind and body are linked. When everything is off balance, which occurs too often when we are under pressure, the body sends vital signals. Therefore, having the capacity to respond is very necessary for our well-being.

Conclusion

Presently, yoga plays a therapeutic role in reducing stress, anxiety and depression, which can be viewed as a complementary medicine and by reducing the usage of medications, decreases the medical cost per care. Yoga helps us to listen to our bodies and to be responsive to each movement. The practise

helps us to live and to live in a more aware, conscious and connected way in the present moment and often releases emotional energy.

In certain cases, modern medical methods have the potential to heal physical illnesses and alleviate psychological disorders, it is argued that a purely medical method is much less efficient in managing the human being's mental, intellectual, and personality layers. The implementation of yoga gives people a timeless and holistic health and healing paradigm in their everyday lives, and while it does not contribute to the complete removal of physical diseases and/or adverse conditions from the body, it provides a holistic healing path. There is an unquestionable connection between the general physical and mental well-being of a person and the intent to achieve inner peace and well-being. Yoga suspends the emotional fluctuations and we live better and suffer less from our daily stressful life events.

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11

STRESS MANAGEMENT THROUGH MEDITATION: AN INDIAN PERSPECTIVE

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Stress is a common psychological and physiological response to any event that is perceived as challenging or threatening. In today's world everyone from adolescents to elderly experience stress because of the competitive environment around them. For a population in a country like India, there can be varied factors contributing to stress. According to a news report by World Health Organization (WHO) states that India being a part of the worldwide trend of urbanization, nearly 28% of its population now resides in cities, and this is likely to rise up to 41% by the year 2020. The hasty raise in the urban population worldwide is considered to be one of the chief dangers to global health in the 21st century. The World Health Report 2002, Geneva, states that

nontransmissible diseases will be the leading cause of functional disability in the next two decades. Stress is highlighted as a major risk factor for a variety of diseases ranging from cardiovascular to mental illness mostly predominating in the urban areas (Guilbert, 2003). A short-term exposure to stress may be harmless to physical and mental health but chronic exposure to the same may lead to a prolonged state of distress which may enhance vulnerability to stress-related diseases (Pacák & Palkovits, 2001). Stress and other emotional responses affect the body's ability to remain healthy or to resist disease. According to Stansfield (2002), modern life events such as work-related and family problems, social withdrawal, financial worries, and violence are some factors that can predispose or induce stress.

Indian perspective of stress

The concept of stress in the modern sense is not easily found in the traditional texts of Indian culture and tradition such as Charak Samhita, Patanjali's yogasutras and Bhagwad Gita. However, a number of concepts developed by ancient Indian scholars relate to or appear similar to the phenomenon of stress. Some of these of example are dukha (pain, misery or suffering), Kleasa (affections), Kama or trisana (desires), atman and ahamkara (self and ego), adhi (mental aberrations) and Prajnaparadha (failure or lapse of consciousness) (Pestonjee, 1992).

It is interesting to note that the body-mind relationship, characteristic of modern stress studies, is emphasized in the Ayurvedic (Indian) system of medicine. They noted that the Indian tradition is characterised by a holistic approach to human phenomenon. Behaviour is interpreted in terms of the totality of an individual's life styles and total body-mind relationship. This synthetic/eclectic approach can be contrasted with the predominantly analytic approach of the western social sciences that describe behavioural phenomenon according to their tradition is treated as less significant than analysis at a still higher transpersonal level of self, atman or soul, which in turn is equalled with Brahman—the ultimate reality. The authors have further observed that modern western psychological literature focusing on ideas related to the strength of motives and frustration-aggression hypothesis, ego-involvement, mind body interactions (psycho-somatic) and loss of control have their parallels in ancient Indian thought.

In an article, Rao (1983) very succinctly traced the origin of stress in Indian thought. Going back to the Samkhya and yoga system, he has pointed out that there are two Sanskrit words klesa and dukha which approximate stress. The word klesa has its derivation from khis meaning to 'torment', cause 'pain' or to afflict; klesas are not mental processes but are a set of 'hindering load' on our mental process, they produce agitation which act as restrictions of hindrances. The samkhya-yoga system explains that the fundamental non-cognition which leads to phenomenological stress is avidya. This avidya leads to asmita (self-appraisal), raga (object appraisal), dvesha (threat appraisal) and abhinivesa (coping orientation). These three appraisals, namely, those concerning the self, the object and the threat are used for reality testing. Faulty evaluation in either or all of there can produce stress and torment. The Samkhya system postulates that the feeling of dukha or stress is experienced by the individual in the course of his interaction with the world around him. The system mentions three types of stresses: personal (adhyatmic), situation (adhibhotik) and environmental (adhidevik). Personal stress can again be of two types, namely, physiological and psychological (or mental).

Psychological stresses born out of imbalances between the three fundamental physiological constituents, namely, vata, pitta, and kaph. Psychological stress are caused by emotional states of lust, hatred, greed, fear, jealousy and depression. Situational stresses are usually caused by unwholesome interpersonal transactional which may include conflicts, competitiveness, aggression, etc. The third type of stresses namely, environmental stresses are occasional by natural calamities, extremes of temperatures, storms, etc. The abhinivesa indicates the commencement of coping behaviours by arranging the behaviours in a proper response sequence. A study of self-appraisal reveals that the situation is purely cognitive with less energy mobilisation. However, in threat appraisal cognitive processes combining energy mobilization characterize the condition of alarm. It also involves emotions and other organic changes. The abhinivesa is supposedly non-specific just as the fundamental klesa and avidya are non-specific. The term avidya which literally means non-cognition is an antonym of correct self-appraisal and encounters between the self and the object. Klesa as stress has been said to function through four different modes. The first is prosupta or dormant.

Given the right type of conditions any mental process can become a stressor. The analogy is given of a seed, which can flower in to a tree provided the facilitating conditions are present. The second is tonu or tenous denoting comparatively weak stressors which are held in check by more powerful stressors. They are present but without sufficient intensity and urgency. The third stressors are vichhinna or intercepted; these lack continuity due to conflict with competing responses. The fourth is mode udara or operative stressors. These are strong stress responses which have established full expression in obviously visible behavioural manner. They have surmounted the flaws of the former three modes.

Knowing what stress means and the probable reasons/causes of stress, it is also important to know how to manage stress effectively. There are various coping strategies which individuals use to manage their stress. Some of the strategies are helpful and some might not be effective. Various research conducted in the area of stress management have reported that meditation is one of the most effective ways of managing stress in everyday life.

Managing Stress through Meditation Probably, there is no useful medicinal remedy available to take care of stress. Majorly the treatment available is only limited to reducing the symptoms visible related to stress. According to a research only successful method to handle stress are life style modifications and behavioural therapy (Kawachi & Malcolm, 1991). Practising meditation is thought and expected to enhance physical and mental wellbeing. Relaxation techniques like yoga and meditation are getting hold of the notion that it can help in stress reduction and thus in dropping the threat of stress associated diseases. Research is still in process to prove the possible beneficial effects of meditation. Questionnaires, electromyography, autonomic nervous system tests, and hormonal analyses are the frequently used techniques used to assess stress related research (Vandana et al., 2011)

Meditation: Meaning & Process

Meditation is usually explained as a profound concentration on any object. This can be understood that everyone meditates as concentration is crucial not only for continued existence but also for success in any phase of life. It is through the power of concentration that we can do, see, hear or understand anything. Whether individual is a scientist or artist, office worker or labourer, corporate

president or parent, one must have concentration of mind in order to accomplish his/her goals (Swami Adiswarananda, 2007).

In the philosophies of Yoga and Vedanta, meditation is a mental practice by which the meditator merges with the object of meditation. Concentration (Sanskrit dharana) is the beginning phase of this procedure; when concentration reaches to an easy and continuous level, it takes the form of meditation (dhyana), where the mind flows endlessly in the direction of its objects. The end result of meditation is total absorption (Samadhi) in the object of meditation (Swami Adiswarananda, 2007).

The sacred texts define concentration as one pointed focus on any fixed object, internal or external. When we are able to keep the mind focused on a specific object uninterruptedly for twelve seconds, we are said to achieve one unit of concentration. Twelve such successive units of concentration make one unit of meditation and twelve such successive units of meditation lead to Samadhi. So concentration, meditation and absorption are three different depths of meditation, which culminates in absorption into the object meditated upon.

Sometimes meditation is linked with prayer, but there is an important distinction between the two. Prayer functions in a dualistic way, in that it is directed to a personal deity or a divine personality whom we perceive as being separate from us (Creighton, 2018). In meditation, that seeming dualism is resolved. It may be that meditation begins with effort, with articles of faith, and with anthropomorphic images and symbols, but it always ends in absorption into the Divine, which is beyond all form, name and concept. Images, concepts

and symbols are used as mere stepping stones in this spiral venture. So it is said that in prayer we talk to God, while in meditation we listen to the soundless voice of God within us. In prayer we commune with the Divine, but in meditation we achieve union with it.

Meditation is a technique for gaining mastery over the mind. Mind controlled is our best friend; uncontrolled, it is our worst enemy. The human mind is known for its restlessness (Swami Adiswarananda, 2007). The Bhagavad Gita describes the mind by four epithets: restless, turbulent, powerful and obstinate.

चंचलं हि मनः कृष्णप्रमाथिबलवद्दृढम् ।

तस्याहंनिग्रहं मन्ये वाये रिवसुदुष्करम् ।। 6.34 ।।

For, O Krsna, the mind is unsteady, turbulent, strong and obstinate. I consider its control to be as greatly difficult as of the wind.

An ancient proverb depicts the restless mind addicted to the pleasure of the senses as a mad elephant. Swami Vivekananda has compared the restless mind to a monkey that not only drunk with the wine of desires but simultaneously stung by the scorpion of jealousy and overtaken by the demon of pride. The human mind is like that monkey, incessantly active by its own nature; then it becomes drunk with the wine of desires, thus increasing its turbulence. After desire takes possession comes the sting of the scorpion of jealousy at the success of the others, and last of all the demon of pride enters the mind, making it think itself of all importance. How hard it is to control such a mind!

The only alternative, according to the Bhagvad Gita, is to face it by control and regulation. The logic for such control is compelling. If we think that we are no more than the physical body, and then we will surely die; if we are just our wild impulses and emotions, we will never have rest; and if we are nothing but our desires and dreams, we will remain forever unfulfilled. As Bhagvad Gita says, “The man whose mind is not under his control has no Self-knowledge and no contemplation either. Without contemplation he can have no peace; and without peace, how can he have happiness?”

*नास्तिबुद्धिरयुक्तस्यनचायुक्तस्यभावना ।
नचाभावयतः शान्तिरशान्तस्यकुतः सुखम् ।।2.66 ।।*

There is neither Self-knowledge nor Self-perception to those whose senses are not under control. Without Self-perception there is no peace; and without peace there can be no happiness.

The psychology of meditation is to cultivate a single thought. A restless mind is like a lake, constantly agitated by the winds of desires, creating thought-waves of diverse nature. The concentrated mind in meditation is the mind that has taken this form of a single thought – wave.

Meditation is a natural necessity for the soul. Meditation is a technique of withdrawing the mind so that it will receive rest and rejuvenation. Such withdrawal may be called self detachment.

*असंशयंमहाबाहोमनोदुर्निग्रहंचलम् ।।
अभ्यासेनतुकौन्तेयवैराग्येणचगृह्यते ।।6.35 ।।*

O mighty-armed one, undoubtedly the mind is intractable and restless. But, O son of Kunti, it is brought under control through practice (of meditation) and detachment.

*यथादीपोनिवातस्थोनेङ्गतेसोपमास्मृता ।
योगिनोयतचित्तस्ययुञ्जतोयोगमात्मनः ।।6.19।।*

As a lamp kept in a windless place does not flicker, such is the simile thought of for the yogi whose mind is under control, and who is engaged in concentration or meditation on the Self.

*यत्रोपरमतेचित्तिरुद्धंयोगसेवया ।
यत्रचैवात्मनात्मानंपश्यन्नात्मनियुष्यति ।।6.20।।*

When the mind disciplined by the practice of meditation becomes steady, one becomes content in the Self by beholding Him with (purified) intellect.

This self detachment increases the general perceptiveness of the mind and produces a clear self-perception. A fatigued mind can do nothing but repeat and imitate the same old thoughts and behaviours, while a fresh mind rises to new planes of consciousness and discovers innovative ways of meeting the challenges of Life. In English the word meditation is derived from the Latin *meditari*, which derives from the same root as the word meaning “to heal”. The practice of meditation sets in motion a process that leads to the restoration of our well-being – physical, mental and spiritual.

Thus it can be concluded that stress impacts every strata of life. Meditation is one of the widely researched and proven strategies to reduce stress. Not only Indian scriptures talk about the effectiveness of meditation but the modern scientific research has also proven its successful results in reduction of stress.

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12

YOGA AND MENTAL HEALTH

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Introduction:

It has been recognized globally the importance of mental health and psychological well being. In the race of modernization, we are falling prey to mental distress. Emotional and Psychological distress refers to the feelings of misery, anguish, tension, fear, ejection, despair, loneliness, shame and anger common to human beings (Mirowsky and Ross, 2002). According to WHO prediction, by the year 2020, depression will be the second largest contributor to the global disease burden after congestive heart failure. And surprisingly in the same year of 2020 COVID-19 crisis hits the globe. Following which the whole world gets shadowed with physical, mental, economical, social and political mess. People start to commit suicide as a result of massive storm of stress and depression. Adjustment problems are catching hold of people of any age or gender groups like teenagers, adults, employed, elder ones etc. In this situation it is crucial that each individual takes complete care of his/her mental health. Psychological distress is often regarded as a non-specific mental

health problem (Dohrenwend and Dohrenwend, 1982), but Wheaton(2007) claims that it is characterised by symptoms of depression and anxiety. This global Covid health crisis indicates that psychological distress could lead to common mental health disorders such as anxiety or depression. Reducing the prevalence of common mental health disorder is a major challenge. The report of the “Ministry of Aayush”(Govt. of India,) states that it is time to strengthen our immunity and by doing so can we fight disease together. And for us Indians, Yoga could be the best weapon to keep us fighting physically and mentally against the virus and its effects. This paper provides evidence for yoga as a form of uplifting health, preventing illness and treating stress, anxiety, depression and other mental health issues. Though yoga is not a complete package for all mental health concerns but in conjunction with other approaches it has immense possibilities to lead towards better psychological well-being.

Fundamentals of Yoga

Yoga is an ancient spiritual tradition of around 5000 years old of India followed by sages. According to the Maharshi Panini the word “Yoga” originates from Sanskrit word “Yuj” which means to join, to unite or to integrate i.e. integration between mind and body. In Psychology according to William James, for a spiritual connection of mind and body is a must for mind-body parallelism(in his book *Principles of Psychology*). For a psychological soundness it is necessary that mind and body work in situ. Yoga Pranayams and Asanas have a holistic effect on body and mind by putting consciousness and soul into balance. Yoga helps to create a greater concern of one-self, motives of life and one’s connection and relationship with God. Yoga is a lifestyle as mentioned in our Indian Upanishads which says:

“Jale Kamalwat”

This means as a lotus flower blossoms amidst the mud and dirt similarly we need to stay healthy even if surrounded by stressful situations. This is also called Karmayoga. According to Maharshi Patanjali the main Philosophy of Yoga is:

“Yoga Chitta Vritti Nirodha”

Yoga gives ability to harness our mind or Chitta. According to a yogic outlook, the breath is a viaduct between mind and body. Slow diaphragmatic breathing is usual to almost all forms of yoga. The key to relaxing and calming

the mind is slowing and deepening the breath. Practicing yoga helps to regain mental stability, calmness, and tranquility, primarily because of this kind of breathing. Practitioners are able to connect internally through this stillness and silence. Yoga is the system that leads the person towards optimism and positivity. Negative thoughts and fears of our mind create an imbalance in our nervous system and through this affect our physical function. This is the cause of many physical and mental illnesses and sorrows. Lucidity of thought, inner freedom, contentment and a healthy self-confidence are the basis for mental wellbeing. That is why we endeavor to gradually overcome our negative qualities and thoughts and aim to develop positive thoughts and behavior.

Indian Yoga culture and tradition has gained International recognition. The whole world celebrates 21st June as an ‘International Yoga Day’. Yoga gained visibility and popularity between 2012 and 2016 in America. The number of Americans yoga practitioners has increased by almost 75% with over 36 million people reporting their practiced yoga in 2016 (Zhang, 2014). This increase has steadily grown over the last decade and will follow similar trends as the numbers indicate. The data indicates that yoga practice has large majority of International acceptance and people have understood and recognized the physical and psychological benefits of yoga..

Yoga and Mental health

“Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.

World Health Organization(2005)

The three components of this definition by WHO are:

- well-being,
- effective functioning of an individual, and
- Effective functioning for a community

Mental health is too often presumed to be the opposite of mental illness and seen as the absence of mental illness, such as depression or anxiety (Keyes, 2005; Westerhof & Keyes, 2010). Rates of poor mental health have been rising, with anxiety and depression estimated to affect one in four adults in a lifetime (McEvoy et al.,2011). People affected by these disorders commonly

experience symptoms of negative effect in the form of low or anxious mood, difficulty in controlling thoughts and social withdrawal.

The practice of yoga is aimed at achieving a union of mind, body and spirit and has become popular in recent years as a form of stress management in Western cultures (Penman et al., 2012). It has been proved in many qualitative research and studies that yoga improves mental health conditions and reduces post traumatic stress disorder(PTSD), anxiety, stress and depression of people. Following these trends, there has been an emphasis on examining the role yoga might have addressing the increasing prevalence of common mental health conditions (Jeter et al.,2015). Evidence suggests yoga practice can reduce symptoms of anxiety, depression and PTSD through a range of biological and psychological mechanisms (Meister & Juckel,2017.,Butterfield et al.,2016).

Outcomes regarding yoga’s beneficial effects on health and wellbeing on various population is increasing. Specifically regarding emotions, studies suggest that yoga improves positive emotions and reduces negative emotions. For instance, in a randomized controlled trial (RCT), women undergoing radiotherapy for breast cancer who participated in yoga twice a week experienced reductions in depression and anxiety relative to those in a wait-list control in an RCT in healthy adults comparing a 12-week intervention of yoga versus walking. Yoga improved positive emotion (positive engagement, revitalization, and tranquility) and reduced negative emotion (physical exhaustion and anxiety) more than walking.

Yoga	Psychological	Emotional
<ul style="list-style-type: none"> • Meditation • Breathwork • Physically • Restorative movement • Active movement • Physical Exertion • Connection with instructor 	<ul style="list-style-type: none"> • Mindfulness • Body consciousness • Self Transcendence • Spirituality • Social Connectedness 	<ul style="list-style-type: none"> • Positive Engagement • Revitalization • Tranquility • Exhaustion

Similarly, despite the fact that yoga originated to develop contemplative state of consciousness and spirituality, few yoga studies have focused on spiritual change or its potential to mediate yoga’s effects. Yoga practitioners in several studies reported having begun yoga for physical health benefits, but continued

their practices for spiritual reasons, and an observational study found that higher levels of spirituality were a result of higher levels of involvement in yoga (Park et al.,2016, Penman et al.,2012). Social connectedness (a general sense of interpersonal connectedness with the social world) has been proposed as a technique by which yoga could lead to beneficial outcomes, but is rarely measured in studies focused on yoga (Mc Call 213., Meister and Juckel,2018).

Hence all the mentioned studies prove that there are promising impacts of yoga on physical as well as mental well being irrespective of one's age and medical condition.

Psychological Distress (stress anxiety and depression)

Psychological distress refers to the sentiments of misery, anguish, tension, fear, dejection, despair, loneliness, shame and anger common to human beings (Mirowsky and Ross, 2002).

Psychological distress and psychological symptoms also pose a serious provocation in the management of physical conditions. Yoga practitioners also report increase in strength, flexibility and overall fitness, depreciation in anxiety, and enhanced self-belief, proficiency and mindfulness (Bayley-Veloso & Salmon, 2016; Gaiswinkler & Unterrainer, 2016).

Multiple studies conclude that:

- a) Yoga is better than no treatment in improving mild to moderate depressive symptoms in MDD(Krishnamurthy MN, Telles .,2007).;
- b) Yoga is equally as effective as TCAs (tricyclic antidepressants) in severe MDD(Janakiramaiah et al.,2000).;
- c) Yoga in combination with anti-depressants is better than anti-depressants alone for depressive symptoms (Sharma et al.,2005).

Stress management mechanism of body(Cortisole Hormone)

Stress is a basic hazard factor for diabetes, Coronary heart disease, premature birth, and osteoporosis, as well as oral diseases. Reducing stress levels can significantly improve the wellbeing and personal satisfaction and quality of life, and yoga is apparently the best overall system ever invented for stress management and stress reduction. Hans Selye (1946) authored the term stress and proposed the conceivable instrument of enactment of the adrenocortico-pituitary axis. The stress- initiated responses either result in change

in conduct (behavior) or are transmitted to the hypothalamic–pituitary–adrenal (HPA) axis to discharge corticotrophic discharging hormone (CRH) from the hypothalamus. Cortisol, glucocorticoid (steroid Hormone), is produced from cholesterol in the two adrenal glands located on top of each kidney it is a normal released in response to events and circumstances such as walking exercise and acute stress. Cortisol is the best known for its involvement in the fight or flight response and temporarily increase in energy production at the expense of processes that are not required for immediate survival. Reduction in stress may be expected to lower the cortisol levels. The effect of yoga on reduction of cortisol may be attributable to the reduction of stress-related consequences.

Thirhalli et al.(2013) from the Department of psychiatry, National institute for Mental Health and Neurosciences, Bangalore, Karnataka India, conducted An open-labeled study on Cortisol and antidepressant effects of yoga. results indicates that Serum cortisol was higher in depressives compared with control group. In the total sample, the cortisol level dropped significantly at the end of treatment. More patients in the yoga groups had a drop in cortisol levels as compared to drug-only group. The findings support that yoga may act at the level of the hypothalamus by its ‘anti-stress’ effects (reducing the cortisol), to bring about relief in depression.

The findings in this clinical sample are in keeping with other reports of hyper cortisolemia in depressive disorder that “correct” after treatment. Treatment adherence tended to be associated with higher drop in cortisol levels suggesting a cause effect relationship. Patients getting yoga therapy either with drugs or solely had better reductions in cortisol levels. Higher proportion of yoga patients obtained decrease in cortisol levels. Therefore, the effects of yoga in reducing the cortisol level could be detected robustly. Even better, the relationship between the cortisol-lowering effect and the antidepressant effect was best demonstrated in this (yoga-only) group.

Consistent yoga practice improves depression and can lead to significant increase in serotonin [5-hydroxytryptamine (5-HT)] levels at nerve synapses, which in turn helps in lifting the mood of an individual. Yoga also decreases the levels of monoamine oxidase, an enzyme that breaks down neurotransmitters and cortisol.(Mccall,2007)

Kishore et al.,(2016),conducted an investigation on total of 70 subjects with age group of 35–60 years suffering with chronic periodontitis (Dental Problem)were divided into group I (with stress), group II (without stress), and group III (practicing yoga). Mental assessment was done using Hamilton Anxiety Rating Scale (HAM-A) and Zung Self-rating Depression Scale (ZSDS). Periodontal parameters like plaque index (PI), probing pocket depth (PPD), and clinical attachment level (CAL) at 5–8 mm and >8 mm were recorded. Blood tests were gathered and serum cortisol levels were measured. Results clearly indicated that Cross-sectional perception done among three groups indicated that individuals practicing yoga regularly had low serum cortisol levels, HAM-A scale and ZSDS scores, and better periodontal health.

In summary, out-patients with depression have increased levels of cortisol. The latter is associated with severity of depression only poorly. However, treatments that lower the cortisol levels, e.g., yoga produced antidepressant effects. Yoga had a significant and direct influence on cortisol response that correlated with yoga’s antidepressant effects. Thus conclusively Yoga helps in Stress management along with the following benefits like:

- o Reduced stress and anxiety
- o Sound sleep
- o Improvement of many medical conditions
- o Reduced cortisol levels
- o Allergy and asthma symptom
- o Relief Lower blood pressure
- o Smoking cessations
- o Help Lower heart rate
- o Spiritual growth
- o Sense of well-being
- o Reduced muscle tension and Increased strength and flexibility
- o Slowed aging process

Conclusion

In the year 2020 where there are health problems, economic crisis, adjustment problems and various mental issues due to sudden attack of Covid-19 globally. We face a daily dilemma of fear of infections and of going out for essential needs. Thus it becomes necessary to keep ourselves mentally sound

for which Yoga can be our best shot. Yoga can be a good addition to the list of positive interventions on mental health, in view of its possibilities. Consistent Yoga practice promises for promoting better mental health for masses. It is acceptable, accessible, cost-effective and encourages self-reliance. Thus it should be believed and accepted as an important part of one's daily routine to stay sound both mentally and physically.

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13

ROLE OF GABA LEVELS IN STRESS MANAGEMENT

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INTRODUCTION

Roots and Theory of Yoga

YOGA is a Sanskrit word derived from word 'yuj' which means to 'unite or integrate', with its origin in India, in other words it's a union or unification, is a generic term which refers to the specific physical, mental and spiritual disciplines that are practiced in order to establish a permanent state of inner peace (Bryant, 2009). It's a 5,000-year-old Indian body of knowledge. Sigmund Freud and the psychoanalysis movement have argued why the mind-body relationship is crucial to psychology and the answer to this is that physical conditions affect mental health and vice-versa. Currently, the researchers are still studying the effectiveness, productiveness and its efficacy of mind-body

interventions such as yoga as a complementary treatment for reducing stress, therefore, we can say that there are several positive psychology mind-body integration (Wrong et al., 2015, Zeller et al., 2004) works hand-in-hand in psychology (Taylor et al., 2010) discuss a number of psychophysiological-based models where there are certain neurons and muscles which affect mental states such as stress. For example, Jindani and Khalsa (2015) investigated the effects of a yoga program on participants with post-traumatic stress disorder. Participants found the yoga intervention to be “highly effective”.

Yoga is an ancient art as well as subtle science as it unites body, mind and soul. Yoga as an art, we can engage with, take part in, transform ourselves with like many other arts, skills and creative activities, therefore the picture developed out of yoga posture is an art. Every system of Yoga asanas is based on set rules which have been laid down many years ago such as Hatha Yoga is based on the Nadi and Marma system etc., which brings out improvement in health, which makes yoga a science.

The Body is subject of constant stressors which includes both external and internal (Antonovsky, 1993). The human machine which in order to survive and cope with stressors we need to actively listen which means to tune our attention and increase our body awareness for greater physical and mental health. There are many Body-mind integration techniques which involves meditation, Progressive Muscular Relaxation, T'ai Chi, Qigong (McGuire et al., 2016), mindfulness-based stress reduction, yoga (Park 2015) in managing stress and other affecting mental health conditions.

Yoga Sutras as a holistic health system are credited to Patanjali (circa 300CE), a Sanskrit scholar and medical physician (Broad, 2012, Feuerstein and Miller, 1998). Yoga sutras as having eight limbs [yama (external disciplines), niyama (internal disciplines), asana (posture), pranayama (breath control), pratyahara (withdrawal of senses), dharana (concentration), dhyana (Meditative absorption) and Samadhi (integration or union)] which consists a set of prescriptions for a morally disciplined, happier and purposeful life. In Yoga sutra 2.52, Patanjali writes, “As a result of [Pranayama], the covering that blocks our own inner light is reduced”.

It can be understood by term ‘asana’, as something standing, bending, twisting and balancing which helps to improve flexibility and our inner strength

,pranayama is the best example to describe which helps to control breath exercises performed while focusing on body awareness and dhyana refers to voluntary concentration of thoughts(Rocha et al.,2012).Maharishi Patanjali has classified schools of yoga which are : Karmayoga(teaches us to act selflessly),Jananayoga(Regress self-knowledge), Bhakti Yoga (way of refining one's personality through love and devotion), Hatha Yoga (health and hygiene involving both mind-body for development and realization), Mantra Yoga (yoga of sacred chanting), Kundalini yoga (yoga of subtle energy), Raja yoga (development of mental control as effective discipline).There are two well-known styles of Yoga , Iyengar (focus on alignment and holding each pose in a series of yoga) and Vinyasa (focuses when a person moves from one pose to another with balanced breath in a continuous flow for an intense mind-body workout(Broad,2012) .

Neurophysiological foundations and Evidence

It is found that the practice of Yoga encourages and enhances the proper functioning of psychological , physiological and also neurological problems and disorders (Mishra and Singh et al., 2012). Stress management through yoga has both physiological and immune benefits , improvement in motor functions in everyday tasks and events resulting in body's equilibrium with a calm and relaxed state of mind.

Yoga acts as a complementary treatment of Alzheimer's disease, Headaches , Depression and anxiety , Asthma , Obesity, Diabetes ,Gastrointestinal problems, Accelerated aging, Premature death and heart disease .The brain as has its power to determine the dangers and stressful situations and it involves two-way communication between the brain and cardiovascular system as Yoga has its direct effect on the SNS system which influences the cardiovascular system , the gastrointestinal (GI) tract, respiration , renal , endocrine , hypothalamic-pituitary–adrenal (HPA) axis and also PNS system by regulating it .

Practice of Yoga makes optimal functioning of Physiological systems which get activated by stress , the body can protect the body in the short span of time or damage the body in long span of time so for this optimal homeostatic is needed to meet the immediate possible needs of the body with the least possible

long-term cost analysis can be clearly understood by

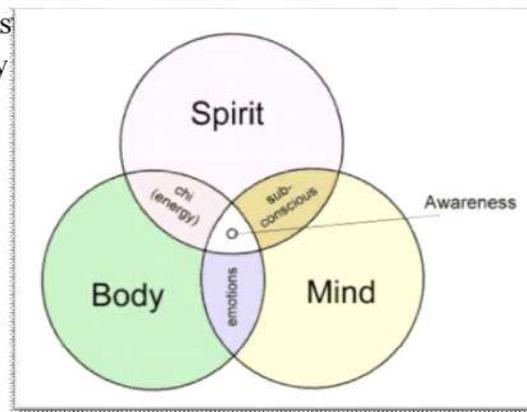


Figure 1.0 Mind-Body Relationship : Renee Hayashi available from www.pinterest.com.

Anatomy of autonomic nervous system

The autonomic nervous system is the part of the nervous system that consists of internal organs like blood vessels, stomach, liver, kidneys, bladder, genitals, lungs, pupils, heart and sweat, salivary and digestive glands. It comprises of Sympathetic nervous system (SNS) and Parasympathetic nervous system (PNS) which are concerned with control of the internal environment, through intervention of secretory glands, and both cardiac and smooth muscle. The function of SNS which is a nerve of emergency and during stress and strain to 'Fight, Fright or Flight', has a direct role in our physical response to stress and generates natural evolutionary response. It is a catabolic nerve and works for today. The PNS system is anabolic in function and works for tomorrow because constriction of the pupil after parasympathetic stimulation permits distant vision which symbolizes activities of the future. Also it is important to our life as micturition is essentially controlled by PNS, by both filling and evacuation. The main peripheral nervous system pathways are within the vagus nucleus (dorsal motor nucleus of vagus) in the medulla is an essential source of preganglionic PNS Efferent fibers travel in the vagus nerve and its pulmonary, cardiac, esophageal, gastric, intestinal, and other branches. The SNS will react by sending signals to the adrenal glands to release adrenaline and cortisol, these hormones will affect the other parts of the body and are cause of a faster

heartbeat, increased respiration rate, dilation of blood vessels in arms and legs, a change in digestive system and a high glucose level in bloodstream therefore, all this happens so that the body can react in an adequate way and also protect itself. The cranial nerve in the body which is also called as “super nerve” technically called vagus nerve innervates the PNS of body and travels the whole body and oversees all PNS activity, therefore is the most important nerve in the body hence, by increasing its activation, the PNS of the body will naturally increase as a result of improvement in selective attention.

Ultimately, the body needs equilibrium of nervous system, so yoga practices helps to find a place of inner equilibrium by establishing and maintaining a balance between the PNS and SNS system of the body.

How Yoga escalate PNS activity

There are many kinds of yoga styles and practices, here the relationship between yoga and PNS activity can be demonstrated by Yogic breathing. Yogic breathing or Pranayama, is the foundation of yoga practices. It starts with the deepening of breathing with the 3-part breath, then it moves into the other advanced Nostril breathing. Pranayama and asanas work hand in hand. These two principles together act as the highest form of purification and self-discipline i.e. mind-body integration. If performed regularly can balance the mental, physical and spiritual bodies.

Evidence suggests that inculcating and doing regularly these low intensity exercises which includes yoga enhances PNS function. Emotional states directly affect respiratory rate, depth and the pattern, interchangeably, the voluntary changes in pattern of breath can account for 40% of the variance in emotion of anger, fear, joy, and sadness. The voluntarily 3-part breathing patterns can affect ANS and Heart rate variability(HRV).

Yoga can elevate GABA levels

GABA (Gamma-amino butyric acid) is an amino acid which acts as an inhibitory neurotransmitter (lowers the neural activity of cells) and the Central nervous system and has been associated with decreased depressive symptoms, mood, anxiety and stress related problems. GABA's main function in the body is to reduce the activity of neurons in the brain and CNS which as a result has a range of effects on body-mind resulting in increased relaxation, reduced stress, calm state, balanced mood, alleviation of pain also induces good sleep

also helps in regulating muscle tone .We can say that GABA is an essential contributor to body's overall mental and physical equilibrium or homeostasis (balance). GABA acts as an important factor and role in healthy functioning of body's immune and endocrine system also acts a regulatory system of appetite and metabolism. Low GABA activity or dysfunction in body can result in chronic stress, depression, muscle pain and headaches, memory problems, insomnia and anxiety related issues, substance use disorders.

The primary role of GABA is to reduce the activity of the neurons in brain and CNS which balances the body in a higher state of relaxation and alleviates stress and anxiety. The changes in GABA levels can be measured by magnetic resonance spectroscopy (MRS) so it is suggested that the Continuous one-hour Yoga practices (behavioral intervention) can result in improvements in mood , reduced stress and anxiety as evident in a pilot study :Yoga asana sessions increase brain GABA levels (Chris c Streeter et al. J altern complement Med.2007May). A recent study indicates that GABA enhances alpha wave production in the brain to promote relaxation and moderate occasional stress also healthy its levels, suggesting that it may support immune health during occasional stress. The 12-week yoga intervention associated with greater improvements with positive correlation between acute increases in thalamic GABA levels and improvements in mood and anxiety scales. Pharmacologic agents increase the activity of the GABA systems, referred to as “brakes” Magnetic Resonance spectroscopy (MRS) to obtain brain GABA levels resulted in significant improvement. Any changes in GABA levels (changes in brain neurochemistry) have a direct effect on behavior of an organism which can be measured by magnetic resonance spectroscopy (MRS). The World Health Organization reports that 15% of the global population is majority affected by the depression , anxiety and mood disorders , The studies shows that the consistent practice of one-hour Yoga asanas improves GABA activity in brain and increases it up by 27% GABA levels in brain when practiced under trained and experienced yoga practitioner (Stressor. C.Chris and Jensen Eric. J et al., 2017).

The ANS imbalance with decreased PNS activity and increased SNS activity is important in Post traumatic–stress related disorder and chronic pain also this imbalance is associated with under activity in the GABA system. The

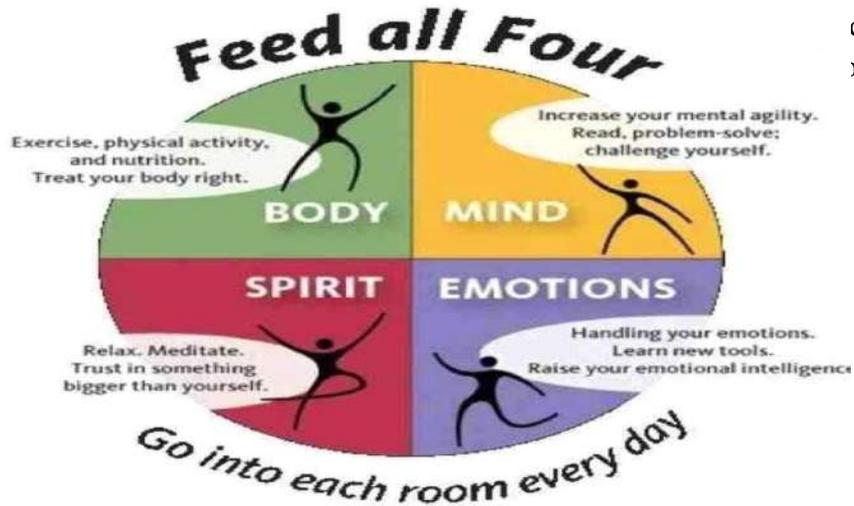


Figure 2 Healthy Living : Lannette WH available from www.pinterest.com

The Five R's of Stress Reduction

The five core concepts of the stress reduction are as listed below:

- **R**ecognition of the reasons and the sources of stress causing factors or distress i.e. raising awareness of oneself.
- **R**elationships at the time of identification of the stressor for support and help.
- **R**emoval of or from the stress causing factor (stressor) resulting in handling of the stimulus.
- **R**elaxation by following the well known techniques such as meditation, doing breathing exercises, yoga asanas , or guided imagery.
- **R**e-engagement via managed re-exposure and desensitization.

Some Defenses for coping stress related issues

Defense mechanisms are the behavior patterns which are initially concerned with preserving ego. Apparently the process is unconscious and the goal or purpose is to fool oneself. Since, it's an intra-psychic process helping to provide

relief and calm from any emotional conflict, stress and anxiety.

Hence forth, conscious efforts are persistently made for the same reasons but the true defenses are unconscious.

There are some ordinary defense mechanisms tabulated below:

- Reimbursement
- Transformation
- Denial
- Displacement
- Dissociation
- Idealization
- Identification
- Incorporation
- Introjection
- Projection
- Rationalization
- Reaction formation
- Regression
- Sublimation
- Sublimation
- Substitution
- Synchronizing
- Over through

The crucial purpose and function of these psychological defenses is to prevent the contingency of painful emotions.

Techniques of Stress management

Some of the following ways to reduce or lower down customary stress level are numbered below

- Cognitive therapy
- Cranial release technique
- Getting a hobby
- Meditation
- Deep breathing

- Yoga asans
- Chanting
- Mindfulness
- Music as a coping plan of action
- Social activity
- Autogenic training
- Progressive Muscular Relaxation
- Humor
- Guided imagery
- Listening to certain or specific Relaxing music
- Spending time with pets, nature
- Clinical alternative treatments

The overhead given techniques may vary in agreement philosophical pattern or model.

Positive Psychology as a stress management Skill

Positive emotional states can also benefit or furnish to greater emotional resilience, health and fulfillment .Some are catalogued below:

- Practicing Gratitude, gratitude journal and gratitude -promoting activities can instill the greater feelings of abundance and life satisfaction as well as uplifting the mood.
- Maintaining an optimistic tendency.
- Going with ‘flow’ mode or approach proceeding as improved performance and learning skill development.
- Practicing Mindfulness by being fully present in now and here.
- Focusing on spirituality can advance a greater sense of meaning in life along with reducing resilience in times of stress situations.
- Positive approach towards stressors.
- Practicing positive self-talk can stimulate positive emotions resulting in lowering stress and other related issues.

Implications of Yoga in Daily Life

- Yoga regulates emotions at all levels.
- Yoga promotes self–healing.
- Yoga reduces stress to a greater level by activating parasympathetic nervous system.

- Daily practicing Yoga increases brain GABA levels and protects the body from low GABA levels which induces pain, tension and stress and other related issues in body.
- Yoga eliminates many toxins from the body.
- Yoga optimal body equilibrium.
- Yoga promotes a more balanced physical, mental and spiritual health.
- Yoga makes the person feels rejuvenated and more energized with removal of negative blockages in mind with increased body awareness.
- Yoga increases flexibility and makes immune system stronger.
- Yoga is itself a discipline of physical and mental states of being.
- Yoga helps in self –awareness, self – realization and improved concentration level.
- Yoga increases the capacity to be happy and make others happy after all social health of oneself is the most important aspect.
- Yoga makes one’s life free of drug addiction.
- Yoga helps in building good company and relationships which has a great effect on one’s psyche.
- Yoga helps in personality development and also in achieving the highest etiquette of mankind.

Summary and Conclusion

Summarizing it, that the purpose of every Yoga is : Ultimately FREEDOM from all mental and physical issues , developing a positive attitude and outlook towards one’s life to Live , Love and Liberate your soul .Make the habit of stressful emotions “LET GO” and enjoy one’s life colorfully and fearlessly to its fullest. Therefore it’s recommended by doctors that one should make a daily habit of practicing Yoga techniques or asanas to counteract the unfavorable and detrimental reactions also attending to low GABA levels which can generate an imbalance of the sympathetic nervous system i.e. the flight or fight response of the body precipitating to an increased risk of illness, anxiety, mood and other stress disorders, physiological problems and other diseases.

One can increase brain GABA levels by practicing Yoga asanas daily by increasing body awareness and reported increase in perceived levels of alertness , high concentration , good sleep , enthusiasm , no sluggishness , calm , more relaxed , increased flexibility .

Therefore , achieving great and healthy living can be achieved through consistent serenity of practice which leads to development of qualities such as love, generosity, wisdom , self-reflection which is a simple mental and physical discipline.

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Chapter-3

**STRESS MANAGEMENT
THROUGH MUSIC**

14

IMPORTANCE OF MUSIC IN STRESS MANAGEMENT

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Introduction

Life cannot be imagined without stress. To an extent, psychological stress is a part of our lives that may prove to be essential for normal personality development. However, if these stresses occur in high doses then psychotherapy may be required. Stress can make anyone psychologically ill and can cause psychosis. There is generally good evidence for the importance of stress on abnormal psychology, although little is known about the specific risks and protective systems that arise from it. Negative or stressful life events lead to a variety of mental disruptions like mood and anxiety disorders. Abuses in childhood and adulthood including sexual abuse, physical abuse, emotional abuse, domestic violence and bullying arises through a complex social, family, psychological, and biological factor. The main danger arises from prolonged accumulation of such experiences is a trauma that leads to psychosis, such as

PTSD. The difference in resilience to such experiences is seen but some experiences prove sensitive to them. Symptoms associated with variation in resilience include genetic sensitivity, dispositional attachment, cognition group, recovery patterns and other experiences.

Meaning of Stress

Fear and safety are major symptoms of an organism. Stress is the difference between fear and safety. When we fail to establish a synergy between each type of fear present in the world and its protection, then tension arises.

Thus insecure man is always ready to be safe, is desperate and this is the mood stress. Our complex life, social, political and administrative system fails to balance these situation is called stress.

The term “Hanes-Shale” stress is the reaction of hormones to fulfill a need, both physically and scientifically, to describe two types of stress.

Eustress is the desired stress and it is not dangerous but is necessary which keeps the person aware of his duties. Second is distress that is involuntary and a person cannot control it and causes many problems. It can also be called negative stress.

Behr and Neumann- “arise from the mutual incompatibility of the person and his actions and the work environment. In this way, stress is the mental and physical condition of a person which is created by his environment.

Characteristics of Stress

1. Stress is the manifestation of a person’s mental state.
2. Stress is a response to the external environment.
3. Stress is not always harmful.
4. Stress only affects individuals within themselves.
5. It is different from anxiety because it indicates deep anxiety. Stress is first mental but physical stress also arises over time.

Types of stress

Stress can be divided into three parts depending on the effectiveness of stress. The first type of stress is called low stress in which stress arises from sudden small changes in the environment around the person.

The second type can be called tainted stress which injures a person’s body and brain. This type of stress can be caused by a person’s failure in his career.

The third and most dangerous type of stress is shock stress. In this stress, a person has to face many difficulties and it is challenging to maintain life with patience. This stress includes the occurrence of an unpleasant event. This stress can also cause the death of a person.

Symptoms of Stress

The physical symptoms of a stress-prone person include higher than normal heart rate and lack of regular digestive functions, as well as prolonged stress can also lead to fatal diseases such as cancer. Being satisfied and being outspoken is important.

The major symptom of a stress-ridden person is reflected in his behavior. When a person is under stress, then he is unable to do his work in regular and normal ways, his productivity decreases. And intoxication moves towards instinct. Along with this, the voices of such people start getting heavier. Those who want to say something are never able to say, they lose patience quickly and are rarely seen in social and cultural events and are always restless.

Now let's talk about what is the root cause of stress. Every person engages in his / her own work when there are interruptions in his / her thoughts. So these interruptions constantly dissatisfy the person and when dissatisfaction reaches its peak, then stress comes and it gradually increases with time. At that time three types of mental duality arise. In which the proposal duality is the second proposal duality and the third duplex proposal duality.

Reasons for Stress

The number of types of stress that can be caused may be associated with the person's own or a person's relationship or role of an organization in creating tension.

Our lifestyle is the leading cause of stress at the present time. Sizzling culture, shifting culture, rising urbanization and in the course of indiscriminately embracing western culture, we are forgetting our normal living habits of Indian culture that is Vasudev Kutumbakam.

Increasing technology has also led to a sudden increase in tension. No doubt technology has made the work easier but at the same time, it creates a competitive environment in which the person is not able to breathe peacefully.

The collapse of joint families is also a major cause because the family's contribution to the development of the initial human values of the individual is

constantly decreasing. Assistance in family members' health problems is also seen to be minimal.

The most prominent cause of stress can be traced through economic elements. The constantly depleting economic resources are unable to meet the daily needs of the individual. Today everyone wants that he too can live a happy and prosperous life like other people and for this he is becoming a victim of stress in strengthening his own financial position.

Along with the reduction of social programs in social networks and discrimination on various grounds, social evils are becoming more successful in harmonizing with the changing global scenario. As a result, many problems like stress are coming up.

If we look at the organizational causes of stress, the major changes are the policy changes made by an organization, emphasizing the formality of the structure of the organization, the impurity of the environment to work and the changes being made by the organization in different grounds or time intervals. Employees who are affected by are seen to be under stress. Employees' stress also affects their own family.

What is Stress Management?

Every person suffers from stress in one way or the other. It is also called depression. In present times, stress is not a big deal. Because in the name of indiscriminate development in our world of runaway lifestyle, Yen Ken's sudden tendency to become rich and run the world his way has made it common.

Everyone in this world is suffering from some kind of stress, although the reason for their stress is not the same, some are worried about their business, some are worried about the future, others are not able to do everything according to their own behavior. Due to discrimination or atrocities happening with them and materialistic life and also the technological progress have played their part in creating a stressful environment.

Stress Management Tips

Stress is not harmful in every situation and this is also true that everyone wants to be stress free. It is neither natural to remain completely free from stress nor possible because in such a situation the person will become inactive. But there are some stresses which we have to avoid because it is very beneficial

for the person. There are some such techniques or methods in simple terms by which stress can be avoided or if stress arises, than it can be reduced.

The main way to reduce stress is to manage your time better, by streamlining your daily lifestyle; major tasks for stress can be ignored.

Importance of Music in Stress Management

The journey of the first century before Christ, the golden age of Greek philosophy, we see that Plato already defined some musical modes as indicators of certain health benefits.

From that time until the nineteenth century many writers and poets wrote about the power of music to change the mood and stimulate the senses.

To give an example, Shakespeare said: “Music has charms capable of calming a wild chest, softening rocks and bending down to even the strongest oak”.

The effects of music began to be studied scientifically in the nineteenth century. The first measurement of the effects of music on bodily functions dates back to 1880 was done by psychologist Dogil, who measured heart rate and breathing in response to musical stimulation.

There are many ways to reduce stress, but some are more effective than others in which music is one. Some techniques are difficult to learn while others are challenging to practice. Some have negative consequences that almost affect their effectiveness or can cause major problems.

Music plays a big role in our life. The song music fulfills the emptiness of our life and brings peace to the mind and brain.

Music is a good medium for good mental and physical health and for all the hormones of the body to function properly. Since the mind can be influenced by a variety of wrong thoughts in free time, in such a situation, music is the best tool to use our free time correctly. It can inspire us to be happy in life.

The birth of music is considered from the time of nature’s creation. Nature has its own music; the chirping of birds, the rustling of rivers, the rustle of trees, the melody of the springs, and the tweet of birds has always stirred humans. Our culture and music have been integral.

Music has an important place in human life. It provides entertainment in our free time and at the same time provides mental peace. Systematic sound,

which arises from the creation of rasa, is the same music. Music has an important place in the whole world of Mohan Sur, it is not unknown to anyone.

Music is an integral part of our life even if it can be considered as an internal need. There are different types of music which we can use when we need it. Listening or singing music is the best way to stay calm, happy and busy in life. In this busy, crowded and corrupt world, where all the people keep working on each other's legs and where all are ready any time to harm the other there is a need of peaceful time. At such a time, music itself serves as a motive and helps to lift the spirits of our brain. I have felt it myself in my life that music is, in fact, the only means to help keep us happy. Music is more than meditation and yoga, as it is beneficial for both our body and mind. We can listen to music at any time. Listening to music in medium voice is a good habit.

Music keeps our body calm and healthy. In today's time, corruption is increasing, in such a time, music becomes our friend. Music is a gift by God to all humans. It is like a kindred key for us.

Music entertains people and shares happiness with people. The nature of music is to encourage and promote which removes all negative thoughts and promotes the power of human concentration. Music provides knowledge that who is our most loved person and also helps us to remember all the good memories. It has no boundaries, obstacles and rules directory, it should listen to mind and gives peace.

Importance of Music in life

Music occupies an important place in the life of people, from humans to trees, plants, animals, etc. Scientist has proved that its use in the treatment of eye and heart diseases has been successful by listening to music. Music is like yoga, it should be used like yoga. It gives us happiness and keeps hormones under control in our body. Along with this, it also works to give relief to body and brain. Due to which this physical mentally helps us in keeping our body healthy.

Music therapy is a psychotherapeutic method that uses music as a remedy. The healing effect of music on the human body has been known since ancient times. In ancient times and in the middle Ages, belief in the healing effect of music was exceptionally great. This is evident from the literary and medical evidence of the treatment of choromania (the dance of St. Vitus) with the help of music.

The author of “Musical Pharmacopoeia” P.G. Scheffler describes how music is helpful in depression and in a mood of sadness. Bethoven recommends listening to “Two Joys “. About 14% of all classical music recordings sold in Europe are from W. Mozart. Quiet and flowing music calm our mind while we loud and cheerful music change our mood. Vocal performance of music also gives soothing effect and helps him to know himself and to feel himself a part of it, to identify himself in it.

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THE EFFECT OF MUSIC ON WORKPLACE STRESS

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Dr. Lalit Kumar Singh

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.” - Plato

Music is an important stressbuster for the personal, social and occupational life of human being across the whole world. People had started understanding that it can have a significant impact on health, well-being and quality of life. Talking about work or school, mental wellbeing research or developmental studies, music had established an influential impression on human lives. Observing its effects on brain and body, it's easy for people to draw a connection between music and its consequence on learning original concepts. Regarding this, there's a theory that claims that IQ of those who listen to the singing or playing of the compositions of the conventional musician, Amadeus Mozart, increases. This theory is popularly known as “Mozart Effect.” Researchers from Harvard University and the University of Wisconsin have showed through various tests that music can increase general IQ of an individual by around ten percent. After listening to music people have control over their cognitive capabilities.

Music blocks out the external work while helping the listener remain concentrated on whatever they are listening.

Religion and Music

Music has its effect on religion too. Parrott (2009), supporting BhakthiSankeertan in his book 'Healing through Music' says, "From ancient times, music is something that has put people in touch with their innermost feelings. Different kinds of music work upon different emotions of an individual and release the various incomplete emotions leading towards a total healing of body and mind". Parrott (2009) cited Steven Fischbacker's paper "Music and Spirituality" which quotes that music helps to regain memories after one see an object that he or she had related to construct a memory. Cooling (1996) suggests three 'E' words viz. explore, engage and express. These words links music with soul. In festivals too people play music to show their gratitude in the form of worship. Music on the one hand is a union of sound and lyrics. (Trappe, 2012). On the other hand, it is an approach towards physical mental and social aspects of a human behaviour which reflects throughout his life (Kagan, 2013). When someone create a music, it reflects his or her feelings and emotions and the person start working in the betterment of the same. This enhance the overall personality development.

Brain and Music

It is observed that the whole brain is involved when people are listening to, playing, reading, and creating music. Daniel J. Levitin explains in his book, "This is your Brain on Music", that, listening to music first involves subcortical structures like cochlear nuclei, the brain stem, and the cerebellum. It then moves up to auditory cortices on both sides of the brain. listening also involves the memory centres in the brain, such as the hippocampus and lowest parts of the frontal lobe. When a person taps along with the music, it's the cerebrum that is functioning. When a person is reading or reciting music, it's the visual cortex that is operating, and when a person is listening to or recollecting lyrics, language centres in the temporal and frontal lobes function. Studies show that if someone is performing music, the frontal lobe, for planning, the motor and sensory cortex will activate as well. Because playing music requires co-ordination of motor control, somatosensory touch and auditory information, most musicians are known to have developed a greater ability than the average person to use both

hands. Increased networks between the left and right brain form thick fibres that interconnect the two motor areas, an area that is larger in musicians than in non-musicians. Because the brain has the capacity to change (called “neuroplasticity”), music also affects some of the brain’s learning capacities, increasing the size of the auditory and motor cortex. Researchers had studied about music localization using technologies such MRI and PET as and came to conclusion that when music is played professionally the analytical processes in the left hemisphere is developed, whereas if it is not played professionally, then the music is managed in the right hemispheres. There are many studies which proves that left hemisphere is predominant in musicians, when compared to musical amateurs. When people are inattentive listeners, their right hemisphere is lateralized to music.

Stress and Music

Music listening is said to have beneficially impact on health via stress reducing effects (Thoma et al., 2013). Most of the person in their lives go through various forms of stress. According to Judd (2011), stress is any feeling that bothers you or puts a strain on the body or mind. Some people describe stress as an uncomfortable feeling of tension. Others describe it as a feeling of excitement and challenge. Stress is a challenge for everybody. No one leads a perfect life and they face many situations on which they don’t have any control and which disturbs them physically or psychologically. Stress is the psychological and physiological response to any real or imagined troubles, strains, stimulations, or variations in life. When there are unpleasant feelings or events which lowers down the quality of life, then this is bad stress or ‘Distress. When we are motivated by a stress or feel energetic or active towards a specific situation then it is good stress or Eustress. This type of stress enhances the quality of life of an individual. ‘Distress exaggerate Depression, but eustress leads to success.’

A scientist named Hans Seyle studied the effects of long-term stress. He discussed about general adaptation syndrome. This syndrome talks about three stages in reaction to long-term stress: alarm, resistance and exhaustion. The stage in which stress hormones are released along the HPA-axis is called alarm stage. The stage in which body tries to adapt to long-term stress and to return to pre-alarmed functioning is called resistance stage. But when the stressor occurs for a long time, our stress responses remain activated, and so it’s difficult for our bodies to return to non-stressed states. The final stage is exhaustion,

which can be both physical and mental. With long-term stress, the body cannot return to its pre-stressed state because levels of stress hormones, especially cortisol, remain elevated. Stress can be a single factor that leads to a number of suicides. Thomson et al, 2014, had suggested that music can act as self-therapeutic measure to heal stress and in the treatment of people with anxiety, depression etc;

Music and workplace stress

Music is very effective in the treatment of workplace stress. When people face stress in their work environment, which can be related to anything like, work pressure, non-cooperative colleagues, dominating boss, then this type of stress is known as workplace stress. Workplace stress can be defined as the harmful physical and emotional responses that arise from the requirement of the job. The job stress can lead to poor health and even injury. There are three symptoms of workplace stress. They are psychological, emotional and physical symptoms. The symptoms that affect self-esteem and self-confidence are known as Psychological Symptoms such as depression, anxiety, boredom, frustration, isolation etc. Physical symptoms include allergies, skin disease, head ache, sleep disturbances etc. The behavioural symptoms are amplified snapping at others, withdrawal and alcohol addiction. In an article written by Greer (2013) entitled Thinking outside the box: meta-cognition and the music lesson, the author cited that idea that the skills learned in music lessons might transfer to other areas has gained a lot of attention in the last 20 years. Initial researches proposed that professional-level athletes and musicians may be better equipped to handle the stresses of performance in areas outside sports and music. In 1983, Howard Gardner proposed a theory of multiple intelligences, which included a musical intelligence. This kind of theory was of high attention and succeeding theories led to early music schooling and association between music and intelligence.

Music as a Stressbuster

When an individual listen to his or her favourite and soothing music, the brain releases a neurotransmitter hormone called Dopamine. These and other related hormones act as a messenger which are related to motivation and reinforcement of behaviour. This led to decrease in fatigue and increase in performance and increase in work capacity that results in advanced predictable

levels of stamina, control, output, or strength. Healing power of music can be achieved from various kind of music like instrument, western, classical, Carnatic etc. The view that music has a healing influence that could affect health and behaviour is as old as the writing of Aristotle and Plato. Music has constantly fascinated the humankind. When one is tired and down music can be uplifting. It can calm the strained nerves, soothe the depressed, ease the isolated. Scriptures also show that music has healing power. *Chris oyedepo (2011)* conducted study on the effect of music therapy on relaxation and stress reduction for worker in ice factory. The samples were selected from 2 factories. Music was given for 30 minutes to the experimental group, the stress, relaxation, 32 heart rate, and respiratory rate were assessed twice at 15-minute intervals. The findings revealed that experimental group had significantly less stress after the intervention ($\bar{x}=10.1$) in comparison to the control group ($\bar{x}=16.2$). The relaxation score of the experimental group was 80% and that of the control group was 29.3%. Heart rate and respiration rate decreased over time for those subjects in the music as group as compared with the control group subjects. In few countries, companies are trying to provide mental health and wellness support, programs like Music therapy may start there to promote stress reduction in employees. Dr. Suzanne Hanser says that music therapy positively effects the heart rate, blood pressure and vital signs- all recipes to reduce stress, enhance focus and agility to do a task. Music is of different types, cultural, pop, hip hop, soft, loud, jazz, traditional and others. Among them many of them are healers. Musical healing acts in three ways; it stimulates, awakes and rebuild mood proficiently which helps an individual to regain energy, reduce stress and become more active at workplace. It is efficient in treating depression, muscle relaxation, improving sleep patterns, increases motivation which increases performance, prosocial behavior etc. Additionally, music is also used for the treatment of persons suffering from rheumatism; its empiric achievement as a medicine in rehabilitative and palliative therapy is recognized too.

Effect of Negative Music

Although Music acts as a healer but sometimes it has a negative effect too. Unremitting rise in pop, heavy metal and rap music is leading to aggressive and destructive behaviour. This is resulting in negative effects on brain and behaviour, leading to increased stress in individual and people who is surrounded by him

or her. It is said that people who like angry, distressing and gloomy music have poor coping skills and are indulged in antisocial actions. To immerse oneself in angry, desperate, depressing music is a poor strategy for coping with anger, despair, and depression. Neuroscience suggests that "brooding," or dwelling on one's current emotional state, is more likely to deepen the state rather than to alleviate it (Goleman, 1995). Litman and Farberow (1994) contend that "addictive and antisocial behaviours" are at first adopted as alternatives to suicide, but, when they fail, and if conditions worsen, such behaviours may actually function as contributory causes of suicide. Similarly, if a preoccupation with heavy metal music is carried to an extreme, it too may become an addictive, antisocial behaviour—a form of "media delinquency" (Roe, 1995)—and ultimately a contributor to the problem rather than a solution. For the small minority of kids who are already alienated and disturbed, extreme music may be another risk factor for violence or suicide. It is said that when people require motivation and concentration in job then pop or heavy metal music act as a noise and irritate an individual. This leads to aggression which increases stress. Heavy metal, emotional (emo), hardcore, punk, screamo, and each of their subgenres form the category of "extreme" music. Extreme music is characterized by chaotic, loud, heavy, and powerful sounds, with emotional vocals, often containing lyrical themes of anxiety, depression, social isolation, and loneliness. This is the reason that these musical features, arousing nature of the music may compete with the previously present internal arousal of the listener and allow him/her to explore and process the above emotional condition.

Music Therapy

Music Therapy is an essential option of the coping strategy of stress at workplace, because it affects both Psychological and Physiological processes. At work place the music should be soft and classical so that it soothes everybody. For better results the employees should wear personal earphones to hear their favourite music or songs. This will enhance more energy, calm down the mind and increase motivation level. According to scientific analysis, music is a way to socialize with others, to recreate sexual desires, to form a language and a way of communication for antenatal mothers with their babies.

The most common view is that music is an effect of sound created by humans which rejuvenates the environment. (Dorrell, 2006). Psycho musicologist Aristoxenus cited in Butler (1982) says that music is a human effort formed according to one's sensory abilities and its disclosure should be worthwhile. According to Pavlovian classical conditioning in Vedantam, 2007, when unconditioned stimuli e.g. any work that we perform, combines with conditioned stimuli like music, the conditioned response that we obtain is the desired behavior i.e. whenever we listen to that music, we start performing our work. (Vedantam, 2007).function and alleviate symptoms in Parkinson's disease, Alzheimer's disease and other forms of dementia in part at elderly people (Myskja and Lindbaek, 2010). Therefore, it seems healing harmony as a source of inspiration in science is an effective approach to improve quality of life indifferent individual.

Music plays an essential role in all the areas of human life including health. Music inspires to believe in self, self-confidence; promotes in maintaining one's possessions and work in partnership with others e.g. group of people giving efforts in a Multinational company to make it an accomplishment.

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Chapter-4

STRESS: YOGA & MUSIC

16

STRESS AND ITS MANAGEMENT – THE ROLE OF MUSIC AND YOGA

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History Of The Stress Concept

The concept of Stress is being widely used in contemporary psychological literature as well as in popular discourse. However , the term was originally used in the discipline of Physics. In the 17th Century Robert Hooke used the term stress to refer to the force exerted upon a certain area leading to damage or deformation. Thus although stress is a physical construct initially used in the context of metals , it has now come to be used widely in biology , medicine, and psychology in the context of human beings. In the human context stress can be

i) Physical – e.g. the organism being subjected to extreme temperatures or being asked to perform beyond its strength or capability

ii) Psychological – e.g. negative thoughts and feelings due to interpersonal conflict

Understanding Stress

Coyne & Holroyd, 1982, describe stress as the internal feeling or somatic reaction generated in response to taxing or disrupting events or major life changes.

Baum, 1990 defines stress as , “a negative emotional experience accompanied by predictable biochemical, physiological, cognitive and behavioural changes that are directed either toward altering the stressful event or accommodating its effects.”

Often , stress arises when environmental demands exceed our ability to meet those demands. It may therefore be said that stress is the unpleasant feeling that results from a mismatch between external demands and our ability to cope with those demands.

It would be in order to understand a few significant facts about stress.

Whereas stress is the response, the agent causing the stress is known as the stressor.

Stress is universal. This means that we all experience stress to a greater or lesser extent. From the soldier to the General, the labourer to the tycoon, the pauper to the millionaire – all experience stress.

Though stress itself is universal, the cause or the specific stressor may vary from person to person. Someone is stressed because he is overloaded with work. Another is stressed because he has no job. One is stressed because of the responsibilities of married life, another is stressed because he has no wife. The list could go on and on.

Stresses are additive. This means that all the different stressors in our life add up to produce the total quantum of stress we carry. So even though we may not have a single overwhelming stressor in our life, yet if there are several minor stressors occurring at the same time we may begin to feel overwhelmed with stress.

The above facts may give the impression that stress is all bad and needs to be eliminated completely from our lives. Nothing could be further from the truth. The fact is that a certain amount of stress is necessary to stimulate optimum performance. If there were no stress in our life, we would hardly be motivated to give our best performance. A certain amount of stress related to the negative consequences of poor performance will motivate us to do our best. Thus, the certain amount of stress performs a motivating function in our life. On the basis of this, stress is often classified as Eustress or “Good Stress” and Distress or “Bad Stress”.

As the quantum of stress rises from zero upwards, our performance improves till a critical point is reached beyond which, if stress continues to rise, performance will begin to decline. Hence, it may be said that there is a curvy linear relationship between stress and performance.

The Physiology Of Stress

Stress not only causes psychological discomfort but also brings about bodily changes which may have long term consequences for health. Two bodily systems involved in the stress response are the Sympathetic Nervous System and the Hypothalamic-Pituitary-Adrenocortical Axis. Arousal of the Sympathetic Nervous System causes the medulla of the adrenal glands to secrete catecholamines-epinephrine and nor epinephrine. This leads to increase in heart rate, blood pressure, sweating and constriction of peripheral blood vessels. Activation of the HPA Axis leads to release of glucocorticoids by the adrenal cortex.

These bodily responses to stress are intended to enable the body to deal with stress through “fight or flight”. But if these responses are repeatedly activated over a prolonged time period i.e. if the person repeatedly encounters stressful situations over a long period of time then there are adverse consequences including lowered immunity, increase in heart rate and blood pressure, heart arrhythmias and neurochemical imbalances.

Chronic stress thus , may become the indirect cause of disease through three pathways namely direct physiological effects, maladaptive health habits and inappropriate health behaviours.

In the light of the above facts it is widely recognized now that stress plays a significant role in the etiology of non communicable diseases. Hence the importance of managing and controlling stress to maintain a state of mental and physical health and well being.

Role of Yoga In Managing Stress

Yoga is a holistic system of mind body fitness that has been practiced in India for centuries. In recent times there has been a renewal of interest in Yoga world wide. Societies that were sceptical earlier have finally realized the immense contribution of Yoga towards the goal of holistic health. The high point in the resurgence of Yoga was in 2015 when the World Health Organization declared 21 June as International Yoga Day.

The word Yoga refers to a connection between the body and mind and at a higher level , a connection between the soul and the Divine. It is a system based on the earliest Indian scriptures especially the Vedas. One of the best known sources is the Yog Sutra of Maharishi Patanjali. Yoga is a system of Asanas, Pranayam and meditation .But at a broader level it is a way of life. In modern times Yoga has been accepted as a way to achieve holistic health i.e. a state of physical, emotional, social and spiritual well being.

Much research has been done on the health benefits of Yoga. These benefits are the result of the physiological and neurological effects of Yogic asanas and pranayam. Some of the positive effects reported are reduction in blood glucose levels (Khatri et.al 2007), reduction in heart rate and blood pressure (Selvamurthy et.al 1998), reduction in anxiety and increase in positive emotions. Besides this, Yoga makes the body flexible and resilient, improves overall physiological functioning ,prevents and cures diseases,and promotes mental calmness and tranquillity. All these outcomes make yoga an effective option in dealing with stress and minimizing the negative physiological and psychological sequelae of prolonged and / or severe stress.

Role Of Music In Managing Stress

It is common knowledge and common experience that music has a significant effect on our moods and behaviour. Since time immemorial humans have been using music to produce certain behavioural effects- be it a mother singing a lullabye to lull her infant to sleep or army commanders using drums and trumpets to fire up their soldiers for battle. Depending on the type of music, it can either create a state of physiological arousal – spurring action as in the case of martial music or it can bring a balmy sense of relaxation that soothes a troubled mind. Many people, when they are tired, upset or stressed, take recourse to their favourite music to calm their mind. Teenagers taking a break after studying long hours may find a diversion in their preferred set of songs or music. A housewife performing the monotonous household tasks of cooking and cleaning may relieve the boredom by putting on some music and performing her tasks to its catchy beats. Many of us, when we are stressed, anxious, or depressed find solace in listening to songs, ghazals or folk music or instrumental music to soothe our frayed nerves or control our racing thoughts.

We in India are lucky to have a tremendous range of music to choose from – classical ragas, folk songs, popular film music, ghazals, bhajans or devotional songs, patriotic songs, and Sufi music. There are songs for every season and songs specific to weddings, childbirth, festivals and other celebrations. We have a wealth of musical instruments – string instruments, wind instruments, percussion instruments as well as the modern casio.

The classical Ragas of India have come down to us from ancient and medieval times. Each Raga has its own special qualities with corresponding effects on the human psyche. They also have their own assigned time of day when they are likely to exert maximum effect.

It would not be an exaggeration to say that music has a profound effect on the human mind and body – creating either arousal or relaxation according to the nature of the music itself. William Congreve, a dramatist, living in 17th

Century England, had this to say about music , ‘Music has charms to soothe the savage breast, to soften rocks, or bend a knotted oak.’ William Shakespeare famously said, ‘If music be the food of love, play on’. So the power of music as a therapeutic tool has been recognised across cultures and across time periods of history.

In modern times the therapeutic value of music has been recognised by scientific Psychology. Music Therapy has been defined as ‘the use of music to address the physical, emotional, cognitive, and social needs of a group or individual’. Music Therapy uses various activities – listening to songs or instruments, singing or playing instruments, or even writing songs or composing music. It is used for all age groups from infants to the elderly, the healthy or the sick, as well as those suffering from different kinds of mental illness or distress. Often stress is caused by our inability to communicate effectively or express emotions appropriately. For such cases music therapy provides an avenue for self expression, a channel whereby long pent up feelings can be released.

The process of Music Therapy may either be Creative or Receptive.

In the Creative process the therapist encourages the client to create or produce music. This could be done by writing a song, composing a tune or playing an instrument. It is not necessary that the client have a musical background or be skilled in singing or playing , or that he be very tuneful or knowledgeable about music. He need not create an outstanding piece of music. Rather than the final outcome, it is the process that is therapeutic.

In the Receptive process the client gets a listening experience – listening to different types of songs or compositions of instrumental music. He is then asked to introspect and share the thoughts, feelings, ideas, and emotions evoked in him by the music.

Music Therapy can be helpful for a wide range of emotional health issues including grief, anxiety and depression. In those suffering from stress music therapy can make positive changes in mood and emotional states.

Conclusion

Excessive and prolonged stress is undeniably a noxious state leading to myriad negative outcomes for physical and psychological health. It is therefore essential to manage stress levels and keep them in check. This can be achieved through a variety of techniques. The regular practice of Yoga and Music therapy are two ways of managing stress and ensuring long term positive outcomes for holistic health.

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THE PERCEPTS OF YOGA-DARSHAN, MUSIC AND ITS UTILITY

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Introduction

Hunger and thirst are natural to the body, so are old age, infirmities and sufferings. Without these the body cannot exist. The body itself becomes subject to various changes. This love is absolute. Man's condition is never even. Pleasure and pain come and go in me. worldly false thoughts are harassing and heavy, so they do not allow us to be jolly or to think high. It is better for everyone, to take himself gradually away from troubles thoughts because the ultimate aim of which is nothing but disappointment.

Thought is the calls of bondage and liberation. The higher the thought is, the higher it raises the thinker and the heavier it is, the more it hears him down. The force of thought is very potent. Good thoughts are like of detergent to wash one's heart clean. Good thoughts produce good imagination. By this way a man may either be good or bad.

Bad thoughts are like a strong poison, kill the vitality of the soul and make it dull and impure. So the bad thought must be carefully avoided. The vacant mind is the dancing place of all ranges, useful and bad thoughts. An unengaged life always leads towards evil thoughts. So one should engage himself in good deeds. He should never attempt or think of causing pain to anyone and avoid evil thoughts completely off his mind then only he can pass his time in peace and happiness. Good thoughts purify the life and make it more cheerful.

Man lives on food spiritual and material. For the uprightness of the spirit within we require spiritual food and so. The nourishment of material body we want matter. Mind always hankers after happiness and runs after all directions. By constant meditation the heart will be purified and the mind will be under control. Mind if not kept confined within barrier will run out.

The ultimate aim of yoga philosophy is to realise the soul by concentrating the mind on the soul. The power of concentration has to be developed practicing concentration from gross to gradually finer object.

Music is a very good media to calm down the mind, and concentrates to a particular point. During yoga class music's play a major role to reduce unwanted thoughts to get good concentration in practice. Even though one can practice yoga without music its effect will be more nice pleasant music. Playing music during your yoga practice can help you to get into the firm. More easily and can give you that extra push to fully go for it.

The yoga helps us to reach a higher level of consciousness along with music. By following the principle of the yoga along with music, such as heightening the power of concentration arresting the vagaries of mind by fixing one's attention on the deepest source of strength one can master one's soul, as an athlete masters his body.

The 'Bhagvat Gita' stress on the purity of mind, the inner purity of motives and intentions. The sense organs should be controlled and withdrawn from immoral object.

असंशय मतवाहो मनो दुर्निग्रहं बलम् ।

अभ्यासेन तु कौन्तेय वैराग्येन च ग्रहाते ॥—रीमद्भगवद्गीता 6.3

The 'Yoga-Sutra' of 'Patanjali' is the oldest of 'Yoga-Darsan'. The Yoga Philosophy especially the system propounded by 'Patanjali' and 'Vyasa' aspects the main views of the mind school of 'Samphya'. The Yoga adopts the 'Samphya' metaphysics and accepts the concept of God upon it. 'Prakriti's the material cause of the world. God is efficient cause. The 'Sambhya' believe in the reality of twenty line principle 'Prapti', 'Mahal', 'Ahamkara', 'Manas', ten external sense organs five 'Tanmatrai five gross elements and soul.

The Yoga assumes the reality of twenty time principles and adds to principles of God. God is the degree of omniscience. 'Patanjali' has defined Yoga in his 'योगसूत्र' as follows:

योगणिवत्तवृत्तिनिरोध ॥ —योगसूत्र

That is to say Yoga is the hindering or the prevention of the modification (वृत्ति) of mind.

Yoga first tries to concentrate his mind on perceptible external object, then on imperceptible external object, then on the organs of sense (eye, ear etc.) and finally on his own self. (soul)

The music enhances the feeling of relaxation and comfort induced by the practice of arana and the effect of Yoge, in general.

- Sounds improves body, movements.
- Music makes it easier to clear your mind, thus making it easier to meditate at the end of the session, when doing the corpse pose, one of the more popular poses in Yoga.
- Well chosen music can improve the calming, relaxing and soothing effects of yoga. Scroll down to find the superprof playlist.

Yoga calms the whirlwind of thoughts in our head and music has on sound vibration of wood's glass can help you immerse yourself in a state of meditation and relaxation.

A mind cannot realize spiritual truth so long as his evil thoughts. All people can attain yoga by separated practice.

Concentration is not an easy process. In the initial stages of concentration one inhaled, slow your breathing, and create other stress-inducing changes. As an added bonus for many people who are beginners to meditation or who are perfectionists, music meditation can feel simpler and more instantly relaxing than other forms of practice. Playing music during Yoga helps to get into the flame more easily.

It is a psychological law that a sound mind resides in sound body and that neither can be sound in case of a man who does not control his passion and sexual impulses, so a man cannot concentrate his attention on any object when his mind is distracted by sex and crime and other evil practices.

Yoga practice is becoming popular. In modern age there are several institutions where Yoga has been introduced and taught to fight and stress. Music is one of the Yoga instructor's most powerful allies. Teachers in other movement disciplines know this dance, studio cycling, and main studio formats all rely on rhymes and melodies to thrive. Music is a very good media to calm down the mind and concentrate to a particular point. During Yoga class music's play a major role to reduce unwanted thought, to get concentration in practice. Even though one can practice yoga without music's, its effect will be more with nice pleasant music make our body cheerful and happy along with yoga and always we blessed with good health.

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18

EFFECTIVENESS OF YOGA & MUSIC IN STRESS MANAGEMENT

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Introduction

In the modern world of today stress is a phenomenon, which is affecting adversely the life of every one of us. In this competitive world the students and other experience extreme stress in different situations. Human relations are taking back seat and the material needs and consumer culture are dominating our lives. In such a backdrop the stress has firmly gripped our lives, which is telling upon our physical and mental health. Stress affects both the body and the mind. If it is in small degree it motivates the person and helps an individual perform better. But its constant presence and severity puts the person in emergency mode and negatively affects a particular person. Constant presence of stress in this modern era is a matter of concern as it affects all aspects of a person's life and may also cause diseases of various parts. Various attempts are being made to handle the problems of stress. In this regard, Yoga has been recognized as an important tool to manage stress.

The term Yoga has is verbal roots as (Yuj) in Sanskrit. Yuj means joining [Yujyate anena iti yogah. Yogah is that which joins. What are the entities that

are joined? In the traditional terminology it is joining of the individual self with the universal SELF. It is the expansion of the narrow constricted egoistic personality to an all pervasive, eternal and blissful state of REALITY.

Yoga- Mastery over mind

Patanjali defines Yoga in his second aphorism- **Yogah chitta vritti nirodah**. Yoga is a process of achieving control over the mind. Control involves two aspects- a power to concentrate on any desired subject or thing and a capacity to remain quiet for quite time. All of us have been developing the first aspect namely concentration. Rarely, the second capacity of man, to remain calm and silent, has been harnessed. Hence, Yoga mainly emphasizes, this second aspect. In Yoga Vasistha one of the best texts on Yoga, the essence of Yoga is beautifully portrayed thus, ‘Manah Prashamanopayah Yoga ityabhidhiyate ‘ - Yoga is called a skillful trick to calm down the mind. It is an (Upayah), a skillful subtle process and not a brutal, mechanical gross effort to stop the thoughts in the mind. An unskilled layperson trying to repair a television set is almost sure to spoil it, while an experienced and skillful person knows exactly on what to lay hands and to rectify the malfunctioning. He operates at the right place. Knowledge is the key similarly, in the control of mind, a novice tries hard and gets disgusted when he/ she finds himself more messed up, while Yoga gives him / her the necessary techniques to operate at the right place at the right time to gain complete mastery. This skill is the trick of allowing the mind to calm down and not to use brutal force to stop it. In action, Yoga is a special skill which makes the mind reach its subtler state: **“Yogah Karmasu Kaushalam** ‘(Gita 2.50). Yoga is dexterity in action. The dexterity is in maintaining relaxation and awareness in action. Relaxed action is the process. Efficiency in action is an outcome. Thus, Yoga is a skillful science of gaining mastery over the mind. Yoga is normally and traditionally conjectured and popularly known as a process or a technique to reach the ultimate state of perfection. However, yoga is found defined even as the states of higher powers and potentialities and even as the ultimate state SILENCE. Further yoga is also described as the power of all creative endeavors and creation itself.

Yoga - A state

A person leaps into higher states of consciousness and learns to stay and act tuned to these states. Yoga often refers to these subtle layers of causal states of our mind,

Yogastha kuru karmani sangam tyaktva dhananjaya Siddhya siddhyo samo bhutva samatvam yoga uchyate. (Gita 2.48)

Perform action, Dhananjaya, being fixed in Yoga, renouncing attachments and staying even minded in successes or failures. Evenness is verily Yoga. Thus, the subtle state of mind featured by 'Steadiness' is referred to as Yoga. Yoga is a state of great steadiness at emotional level; balance of concentration and detachment at mental level and homeostasis at body level. It integrates the personality by bringing body-mind coordination in a well-balanced way.

Thus, Yoga is:

- a process for elevating oneself through calming of mind,
- also the very states of higher, subtler layers of mind, and
- Conceived as a creative power in man and that of the reality itself.

Yoga as a way of life to cope with stress

Stress is a maladaptive response pattern, characteristic to the individual concerned, to his perceived and overpowering psycho-physiological, psychosocial and bio-ecological demands.

The stress, according to Patanjala Yoga Sutra (PSY), can be defined as "a state of psycho - physiological imbalance experienced due to identification with one's modifications of mind emanating from our existential afflictions (termed as Klesas) and precipitated by social environments and psycho-physiological response patterns."

As we all know stress is essentially associated with life. Wherever there is life, there is stress. Life without stress is probably not thinkable. The essence is that we cannot avoid stress. But we can definitely manage it. Therefore, it is important that we know how to manage it. There are ways by which stress can be managed. Yoga is one of them. Udupa (1965) has found that Yoga can immensely help in prevention of stress - related diseases by successfully managing the stress.

Yoga is viewed in several ways. Some people consider Yoga as a set of asanas (physical postures), pranayama (breathing techniques) and meditation. Some consider Yoga as a prescribed course consisting of physical exercises. And for some people it is a way of life. Again for some people, it is a spiritual discipline which is aimed at spiritual evolution.

Yoga, As a Life Style, is based on certain principles which are beneficial for healthy living. These principles are found in philosophy of various schools of Yoga Such as Jnana-Yoga, Raja-Yoga, Karma-Yoga and Bhakti-Yoga and are enshrined in traditional texts of Yoga like Patanjala Yoga Sutra, Bhagavad-Gita, Hatha Yoga Pradipika, Gherand Samhita, Hatha Ratnavali etc.

Yogic principles are universal in nature and can be adopted by all human beings irrespective of time, place, age, gender, profession or race. These principles are related to every aspect of life and treat the person as a whole. The Yogic principles bring about harmony between body and mind. Yogic Principles of healthy living can be put into the following Categories:

- Ahara (Food)
- Vihara (Relaxation)
- Acara (Conduct)
- Vicara (Thinking)
- Vyavahara (Behavior)

These principles are as follows-

1-Ahara (food)

Ahara is a Sanskrit word which means food. Food is a biological need essential for one's survival. Yoga views differently. It considers the food as necessary for the nourishment of both, the body and the mind.

In this context, the Yogic concept of 'mitahara' is very relevant. "Mitahara" puts emphasis on proper quality and quantity of food and also includes proper state of mind, when food is eaten. Mitahara emphasizes that food should be eaten in a positive state of mind with full concentration on food.

Food is important for managing stress. There is a relationship between food and stress. We have already seen that our body needs more resources to cope with a stressor; it consumes more energy and there is more wear and tear in body. If we do not eat proper food, our body requirements will not be met, as a result body will become weak would not be able to deal with the situation. Therefore, it is necessary that we eat proper diet as signified by mitahara': it would strengthen our body and consequently our mind will be calm and cool; and thus, help us to manage stress.

2. Vihara (relaxation)

Vihara is a Sanskrit word. It means the activities for the purpose of recreation and relaxation. Relaxation is paramount to leading happy and long life. It really sustains our life. Our busy schedule demands that we make ourselves relaxed by good creative activities. For this purpose asana, pranayama, and meditation or some games can be made part of our daily routine. Some of these physical activities will make us strong enough to face the challenges of life and help us to manage stress in a better way. In this context relaxation practices like Yoga-nidra, savasana also can relax our body and mind. Svadhyaya (reading good literature) and having good company too give us relaxation physically and mentally.

3. Acara (Conduct)

Acara means right conduct that includes self-discipline, positive attitude, positive emotions and principles in life. In Yogic philosophy, we find the principles of yama and niyama. The yama and niyama guide us how to conduct ourselves. The ahimsa (non-violence), satya (truthfulness), asteya (non stealing), brahmacharya (right conduct) and aparigraha (non-acquisitiveness) are the principles of yama; and saucha (cleanliness), santosha (satisfaction with what one has) tapah (austerity), svadhyaya (study of good literature and self-introspection) and Isvarapranidhana (dedication and surrendering to the Supreme power) are the five principles of niyama. The yama and niyama help us in managing stress. (Not practicing yama produces stress in a person.) In other words, we can say that principles under yama and niyama protect us from unnecessary stress. Practicing yama and niyama would bring about harmony within us and the society.

4. Vicara (thoughts)

Vicara is a Sanskrit word meaning thought / thinking. Thinking is an important attribute of ourself. It is the force that guides and controls our actions. Right thinking will guide our actions in right directions while wrong thinking will give a wrong direction to our actions. If we think positively about ourselves we will have more self-confidence, which will lead to have high self-esteem. This will give us hope and energy, improve our performance and protect us from undue worries and stress.

5. Vyavahara (Behavior)

Vyavahara refers to behavior or actions. For stress management, the principles of 'niskama karma' and 'karmasu kausalam' are also very relevant. According to 'niskama karma', (doing action without expectation of the fruits) and we should perform our duties with full dedication without worrying for the results. If we act without our expectations, we will not be tensed even in the situations of adverse results. Therefore, niskama karma protects us from stress. Another principle 'karmasu kausalam' states that we should perform our acts with skillfulness. If we are skilled then we would be better equipped to deal with the struggles in life and will remain relatively stress-free.

Different YOGIC PRACTICES FOR STRESS MANAGEMENT

Yoga plays an important in stress management. We can manage stress effectively by stretching our body and also by relaxing our body and mind. There are some Yogic practices which are as follows:

1- Asana

Asanas are good for body and mind. During stress, the endocrine system is the most affected system in our body. Therefore, the practices that work on our endocrine are good for managing stress. The most effective asanas for this purpose are Hastottanasana, Padahastanasana, Trikonasana, Ustrasana, Ardha - matsyendrasana, Sarvangasana, Matsyasana, Bhujangasana and Savasana. For revisiting the procedure or techniques of their asanas you can refer to unit 4 (practicum). These asanas strengthen the glands and regulate their functions. By doing so, these asanas enable the body to effectively deal with the stress.

2- Pranayama

Pranayama is a Yogic practice which is very effective for coping with stress. Pranayama is a breathing technique by which prana (vital life force) is controlled and regulated.

Pranayama consists of three phases: 1) puraka (regulated inhalation),) recaka (regulated exhalation) and iii) kumbhaka (regulated retention of breath). Puraka involves slow, deep and prolonged inhalation as per the capacity. Recaka involves slow, deep and prolonged exhalation in a regulated way, and kumbhaka involves retention of breath. Kumbhaka can be performed in two ways: 1) by holding the breath inside after puraka, and 2) by holding the breath outside after recaka.

There are several kinds of Pranayama, but Nadi- Sodhana Pranayama and Bhramari Pranayama have been considered effective for the purpose of managing stress.

Nadi - sodhana Pranayama is also known as Anuloma - viloma Pranayama. Nadisodhana Pranayama is soothing to the mind and body. It stimulates parasympathetic system; improves blood supply to brain; and provides sufficient oxygen to the nerve cells of body. It is beneficial in several health conditions and especially in stress related disorders.

3- Yoga-nidra

Yoga Nidra is a method of relaxation. Yoga-nidra means a sleep with awareness. It is a Yogic technique of inducing us into conscious sleep for making our body and mind relaxed. Yoga-nidra helps to reduce stress. It brings balance among various systems of body and helps in managing stress-related problems. It is good for prevention of stress-related disorders and can also be used for the management of alexithymia (dysfunction in emotional awareness) asthma, cancer and colitis and peptic ulcer and cardiovascular diseases.

4- Antarmauna

Antarmauna also a famous technique of relaxation. In Sanskrit language, antar means inner and mauna means silence. Thus it is related to maintaining inner silence.

By antarmauna we come to know about our inner world which consists of thoughts and emotions. Actually, we are so externally oriented that we do not know about our own inner thoughts, feelings and emotions. This external orientation makes us stressed. We can be relaxed if we can keep ourselves away from these things. So antarmauna is very helpful in relaxing our body and mind and is effective for dealing with stress.

5- Meditation

“Meditation is a well - known Yogic practice which is suited to various purposes. As you all know that in meditation, we practice to withdraw our attention from different objects or ideas of the mundane world and focus it on a single idea/ object instrumentally for some time. So there are variety of meditation techniques which have been designed to induce relaxation in body and mind. Meditation is very effective for stress - reduction. It can reverse the stress - response by activating the parasympathetic nervous system. During

meditation, our heart rate and breathing slow down, blood pressure becomes normal and our hormonal secretion gets normalized.

Music

As we discussed Yogic principles (Ahara, Vihara, Acara, Vicara, Vyavahara) and Yogic practices (Asana, Pranayama, Yoga-nidra, Antarmauna, Meditation) are very beneficial in stress management, music also plays a vital role in managing stress. Music is a common resource for the regulation of emotions, moods, and stress.

It is a collection of coordinated sound or sounds. Making music is the process of putting sounds and tones in an order, often combining them to create a unified composition. Music is made of sounds, vibrations, and silent moments. It can be used to convey a whole range of experiences, environments, and emotions. Music can affect the body and mind in many health-promoting ways. One of the great benefits of music as a stress reliever is that it can be used while you conduct your regular activities so it really doesn't take time away from your busy schedule. Music provides a wonderful backdrop for your life and you can find increased enjoyment from what you're doing while reducing stress from your day. There are many different ways to cope with stress, anxiety, depression and use music for stress relief.

Listening to music can have a tremendously relaxing effect on our minds and bodies, especially slow, quiet classical music. This type of music can have a beneficial effect on our physiological and mental issues and it is very helpful in decreasing the levels of stress hormones. This proves that music can help in the physiological wellness of a person. The soothing power of music is well-established. It has a unique link to our emotions, so can be an extremely effective stress management tool.

As music can absorb our attention, it acts as a distraction at the same time it helps to explore emotions. This means it can be a great aid to meditation, helping to prevent the mind wandering. Music can have a profound effect on both the emotions and the body. Faster music can make you feel more alert and concentrate better. Upbeat music can make you feel more optimistic and positive about life. A slower tempo can quiet your mind and relax your muscles, making you feel soothed while releasing the stress of the day. Music is effective for relaxation and stress management.

More than 2000 years have passed since humans discovered music. Music is an art of sound in time that expresses ideas and emotions in significant forms through the elements of rhythm, melody, harmony, and color (anonymous, 2014). It started out as a simple striking of materials that produced sounds and was later developed with the inventions of musical instruments such as stringed instruments. The development of music evolves from prehistoric until the present period of time. Music has been very popular to people, not only to adults but also to teenagers and children. Its popularity can be attributed to the components of music such as lyrics, genres, artists and specifically, being a big part of the present media.

In this current industrialized world, teenagers are the most vulnerable factor of society. As teenagers, there are a lot of negative forces affecting them such as confusion, pressure, stress, etc., that leads to delinquency. To prevent this from happening, they devise their own way of relieving stress. With the fast phasing domination of media today, music is one of its successful outcomes that everyone listens to. Listening to music can serve as a stress reliever to teenagers.

According to Psychology Today (2014), Stress is simply a reaction to a stimulus that disturbs our physical or mental equilibrium. People view stress as something that is common, but according to the American Psychological Association (2014), 75 to 90 percent of all physician office visits are for stress-related ailments and complaints. Stress is linked to the six leading causes of death—heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide. Stress can really be a threat in one's health.

Releasing stress through the power of music

Music can have a profound effect on both the emotions and the body. Faster music can make you feel more alert and concentrate better. Upbeat music can make you feel more optimistic and positive about life. A slower tempo can quiet your mind and relax your muscles, making you feel soothed while releasing the stress of the day. Music is effective for relaxation and stress management.

Research confirms these personal experiences with music. Current findings indicate that music around 60 beats per minute can cause the brain to synchronize with the beat causing alpha brainwaves (frequencies from 8 - 14 hertz or cycles

per second). This alpha brainwave is what is present when we are relaxed and conscious. To induce sleep (a delta brainwave of 5 hertz), a person may need to devote at least 45 minutes, in a relaxed position, listening to calming music. Researchers at Stanford University have said that “listening to music seems to be able to change brain functioning to the same extent as medication.” They noted that music is something that almost anybody can access and makes it an easy stress reduction tool.

Self-selected music can improve mood and reduce stress

Music’s unique action in the brain has proven to have multiple benefits, including as an extremely useful tool for coping with stress. In fact, various studies have found music can mediate stress even in the most intense clinical settings, including during labor and even surgery. There is ample evidences that music can improve mood and reduces stress, anxiety and depression on an objective level.

Using music to manage anxiety, depression and stress

A 2017 review in the journal *Psychology of Music* found evidence that among people with clinical anxiety or depression and stress listening to music can lower heart rate, blood pressure, and other physical symptoms associated with one or both of these conditions. It can also selectively activate emotion-related brain regions in ways that improve mood and strengthen emotion regulation.

CONCLUSION

In conclusion we can say that just as yoga is important in relieving physical stress, in the same way, music plays a leading role in relieving depression and stress. This has been confirmed by several research studies. Yoga and music are methods that force the soul to connect to the divine without any means. Yoga enables a person to live a healthy, healthy, calm and joyful life. Overall, it is known that both yoga and music are very helpful in removing mental tension and negativity.

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EFFECTIVENESS OF YOGA & MUIC IN STRESS MANAGEMENT

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STRESS

Now days stress is a normal thing for the humans as well as adolescents also. Stress will happen in our life or body when we are not able or capable to fight with our situation. Stress is also a dangerous thing for our body due to this our heart beats got increased our mental and physical level high level.

Stress is not only for us it was coming from ancient days. Ancient time people were also have stress tension but they have a solution Do or Die that time it was best solution for them. There are mainly 3 type of hormone Adrenaline , Cortisol , Norepinephrine. When adrenaline received the message from the brain than stressful situation has presented itself in human. Adrenaline along with Norepinephrine is largely responsible for the immediate reaction we fell when stressed. Cortisol it is a type of steroid hormone it is commonly known as stress hormone.

If the stress is going last long that is also too harmful for our heart and also for our immune system and our stability of fighting for diseases will automatically get low.

Mainly there are 2 type of stress :-

- 1- Acute Stress
- 2- Chronic Stress

ACUTE STRESS:-

Acute stress is the most common form of stress among humans . Acute stress deals with the pressure of the near future or dealing with the very recent past while this is the case in some circumstances. It is also good thing to have some acute stress in life. Running or any other form of exercise is considered an acute stress.

CHRONIC STRESS:-

Chronic stress is unlike acute stress. It has a wearing effect on people that can become a very serious health risk if it continues over a long period of time. Chronic stress can lead to memory loss ,damage spatial recognition and produce a decreased drive of eating.

UNHEALTHY WAYS TO RELAX & RECHARGE:-

- 1- Smoking
- 2- Drinking too much
- 3- Using pills or drugs to relax
- 4- Sleeping too much

HEALTHY WAYS TO RELAX & RECHARGE:-

- 1- Go for a walk
- 2- Spend time in nature
- 3- Sweat out tension with a good workout
- 4- Curl up with a good book
- 5- Work in your garden

MUSIC

Music is an art form , and opinions come into play. Music is whatever people think is music. A different approach is to list the qualities music must have such as sound which has rhythm, melody, pitch temper etc. . .

THE POWER OF MUSIC TO REDUCE STRESS:-

The soothing power of music is well established. It has a unique link to our emotions, so can be an extremely effective stress management tool.

Listening to music can have a tremendously relaxing effect on our minds and bodies especially slow, quiet classical music. This type of music can have a beneficial effect on our physiological functions, slowing the pulse and heart rate, lowering blood pressure decreasing the levels of stress hormones. Music in short can act as a powerful stress management tool in our lives.

ONE OF THE MIRACLE OF MUSIC:-

It was an incident of a girl/lady Sangeeta who lived in Kolkata and she was suffering from dengue than she slipped into coma than doctor and her parents loose all the hopes and given up but after 27 days doctor decided to try music therapy and invented famous violinist 'N Rajam' daily half an hour Sangeeta used to listen Raag Darbari Kanada with the help of headphones this process continues till 7 days and it worked seriously that was a miracle for her and for her parents also. This news is by Zee News and News Nation <https://youtu.be/5NfWiKtUMwQ>

An music can absorb our attention, it acts as a distraction at the same time it helps to explore emotions this means it can be a great aid to meditation, helping to prevent the mind wandering.

When people are very stressed, there is a tendency to avoid activity listening to music perhaps it feels like a waste of time, not helping to achieve anything but as we know, productivity increases when stress is reduced so this is another area where you can gain vast rewards. It just takes a small effort to begin with.

To incorporate music into a busy life, try playing CDs in the car or put the radio on when in the bath or shower take portable music with you when walking the dog. A person with clinical depression or bipolar disorder might listen to music to help to help with their worst, lowest moods.

YOGA

Yoga has long been known to be a great antidote to stress. Yoga combines many popular stress reducing techniques, including exercise and learning to control the breath, clear the mind and relax the body. As yoga becomes increasingly popular more and more people are discovering the benefits this ancient practice brings to this stressful lives establishing a consistent yoga routine is the best way to experience the difference yoga.

If you do get stressed you can quickly do some breathing that will reduce stress in the nervous system when you feel extreme pressure it was pass but it

will often usually manifest in the body. Doing yogic breathing will help release stress from your shoulders back and neck breathe deeply throughout your day.

Stress and anxiety can prevent you from doing things you want to do they get in the way of your ultimate success and meeting goals that matter to you . It takes more effort to continue allowing these feelings to control your life than it does to get on the mat and release the pressure.

THE HEALTH BENEFITS OF YOGA:-

***Stress Reduction:-**

A number of studies have shown that yoga may help reduce stress and anxiety . It can also enhance your mood and over all sense of well being .

***Improved fitness:-**

Practicing yoga may lead to improved balance , flexibility; range of motion and strength.

***Management of chronic condition:-**

Yoga can help reduce risk factors for chronic disease and high blood pressure you might also help alleviate chronic condition such as depression, pain , anxiety and insomnia.

YOGA PRECANTIONS

Yoga is generally considered safe for more healthy people when practiced under the guidance of a trained instructor. But there are some situation in which yoga might pose a risk.

See your health care provider before you begin yoga have any of the following condition or situation.

- 1- A herniated disk
- 2- A risk of blood clots
- 3- Eye condition, including glaucoma
- 4- Pregnancy-although yoga is generally safe for pregnant woman, certain poses should be avoided
- 5- Severe balance problems
- 6- Uncontrolled blood pressure

CONCLUSION

Here we got a conclusion from the topic “ Effectiveness of yoga and music in stress management” that stress is always very harmful for our health and also for immune system. Music and yoga both are equivalent because music is get related with humans emotions and give relaxed to the body and therefore yoga is also makes our body physically and mentally fit with the help of meditation and exercise. Music and yoga is the best option nowadays for making our body fit physically as well mentally.

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EFFECTIVENESS OF YOGA AND MUSIC IN STRESS MANAGEMENT

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In present scenario we find that stress, depression, and anxiety have become common problems in our daily lives. We start early in the morning and work till late in the night and find ourselves stressed we want to avoid it because stress is a silent killer and prolonged exposure to stress may have harmful effects on physical, psychological, social and behavioral well-being of an individual.

Stress is the feeling of being under too much mental or emotional pressure. Pressure turns into Stress when we find ourselves unable to cope up with.

Stress might lead to various problems such as **headaches**, high blood pressure, **heart** problems, **diabetes**, skin conditions, asthma, arthritis, depression, and anxiety.

A little stress every now and then is not something to be concerned about. Ongoing, chronic stress, however, can cause or exacerbate many serious health problems, including:

- Mental health problems, such as depression, anxiety, and personality disorders
- Cardiovascular disease, including heart disease, high blood pressure, abnormal heart rhythms, heart attacks, and stroke
- Obesity and other eating disorders
- Menstrual problems
- Sexual dysfunction, such as impotence and premature ejaculation in men and loss of sexual desire in both men and women
- Skin and hair problems, such as acne, psoriasis, and eczema, and permanent hair loss
- Gastrointestinal problems, such as GERD, gastritis, ulcerative colitis, and irritable colon

So how can we combat stress there are different stress management and stress reduction techniques. Yoga is one such technique which is used to cope with stress.

Practicing yoga can be extremely helpful in this regard. Yoga has helped many people relieve various mental and physical issues. Yoga can help reduce stress because it promotes relaxation, which is the natural opposite of stress. Yoga can benefit three aspects of ourselves that are often affected by stress: our body, mind, and breathing.

It has been found in many studies that a little yoga in the morning, at night, or even on a lunch break, can minimize stress and increase productivity. It is believed that yoga is so effective for stress relief because, aside from the physical benefits that yoga brings, it encourages a good mood and increase in mindfulness. People who get to do yoga at work may be less stressed out than their peers who don't, a research review suggests.

Yoga is an ancient, Indian art and science that seeks to promote individual health and well-being through physical and mental exercise and deep relaxation. Although many new techniques have arrived lately, the practice of yoga has remained consistent. Yoga has an effective role in reducing stress, anxiety, and depression that can be considered as complementary medicine and reduce the medical cost too.

The mind and body are intimately related with each other and it has been found in research that if mind is relaxed, the muscles in body also remained

relaxed. Yoga, developed thousands of years ago, is recognized as a form of mind-body medicine. In yoga, physical postures and breathing exercises improve muscle strength, flexibility, blood circulation in the body and oxygen uptake as well as hormonal functions.

In a national survey, over 85% of people who did yoga reported that it helped them relieve stress. An estimated 80 to 90 percent of visits to the doctor are stress-related but only less than 3% of doctors talk to their patients about how to reduce stress. Yoga, meditation, and other mind-body practices train our body and mind to be able to cope with stress better and improve overall health and well-being.

Practicing a few yoga poses for 5 to 10 minutes each day is the first step toward reducing stress. Yoga increases blood flow and levels of hemoglobin and red blood cells which allows for more oxygen to reach the body cells, enhancing their function.

A number of studies have shown that yoga may help reduce stress and anxiety. It can also enhance our mood and overall sense of well-being. Practicing yoga may lead to improved balance, flexibility, range of motion and strength. Many people report positive health effects from practicing yoga and experience both mental and physical benefits from yoga practice.

It's proven that the nature of yoga is controlling the mind and central nervous system and unlike other exercises it has a moderating effect on the nervous system, the hormonal emissions, physiological factors, and regulation of nerve impulses; therefore, it can be effective in improving depression and mental disorders. Regular yoga practice creates mental clarity and calmness, increases body awareness, relieves chronic stress patterns, relaxes the mind, centers attention, and sharpens concentration.

Six benefits of practicing yoga for stress management:

Improved sleep

Most people suffering from stress usually complain about the inability to sleep properly. Practising yoga helps us sleep peacefully and bring more focus in our life.

Increased energy

Breathing exercises are crucial in yoga as they help in managing stress. The slow rhythmic breathing patterns with inhaling and exhaling techniques help the oxygen to dissolve through the organs and thus making us feel relaxed.

Deep relaxation

One of the most important things for stress management is maintaining peace of mind. Practising yoga with meditation balances the waves that are needed to relax our mind.

Inner healing

People under stress fail to react to a situation with a calm and composed mind, and often tend to break down. Practising yoga helps in building strength and channelling energy appropriately during crisis or periods of extreme stress. It is also beneficial in building inner confidence as stress often makes us feel confused and indecisive.

Better concentration

People dealing with stress tend to forget things, as they might be worried or disturbed about something. Yoga asanas help in relaxing the body by overcoming stress and bringing in improved concentration.

Union of mind, body, and soul

Imbalance of mind, body and soul creates health issues and unwanted mental stress. Breathing exercises and yoga asanas unite these three factors and relieve people from stress.

Three Yoga exercises to combat stress:

Cat Pose (Bidalasana)

Have you seen a cat stretch? That is close to what you are going to do in the Cat Pose. The primary effect of doing this exercise is to enhance mobility and flexibility in your spine, but it is also very beneficial in calming your mind and de-stressing yourself.

To do this, gently get down on all fours. Balance your body with your palm, knees, and toes. Now inhale properly and slowly and while you do that, curve your spine outward (back towards the ceiling). Hold that position for a few moments and then as you gradually exhale, curve inwards (belly towards the floor). Repeat this yoga pose a few times.

Standing hand raises (Urdhva Hastasana)

Stand up on your mat. When you are ready gently raise your hands above your head and inhale deeply as you do it. Join your palms together (namaskara) at the top most position. Now hold the position for a few moments. Gradually exhale and lower your hands to your sides.

Squeeze in, squeeze out!

Sit comfortably in the Yogi position (cross-legged) and slowly breathe in. As you fill your lungs with air, squeeze your shoulders close to your neck. Now slowly exhale, as you do that loosen your shoulders and let them fall to their natural position. Do this a couple of times. When you inhale squeeze in your stomach as much as you can. And as you exhale, let your body relax.

The key to doing these asanas right is to feel your stress waft away as you exhale. The best time to do these asanas is early in the morning but you can do it whenever you choose to, except just after meals.

In summary, stress has a negative impact on the immune system and prolonged exposure increases susceptibility to disease and leads to physical and mental health problems such as anxiety and depression. Practicing yoga is very helpful to combat both acute and chronic stress. Yoga has an effective role in reducing stress, anxiety, and depression. Thus, it can be used as complementary medicine.

In recent decades, several medical and scientific studies on yoga proved it to be very useful in the treatment of various diseases.

One of the main goals of yoga is to achieve tranquility of the mind and create a sense of well-being, feelings of relaxation, improved self-confidence, improved efficiency, increased attentiveness, lowered irritability, and an optimistic outlook on life. It is not an exercise rather it is an ancient technology towards wellbeing and ultimate liberation.

Yoga is an holistic approach to combat stress and it can be very effective in developing coping skills and reaching a more positive outlook on life.”

Stress can be managed in a variety of ways. One typical way of regulating stress in daily life is through music listening. Music is effective for relaxation and stress management. Music has been widely shown to be an effective tool for reducing stress .

Music plays a pivotal role to combat the stress . Researches say that music is one of the easiest way to beat stress. Music stimulate the mind. There are many things in music, to which one can listen and bring attention.

When stress hits, there are several ways to manage the storm of emotional and physical feelings that arise. One remedy for stress that has endured since early civilization is music. For generations, culture has produced music not just

for entertainment but for our well-being. Research has shown that listening to music may have an effect on anxiety, blood pressure, and stress hormones.

Music puts us in a better mood. What some people may not realize is that our mood is directly linked to our overall health. Being in a better mood improves our physical health, leads us to make better lifestyle decisions, and helps us strengthen relationships. When we feel better mentally, we feel better physically. Music is an integral part of our life, it touches everyone in some way, either by listening or playing. Music can boost happiness and reduce anxiety.

Music is connected to our moods, and music will always remain an important and integral part of human life.

We've all experienced an emotional connection with music. A good song can make us feel happy or sad, in love or angry. Music can have a profound effect on both the emotions and the body. Faster music can make us feel more alert and concentrate better. Upbeat music can make us feel more optimistic and positive about life. A slower tempo can quiet our mind and relax our muscles, making us feel soothed while releasing the stress of the day. Music is effective for relaxation and stress management. Listening to music seems to be able to change brain functioning to the same extent as medication.

Music has a therapeutic effect. Music therapy enhances people's physical, psychological, cognitive, and emotional functioning during physical rehabilitation programs.

Listening to music can have a tremendously relaxing effect on minds and bodies, especially slow, quiet classical music. This type of music can have a beneficial effect on our physiological functions, slowing the pulse and heart rate, lowering blood pressure, and decreasing the levels of stress hormones." This proves that music can help in the physiological wellness of a person.

One of the great benefits of music as a stress reliever is that it can be used while we conduct our regular activities so it really doesn't take time away from our busy schedule. Music provides a wonderful backdrop for our life and we can find increased enjoyment from what we are doing while reducing stress from our day.

A large amount of research has been conducted regarding the effects of music on both the psychological and physiological well-being of all types of people. The studies show a great number of ways that beautiful tones create

a calming environment for those suffering from a wide range of afflictions, from cancer to stress and almost everything between. The use of classical and other peaceful types of music has been shown to slow the pulse and heart rate of the listener. In addition, this music has been shown to reduce high blood pressure and decrease the amount of stress hormone produced by the brain.

By causing these physical reactions, peaceful music helps to calm the listener. Classical music has even been shown to increase the production of serotonin which can help fight depression, anxiety, panic, and anger.

Classical music is not the only type of music that affects our health and well-being. The way that music affects a person is completely individual and based on our own personal experiences.

Many times we find ourselves stressed but there is tendency to avoid music. Perhaps we think that listening to music is waste of time but it's not so. The soothing power of music is well-established. It has a unique link to our emotions, so it can be an extremely effective stress management tool. Music has great qualities of healing a person emotionally and mentally. Music is a form of meditation. While composing or listening music ones tends to forget all his worries, sorrows and pains.

Music plays a great role in everyone's life. It keeps us busy in spare time and makes our life peaceful. Music plays an integral and essential role in our life. There are various types of music which we can enjoy according to our need and requirement. Listening slow sound music gives us relief and peace and makes us healthy mentally and spiritually. It helps us to combat stress and to get prevented from the mental and emotional problems all through the life.

Music is a vital part of different moments of human life, music is evergreen. It disseminate happiness and joy in a person's life. Music is the soul of life and gives immense peace and pleasure to us. Music has a close relationship with unconscious emotions, which are activated by musical movement.

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IMPACT OF MUSIC AND YOGA IN TENSION

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What is stress?

In an age of a highly dynamic and competitive world, man is exposed to all kinds of stressors that can affect him in all realms of life. Hans Selye first introduced the term stress into life science. The term stress is derived from the Latin word *Stringere*, which means “to be drawn tight.” Stress is a complex, dynamic process of interaction between a person and his or her life.

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous.

Stress is your body’s reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. But when stress lasts for a long time, it may harm your health.

Stress is a normal feeling. There are two main types of stress:

1-Acute stress : This is short-term stress that goes away quickly. You feel it when you slam on the brakes, have a fight with your partner, or ski down

a steep slope. It helps you manage dangerous situations. It also occurs when you do something new or exciting. All people have acute stress at one time or another.

2-Chronic stress : This is stress that lasts for a longer period of time. You may have chronic stress if you have money problems, an unhappy marriage, or trouble at work. Any type of stress that goes on for weeks or months is chronic stress. You can become so used to chronic stress that you don't realize it is a problem. If you don't find ways to manage stress, it may lead to health problems.

Stress and your body

Your body reacts to stress by releasing hormones. These hormones make your brain more alert, cause your muscles to tense, and increase your pulse. In the short term, these reactions are good because they can help you handle the situation causing stress. This is your body's way of protecting itself.

When you have chronic stress, your body stays alert, even though there is no danger. Over time, this puts you at risk for health problems, including:

- High blood pressure
- Heart disease
- Diabetes
- Obesity
- Depression or anxiety
- Skin problems, such as acne or eczema
- Menstrual problems
- If you already have a health condition, chronic stress can make it worse.

Signs of too much stress :

Stress can cause many types of physical and emotional symptoms. Sometimes, you may not realize these symptoms are caused by stress. Here are some signs that stress may be affecting you:

- Diarrhea or constipation
- Forgetfulness
- Frequent aches and pains
- Headaches
- Lack of energy or focus

- Sexual problems
- Stiff jaw or neck
- Tiredness
- Trouble sleeping or sleeping too much
- Upset stomach
- Use of alcohol or drugs to relax
- Weight loss or gain.

What is music?

In the course of history, music is the greatest creation of mankind. Creativity in the pure and undiluted form is the true definition of Music. Music is an important part of our life as it is a way of expressing our feelings as well as emotions.

Some people consider music as a way to escape from the pain of life. It gives you relief and allows you to reduce the stress. Music is a powerful therapy that will make you calm down and in the moment of joy, it will make you cheerful.

Furthermore, it develops the mind and boosts your self confidence. Music plays a more important role in our life than just being a source of entertainment.

Impact of Music in Stress Management :

Music makes you express your emotion

When you play some instrument, then you usually play the music that reflects our thoughts or our emotions. This way your brain convey the thoughts with the medium of music, without speaking a word. When we try to understand the music, then as per a research, it makes our mind more creative.

Music makes learning more pleasant

Music is an extremely unique way to develop the capability of memorising. The best example to prove this sentence is, that you can easily learn songs rather than learning your syllabus. The reason behind learning a song quickly is that your mind enjoys music. Whatever your minds enjoy, it preserves it.

Thus, music is said to be a good option to learn new things quickly. In your primary classes, you might have learned poems first. Poems are being taught to children because they find them interesting and easy to learn and retain them in their mind. The music in the poems makes it more enjoyable. This is the only

reason that you remember those poems throughout your life. These days, even the schools realize the importance of music, thus they are enhancing the methods of teaching by making it interesting with the help of music. Music has the power to change the world.

Music can have a profound effect on both the emotions and the body. Faster music can make you feel more alert and concentrate better. Upbeat music can make you feel more optimistic and positive about life. A slower tempo can quiet your mind and relax your muscles, making you feel soothed while releasing the stress of the day. Music is effective for relaxation and stress management.

Research confirms these personal experiences with music. Current findings indicate that music around 60 beats per minute can cause the brain to synchronize with the beat causing alpha brainwaves (frequencies from 8 - 14 hertz or cycles per second). This alpha brainwave is what is present when we are relaxed and conscious. To induce sleep (a delta brainwave of 5 hertz), a person may need to devote at least 45 minutes, in a relaxed position, listening to calming music. Researchers at Stanford University have said that “listening to music seems to be able to change brain functioning to the same extent as medication.” They noted that music is something that almost anybody can access and makes it an easy stress reduction tool.

So what type of music reduces stress the best? A bit surprising is that Native American, Celtic, Indian stringed-instruments, drums, and flutes are very effective at relaxing the mind even when played moderately loud. Sounds of rain, thunder, and nature sounds may also be relaxing particularly when mixed with other music, such as light jazz, classical (the “largo” movement), and easy listening music. Since with music we are rarely told the beats per minute, how do you choose the relaxation music that is best for you? The answer partly rests with you: You must first like the music being played, and then it must relax you. You could start by simply exploring the music on this web page. Some may relax you, some may not. Forcing yourself to listen to relaxation music that irritates you can create tension, not reduce it. If that happens, try looking for alternatives on the internet or consult with Counseling Service staff for other musical suggestions. It is important to remember that quieting your mind does not mean you will automatically feel sleepy. It means

your brain and body are relaxed, and with your new calm self, you can then function at your best in many activities.

In concluding way, we can say that when people are very stressed, there is a tendency to avoid actively listening to music. Perhaps it feels like a waste of time, not helping to achieve anything. But as we know, productivity increases when stress is reduced, so this is another area where you can gain vast rewards. It just takes a small effort to begin with.

To incorporate music into a busy life, try playing CDs in the car, or put the radio on when in the bath or shower. Take portable music with you when walking the dog, or put the stereo on instead of the TV. A person with clinical depression or bipolar disorder might listen to music to help with their worst, lowest moods.

Singing (or shouting) along can also be a great release of tension, and karaoke is very enjoyable for some extroverts! Calming music before bedtime promotes peace and relaxation and helps to induce sleep.

What is Yoga?

Yoga poses are great to strengthen and relax the body, however there's a lot more to Yoga than that.

Derived from the Sanskrit word 'yuj' which means 'to unite or integrate', yoga is a 5,000-year-old Indian body of knowledge. Yoga is all about harmonizing the body with the mind and breath through the means of various breathing exercises, yoga poses (asanas) and meditation. Although yoga has been practiced for over 5000 years, it has only recently gained popularity in the United States and Europe. In America, the yoga market emerged as a 5.7 billion dollar industry in 2008, an increase of 87% from 2004. The practice originated in India and has been implemented to alleviate both mental and physical ailments including bronchitis, chronic pain, and symptoms of menopause.

Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional, and spiritual dimensions of the individual. Yoga is often depicted metaphorically as a tree and comprises eight aspects, or limbs: yama (universal ethics), niyama (individual ethics), asana (physical postures), pranayama (breath control), pratyahara (control of the senses), dharana (concentration), dyana (meditation), and samadhi (bliss). Long a popular

practice in India, yoga has become increasingly more common in Western society.

Role of Yoga in Stress Management:

A fundamental principle of yoga is that your body and mind are one and connected. Stress in one domain will affect the other and vice versa. Many of us live primarily in either our mind or our body, which creates imbalance and even a lack of awareness. For example, people with very analytical careers may spend a lot of time in their mind, and may not realize how much tension is stored in their body. Or if you're an athlete, you may be keenly aware of your body, but could benefit from becoming more aware of your mental state. Wherever you fall on this spectrum, yoga helps you balance and tone the connection between your body and mind.

In a national survey, over 85% of people who did yoga reported that it helped them relieve stress. Exercise is a very useful way to relieve stress, but yoga is different from spinning class or weight-lifting in that it powerfully combines both physical fitness with an underlying philosophy of self-compassion and awareness. One of the main concepts in yoga is being non-judgmental toward both yourself and others, which is a powerful tool for stress relief since much of our stress comes from us being hard on ourselves or frustrated with others.

A growing body of research evidence supports the belief that certain yoga techniques may improve physical and mental health through down-regulation of the hypothalamic-pituitary-adrenal (HPA) axis and the sympathetic nervous system (SNS). The HPA axis and SNS are triggered as a response to a physical or psychological demand (stressor), leading to a cascade of physiologic, behavioral, and psychological effects, primarily as a result of the release of cortisol and catecholamines (epinephrine and norepinephrine). This response leads to the mobilization of energy needed to combat the stressor through the classic fight-or-flight response. Over time, the constant state of hypervigilance resulting from repeated firing of the HPA axis and SNS can lead to dysregulation of the system, and ultimately diseases such as obesity, diabetes, autoimmune disorders, depression, substance abuse, and cardiovascular disease. Studies also show that yoga decreases levels of salivary cortisol, blood glucose, as well as plasma renin levels, and 24-hour urine norepinephrine and epinephrine levels.

In short bursts, Yoga is an increasingly popular therapy, used to maintain wellness and assist with the management of a range of health complaints. A review of the literature identified two trials evaluating the effects of yoga on reducing anxiety and stress.

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22

EFFECTIVENESS OF YOGA & MUSIC IN MANAGE OF STRESS AND MENTAL ILLNESS

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Introduction

If we compare modern scientific, industrial and runaway stressful lifestyles with the routine of our ancestors, we see that the human being of today is much more diseased than that, apart from few years ago there is very little evidence of diseases like blood pressure, Diabetes, headache, hyperacidity etc. are very common today. The main reason is also stressful lifestyle. The section of the society that does more work mentally than physically and gets entangled in some task by being mentally tense and restless, than the class which does a lot of work in physical terms but mentally Do not do special work and people who have a calm and calm brain are more patient. Even if they are more comfortable and take a good diet. Be endowed with material comforts. This proves that mental stress is an important factor for the number of diseases and

patients. To reduce stress and mental ailments and to get rid of them, our ancient texts and especially in our Indian system of medicine, meditation, yoga along with music, chanting mantra, etc. have been described as healthy and means of salvation, music and other fine arts. Not only pleases man, but also relieves tension. If we analyze it, we find that a person adopts any art, be it music, painting or any other art from his interest, due to which he feels happiness and due to this happiness and pleasure, his brain One gets away from other worries and gets rid of stress. From the above analysis and study, it is fully proved that many problems related to human health can be solved or avoided through music. In the present stressful environment, music and regular yoga are the only means which are not only a simple and easy medium for spiritual peace but also for health promotion. But it also has its limitations. It is also necessary to understand and like the music that is being heard for music therapy. If you do not understand music or do not have interest in music, then it will be difficult to get results as much as possible from music. It is also necessary to be sensitive to the music that is being heard to the patient. Before advising any patient to listen to music for medical treatment, the doctor should take detailed information about the patient's likes, dislikes and tendencies before advising them to listen to specific music. Should be so that it is easy for him to choose music according to his interest and his tendency or the tendency of the patient to meet the musicians and psychiatrists. After studying his interest, intensity of his disease, etc.

He should choose his music or make new music according to it. On the basis of all the discussions conducted under the above mentioned study, we have come to the conclusion that the use of music therapy has been going on since ancient times and in the present times, many purposeful and effective research works are being done on musical medicine, whose conclusions are Shows that music has immense healing power. The disease, whether physical or mental, is able to cure it effectively through music. By the way, yoga and music are especially effective on patients with mental disorders.

Management of anxiety, stress and mental diseases through yoga method

Yoga has great importance in Indian religion and philosophy. The need and importance of yoga for spiritual advancement or physical and mental health is almost unanimously accepted by all philosophies and Indian religious sects.

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and importance of yoga for spiritual advancement or physical and mental health is almost unanimously accepted by all philosophies and Indian religious sects.

The importance of yoga has increased in the modern era. The reason for its increase is busyness and anxiety of mind. The modern man is in greater need of yoga today, while the mind and body are diseased by excessive stress, air pollution and the life of Bhagam Bhag.

The modern distressed mind or mind has lost its center. There was no balance between his introvert and extrovert. Most take pleasure in living a very outward-looking life which has resulted in tensions and disorganized lifestyles in relationship. The problem starts when this fear continues to dominate and interfere in our daily lives. Then it can take the form of an anxiety disorder, extreme discomfort or fear of something unknown that needs to be treated, and this is where yoga proves useful.

Regular yoga practice can help you stay calm and sure. Regular yoga practice can help you to remain calm and sure and at the same time empowers you to face problems that have gone unnoticed. Yoga practice is ideally a perfect co-ordination of Yogasana, Pranayama, Meditation, and ancient yogic science and all of these provide many anxious people with the ability to re-heal as well as to live life positively again

With the help of the following Yogasanas your body can achieve a happy and healthy body and mind. Yogasanas help in relieving stress and negativity from our body

1. Dhanurasana
2. Matsyasana
3. Janu headship
4. Setubandhasan
5. Marjariyasana
6. Paschimottanasana
7. Hastapadasana
8. Adhomukha Shawanasana
9. Shikhasana
10. Shavasana

Note: - After Yogasanas, do Yoganidra for a few moments, which gives your body and mind a deep relaxation. This technique helps in freeing the body from harmful chemicals which is the primary cause of stress.

The following yoga techniques can help calm the unstable mind and release tension:

- 1 Keep your body relaxed and relaxed by shifting your body to different
- 2 yogasanas and get rid of stress with the right breathing method by Pranayama.
- 3 Meditate to attain calmness
- 4 Be happy by bringing yoga science into regular practice in your life and enjoy every moment
- 5 Pray, be reverent and smile • Think what you can do for others
- 6 Temporary creation Understand nature.
- 7 Recall a similar past situation when you were able to overcome anxiety.
- 8 Keep positive surroundings around you.

Human beings can now move through yoga only at the peak of their life's superiority, so the importance of yoga has to be understood. Yoga is not exercise, yoga is the fourth dimension of science.

Importance of music to control anxiety, stress and mental illness

Music has the greatest effect on the brain of the human body, which affects the brain and vascular system. Today it is well known that all parts of human body are controlled and controlled by brain and vascular system. The study of anatomy shows that this complex system is carried out by the brain through the knowledge fibers or nadis associated with the brain are spread throughout the body. All the senses are found only by going to the brain. Therefore it is essential that healthy brain is healthy and stress-free for a healthy body and for this medical practitioners recommend adopting non-traditional sources like music, laughter as a supplementary means. It is common knowledge that most Diseases are directly related to stress. Stress is the main cause of high blood pressure, anxiety, depression, heart diseases, nervous problems. Therefore, today's modern doctors recommend yoga, meditation, mantra music, etc. to the patient in addition to treatment, mental peace, to be happy. The main purpose of which is to protect the patient from stress and mental illnesses and to protect it from harmful side effects. Since the forms of music, meditation

etc. do not focus the mind without thinking, but when the music is heard, its effect also brings mental peace and pleasure. At this time the brain is affected as well as the glandular glands etc. are also affected and as a result the whole body is also affected due to the changes in the hormones.

To reduce stress and mental illnesses and to get rid of them, our ancient authors and especially in our Indian system of medicine, meditation, yoga along with music, chanting mantra, etc. have been described as a means of health and salvation, music and other fine arts. Not only pleases man, but also relieves tension. If we analyze it, we find that a person adopts any art, be it music, painting or any other art from his interest, due to which he feels happiness and due to this happiness and pleasure, his brain eliminates other worries and relieves stress.

Meeting the need for relaxation in the brain for relaxation at certain times is important for mental health. Be it the pressure of old age or the stress of adolescence, the energy to change the direction of negative thoughts of each type of anxiety, the melody of the seven-tone sargam tabla, harmonium, sitar, veena, tanpura and other musical instruments provide peace by vibrating in the brain. Does. Sound of **Sa, Re, Ga, M, P, Dh, Nee, Sa** Sargam and universal word **OM** of Indian classical music Comparison of the three octave soft intensifying sounds of Jharan, Wind, Cuckoo, Peacock, Plants, Animals and birds. Can do with Indian music, singing, playing, dancing or natural music all involve the gamut of seven notes.

Raag therapy, Nad Yoga is a music therapy used in our country even today since ancient times, which has been successful to a great extent in defeating incurable diseases like cancer by providing high biographical strength to your soul. A fixed frequency of rhythmic breathing by Nad Yoga produces an instrumental sound, the continuous use of which reaches the management of the seven chakras in the spine of the human body. Through some selected ragas, music psychiatrists communicate new energy to the brain by making the person mentally healthy by removing the feelings, emotions, emotions, emotions, mental distress, depression, depression, pressure, stress etc.

Music teaches policy thinking techniques to face the physical and mental problems of life by creating positive self-image. The fixed steady motion of breaths stimulates the melodic waves of the unconscious mind by stabilizing the music meditation. Often we have seen that crying children fall asleep after

listening to melodious music, due to which we all know that music affects the brain. Rhythmic music is more effective in giving peace to the child's heart than speaking some good words. In addition to psychotherapy, music improves the quality of life by correcting the mental state of the person. It is only by listening to music that the emotional feelings of joy arise in the unhappy person, which cleans the negative thoughts and motivates them to live life with enthusiasm through new positive energy.

Today, through music psychotherapy, changing cognitive emotions like anger, jealousy, bereavement, strengthening the desire to live music through physical and mental problems of old age, treatment of drug users, education and mental development of children through music , New successful experiments in the direction of education of children with disabilities etc. through music, and research work is being done by psychiatric experts researchers in the world.

From the above analysis and study, it is fully proved that many problems related to human health can be solved or avoided through music. In the present stressful environment, music is the only instrument that is not only a simple and easy medium for spiritual peace but also for health promotion. But it also has its limitations. It is also necessary for the patient to understand and like the music that is heard for music therapy. If the patient does not understand music or he is not interested in music, then it will be difficult to get results as possible from music. It is also necessary to be sensitive to the music that is being heard to the patient. Before giving any medical music to the patient or advising him to listen to specific music, the doctor should get detailed information about the patient's likes, dislikes and tendencies. Should be so that it is easy for him to choose music according to his interest and his tendency, or the patient's tendency, his interest, to meet the musicians and psychiatrists.

After studying deeply the intensity of his disease, etc., his music should be selected or the new music should be composed and narrated accordingly. On the basis of all the discussions conducted under the above mentioned study, we have come to the conclusion that the use of music therapy has been going on since ancient times and in the present times also many purposeful and effective research works are being done on musical medicine, whose conclusions are Shows that music has immense healing power. Whether it is physical or mental, it is able to cure it effectively through music, music is particularly effective on patients suffering from mental diseases.

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23

REVITALIZING MENTAL HEALTH THROUGH YOGA AND MUSIC

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Introduction

Yoga and music are the best way to cure our mental and body health y update. Yoga keeps our body muscle strong and increases our immunity system. Music is essential to make our minds cells active and healthy. Yoga's has many benefits on human body like Concentration

Sleep Heal your body Strength the muscle, Remove tiredness, Keep you energetic active, Accelerate your digestion , Improve hunger, Remove diseases, Charm on skin etc. music has also much interesting magic on human body like Improve concentration, Remove tension, Control emotions, Make our brain cells active, Improve memory etc. there are various kinds of yoga. There are various kinds of music. Do yoga according to your everyday requirement. Each yoga has unique magic on human body. Some yoga is meant to burn our

extra fat for those who have fat and fat in entire body. Some yoga's are meant for gaining mass in body. This is essential for skinny guys. Music is also essential to keep our mind cells active and pleasant.

Benefits of yoga

Improve Concentration: when we do yoga our all cells of the body got charged. When cells and blood becomes active it began to work fully. Our immune system becomes ready to counter any external harmful viruses. Music and yoga keeps our mental concentration in good function. Thus yoga improves our mental concentration. When our concentration is strengthening our memory of keeping things alive becomes active. We can remember many things in short span of time. For students concentration is fully required. Those students who have good concentration are well in learning and remembering the facts and lessons. So do yoga to improve concentration.

Correct Sleepiness: there are some people who are less sleepy. They don't enjoy their night fully. There is some scientific reason behind it. Some are those who enjoy night fully. It means they sleep on time and wake up on time. If you take 6 to 8 hours of deep sleep, its accelerate our entire body. We feel energetic, active and curious to achieve and learn new things. For every students and professionals, good sleep is required. If you cannot sleep well you become tired and tensed. Even one can become mad. So do yoga. Yoga will improve your sleepiness.

Heal your body: yoga heals human body. It recharges body and cells. When we do yoga our entire body functions and our thousands of cells got activate. We feel active and strenghtful.

Strength the muscle: yoga spreads the magic of strength in our body. Our muscles become stronger and stronger every day. So we should do yoga. There are various kinds of yoga; U can do as much as you can do.

Remove tiredness: yoga accelerates our immune system. Yoga activates cells and blood circulations become fast. We feel active. Yoga removes tiredness and pain from our body.

Keep you energetic and active: yoga keeps our entire body active. Do yoga each and every day. You will ways feel active and energetic. Yoga keeps our body healthy hence we feel good.

Accelerate our digestion: yoga corrects our digestion system. Digestion is must for every human body. To live a good life we need to keep our liver healthy and functional. For this we need to do yoga regularly. Our oldest literary texts also say about doing yoga. Our saints and Sanyasi used to live on doing yoga. When our food is digested well it generates a bundle of life supporting elements. It generates a bundle of energy and strength. These elements and energy keeps us healthy and makes us long liver.

Improve hunger: yoga accelerates our hunger. Yoga keeps our liver function well. Ewe digests our food fast. We feel again fooding. So yoga accelerates our hunger.

Remove diseases: yoga activate our immune system and our immunity become active to fight and external harmful viruses. Recently immunity has been an everyday talk. Those who have good immunity are cured fast from covid-19 diseses.so keep our immune in well function g.

Charm on skin: yoga charms the skin of body. It makes glorious skin. We look attractive and beautiful. Yoga removes various kinds of skin diseases and makes our skin charming. So do yoga and look charming.

Benefits of music

Improve concentration: music is very helpful to keep our mental concentration. Music accelerates and activates our minds cells. We become concentrating and hence remember things fast.

Remove tension: music is helpful removing mental illness. Music keeps our mind cool and balanced. Music removes our tension. Due to tension people herm self. Even people suicide. Music saves our life. So listen music every day.

Control emotions: music activates neurons in mind. Hence we become balanced in emotions. Human is emotional by nature. But excess of emotions is bad of human.

Make our brain cells active: study has found that music corrects our neuron system. Makes human brains active. It cures mental illness. That's the reason doctors recommend patients to listen music.

Improve memory: music improves our memory. It is helpful to strengthen our memory power.

8 lakh people commit suicide worldwide every year. Out of eight lakh

people 17% are of Indian residents. In India the most suicide age group is 15 to 29 years. It means the youths who are between 15 to 29 years are committing suicide due to various reasons. The reasons are mental disease as well as social pressure. It has been realised by Doctors that it happens due to the mental disease. There is chemical changing in the mind of youth that leads committing suicide. Students, singers, actors, actress, professionals all are always seen committing suicide. Farmers, private sector working employees are no less in this race of suicide.

Due to social pressure like carrier building, failure in life, love affair, taking various types of drugs, not able to face the bitter critics of society. These suicidal groups don't manage their stress and hence they commit suicide.

A healthy Body keeps healthy mind. So keeping our overall health is necessary. To make our mind healthy. We can keep our body healthy by taking postic food, minerals, vitamins, green vegetables, juices and timely food. We should take less spicy food. It keeps our digestion to function in better way. Fast food damages our digestion. It creates various types of disease. It has been observed that the children who takes spicy and fast food is becoming the victim of obesity. Obesity kills overall personality and hence we lose our confidence. We face stomach pain and laziness, weak and ill. To keep our mental health healthy we need to do yoga every day. We need to listen music every day. Music must be pleasant, sweet and inspiring. We must care about proper music of medium sound. Medium sound is healthy for our ears. Every part of the body is connected to each other. If one part of body is damaged, we feel trouble, pain and tired. So to keep our mental health, we need to keep eyes on every organs of the body. Yoga has been recommended by WHO, IMA (Indian Medical Association). Yoga is practiced all around the world but very few people Do yoga on fixed time. Percent do yoga in India. Percent people listen music. We can listen romantic, inspirational and devotional songs to keep our mind and thinking healthy. Our mind controls our activities. If we are living with a healthy mind we cannot lose our hope. We don't think to suicide. We never harm self and others too. Those who are mentally ill or psyche harm themselves and suicide. They sometimes kill the people, burn the goods and huts. Yoga and music are the cheapest way to keep our brain in a smooth function. Our neurology must be controlled. Various Neurologists are

doing their research to get rid of mental illness worldwide. To keep our mental health smooth, we need to do the below-

Do yoga every day: yoga removes roga (disease) from our body. Yoga clean dirt from intestine and keep entire tissues, muscles function in a smooth way. It saves us from various diseases. It keeps us healthy and makes our body and muscles stronger. It accelerates the oxygen in our vessels. It revitalise our immunity.

Listen music: it has been found and proved by researchers that sweet and pleasant music revitalizes the tissues of our mind. It removes tension, frustration, from mind. Music keeps us energetic, peaceful and healthy. So listen music which you enjoy. You can listen music in local national or International languages. In which language we enjoy matters most.

Balanced and healthy diet: diet is the everyday necessary phenomena of a person or any living creature. So always keep healthy food in your disc. Take balance and healthy diet every day and every time. Use Greens vegetables, pulses, egg, fruits and dry fruits.

Read motivational books and listen motivational speakers: motivation is powerful internal energy that accelerates our activities. It keeps us motivated, responsive, alert and dutiful. We do better in our field. So get motivated through books and listen the speeches of motivational speakers.

Learn from the life of great personalities: we should not lose our confidence. Don't be tensed. Don't lose courage, read, and think over the great struggling personalities of one country and of the world. Their struggle story will give you reason to live long. Their stories of struggle will keep you energetic, motivated, and active and you will be duty full to your responsibilities.

India youths should not suicide in any cost, in any circumstances or in any situation. They need to remember the struggles of Mahatma Gandhi. Mahatma Gandhi faced various bitterness and sorrow throughout his life but he never suicided nor even thought to suicide in his entire life. Although he was murdered by Godse. Mahatma Gandhi was kicked out from the train, slapped by Britishers, abused by Britishers, humiliated by British police, he was sent to Jail. He did various Satyagraha, kept fasting and did several Strikes. A plethora of another activity was done by Gandhi ji that was not easy to manage but he managed all these things and he just kept on struggling. His struggle and

philosophy lead India as independent country. The whole world is remembering Mahatma Gandhi as an icon of truth, simplicity, kindness and nonviolent. 2nd October is celebrated as International Day of nonviolence.

The youths should learn from the life of Mahatma Gandhi. He did not sleep various days and night. He was also criticized, tasted bitterness and many more but he did not decide to suicide. He keeps on his struggling. I don't know why youths of India are committing suicide. Why our new generation even thinking about committing suicide. The youths of India and the youths of world should learn from the life of Mahatma Gandhi and his teachings and apply them into their day-to-day life. If they follow the teachings of Mahatma Gandhi, they will be mentally fit and they will not do such type of wrongness anymore.

*A man of struggle,
How can even think committing suicide.
A man of peace, truth and equality,
How can he accept defeat in so hurry?
He will struggle, struggle and struggle
Until he reaches to the goal.*

Those teachings of Mahatma Gandhi will be as torch in your life. A torch removes darkness and lights the path in the same way the philosophy of Mahatma Gandhi will keep you always bright, energetic and strong. So every youth should remember in mind and do their all activities according to the given points. You will not be frustrated. You will always be winner everywhere.

1. Believe in yourself- Believe in yourself, the whole world will believe you. A man should believe in himself. If he believes self the others belief in him. If you have no belief on self, then you cannot expect from others to belief on you.

2. Think before you act- The future depends on what you do today. So think before acting anything. Your every step must be taken carefully. Only then you can achieve the goal you want to achieve. Think the consequences and outcomes of your every taken step. Are the steps are good enough. Are you going on right path or not. What will you get after taken step? So before suicide think what will get. Can a suicide be best option? Can your suicide change or alter your sorrow. You need these things think before committing

suicide.

3. Be positive- A man is the product of thoughts. What he thinks he becomes. If you think always positive you will be confident. What your mind think, that your minds force you to act. So think always well that can lead you towards bitterness. Never think committing suicide. If you think about suicide, your mind will process and bring to suicide. So don't think for any wrongness.

3. Let the change begin from you- You must be the change you wish to see in the world.

What you want to see in the world you must start from yourself. If you want see changes on the people, you need to change yourself first. You want every person encourage and praise you then you need first to encourage and praise those who are near you. The others may follow and cooperate others; this will be in practice of society.

4. Simplicity- Simplicity is the best practice of a man. Always maintain simplify. Be simple but think high. Mahatma Gandhi was a man of simple living but high thinking. So think high. Do not think any negativity.

5. Be Brahmachary- A student who are in learning period. Who wants to achieve high and want to bring changes on society he must maintain Brahmachary. This acting will keep you will fresh, energetic and balanced. You will concentrate on your study. You will learn more. You will do better. Hence you will get better result. You will be happy. And a happy man cannot commit suicide. Do your job in better way.

5. Vegetarian- Be vegetarian. This will keep you mentally and morally fit. Your mind will be always cool. Your diet decides your health. A healthy body keeps healthy mind. So keep yourself healthy. You need to be aware of dirt. Students must maintain as vegetarian. A healthy mind suggests u healthy thoughts. And healthy thoughts make you winner.

6. Truth- Always speaks the truth. Never lie. His habit is always beneficial for everyone. A truth can't be defeated. So always go with truth. The truth will make you victorious.

7. Nonviolence- Committing suicide or harming self is also comes under violence. So don't harm self nor harm others. A god favours those who don't harm self and not think harming even others. So everybody should maintain nonviolence.

8. Kindness- Kindness is one of the best ornaments of a person. So be kind to self as well as for all creatures of the world. Forgive those who are against you today. They will be kind to you tomorrow.

9. Believe in love- Light reflects lights. The way you love others the way others love you. A man should always love every creature. Small and large all should get our affection. All are equally spreading beauty to our nature. Don't harm any creature of the earth. Love people around you. The more you care people the more people care you. If you think positive about someone, be sure he will also think positive about you.

10. Live to learn- always learn something and something. Learn thinking the knowledge will be always with you.

11. Fight until victory achieved- whatever problems you have, never worry. Don't be frustrated. Work quietly and wisely. The toughest work might be solved soon. Don't be defeated, don't think for suicide. Suicide is not solution for any problem. Fight and one day you will be victorious. Everything will be according to you.

12. Learn to forgive- forgive the people who are against you. Forgive them those who are criticizing and causing you frustrate. The day will come they will dance on your success. Like should be treated as like and unlike should also be treated as like

Literature Review

Exploring the benefits of yoga music, chants, and other relaxing sounds, various studies had been conducted time to time worldwide. Here are just a few:

Dr. Gunther Hildebrandt studied biological rhythms in relation to music and how it affects our healing process. He found mind blowing results.

Dr. Mia Olson integrated the principles of yoga with music practice to help her students perform better. He found awesome results.

Dr. Alfred Tomatis developed the Listening Program, a method that uses auditory stimulation to curb undesirable impulses, reduce the symptoms of disease, and promote relaxation. He found miracle results.

International yoga day by UNESCO was recently announced. Almost all the countries of the world are celebrating international day of yoga on 21st July. The world has understood the miracle of yoga.

Methodology

Data has been collected through secondary sources like books, research articles, magazines and newspapers. Qualitative research method has been utilised. Case studies have also been taken as references.

Conclusions

Percent suicide worldwide amongst percent of Indians residents. It's a big data. Our children are facing memory loss in early stage of life. They are losing their overall personality, charming, happiness and learning. WHO should make some more concrete efforts in the field of research regarding neurology? Mental psyche is going to be one of the biggest problems amongst human. People need to practice yoga and listen music regularly. Don't take tension. Don't lose hope. Go ahead. Keep yourself motivated. Yoga and music are the cheapest and best natural way to keep ourselves fit, fine and healthy. Yoga and music are the best way to cure our mental and body health y update. Yoga keeps our body muscle strong and increases our immunity system. Music is essential to make our minds cells active and healthy. Yoga's has many benefits on human body like Concentration, Sleep, Heal your body Strength the muscle, Remove tiredness, Keep you energetic active, Accelerate your digestion, Improve hunger, Remove diseases, Charm on skin etc. music has also much interesting magic on human body like Improve concentration, Remove tension, Control emotions, Make our brain cells active, Improve memory etc. there are various kinds of yoga. There are various kinds of music. Do yoga according to your everyday requirement. Each yoga has unique magic on human body. Some yoga is meant to burn our extra fat for those who have fat and fat in entire body. Some yoga's are meant for gaining mass in body. This is essential for skinny guys. Music is also essential to keep our mind cells active and pleasant.

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PSYCHO-SOCIO CONSEQUENCES OF YOGA IN PREVENTION OF STRESS AND WELL BEING OF INDIVIDUALS IN INDIA

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INTRODUCTION

The word yoga has been derived from the root “Yuj” in Sanskrit which means “to unite” or “to integrate” or “to join” (Yujiyate arena iti yogah”) which means that the Union is performed through Yoga, i.e. it is Yoga through which the joining takes place . The joining on the union here refers to the joining of Jivatma with Paramatma, i.e. it is the joining of individual consciousness with the cosmic consciousness. Maharshi Patanjali, the Chief Codifier of Raja Yoga, has defined Yoga as an exercise to boost the organs of human beings in perfect order. Yoga is controlling of the modification of mind. It is an exercise, which modifies the internal organ of human beings, in such a manner, that men

, women and children can remain healthy and stress free, throughout the life. Yoga, thus by controlling the whirls of mind, one can create conditions to the purest state of consciousness and then the seer establishes himself in his casual state. Undoubtedly origin of Yoga evolved on the Indian subcontinent over a period of 5000 years. Basically the Yoga is the heritage of ourselves. Yoga deals with health, strength and conquest of body. Next, it lifts the veils of difference the body and mind. Lastly, it systematically teaches the Sadhaka to search for the divinity within him with thoroughness and efficiency. One proceeds from the body to the nerves, From the nerves the emotions. From the mind the Sadhaka penetrates into the intellect, which guides reason. From the intellect his Path leads to the will and hence to consciousness (Chitta). The last stage is from consciousness to his self, his very being. Yoga means union that is identification. On this earth one identifies with the joys and sorrows of everyone, and extend the horizons, live above the pettiness of life. Yoga has a special role to play in the world of today. The real aim of Yoga is indeed to attain. Peace and tranquility within ourselves. For attaining this, one need not give up any of the normal way of living. Yoga do not disturb the marital life or marital relations do not present any obstacle. In this modern day, Yoga being a highly rational science. Yoga can benefit all people under all circumstances of life. "For contentment and healthy aging and continuing usefulness in the later years, the maintenance of good health is most important. This is largely a matter of hygienic and common sense, barring the development of crippling or debilitating disease, proper care of the body, Yogic observance of correct diet, sensible balance of work, Yogasanas, Pranayama, meditation, relaxation, sleep and rest are necessary. Pranayama and meditation also improve brain functions and increase the elimination of toxins from the body.

ADOPTION OF YOGA AND STRESS

These days stress and stress related problems are very common and so serious among people irrespective of their sex, jobs performed, age, inhabitation and socio-economic status etc. Psychologists as well as health professionals agree that stress covers about 80% of all diseases and disorders. Only few diseases, are accidental or of pure somatic. The term "stress" has been used to describe a variety of negative feelings and reactions that accompany threatening or challenging situations. However, not all stress

reactions are negative rather a certain amount of stress is necessary for survival . But prolonged and severe stress can affect health adversely . The Biopsychological Model of stress is most comprehensive model of stress, which is contributed by eminent scholars in the research of stress. According to this model stress involves three components: an external component, internal component and the interaction between the external and internal components. The external component of stress involves environmental events that precede the recognition of stress and can elicit a stress response, where the internal component involves a set of neurological and physiological reactions to stress. If a person is subjected to prolonged stress, stress goes in three phases that is alarm Reaction, stage of Resistance and Exhaustion . This set of responses are termed as the General Adaptation syndrome (GAS). The third components of stress, are interactions between internal and external. Situation of stress involving the individual's cognitive process. The way of individual appraises an event plays a fundamental role in determining, not only the magnitude of stress response, but also the kind of coping strategies to deal with the stress.

The society, its value system, the stratified ordering of its population, organization of its institutions and the rapidity and extent of changes in these elements can be sources of stress . The social and cultural differences may increase our knowledge about stress and how stress can be effectively managed. Hence stress are “a set of neurological and physiological reactions that serve an adaptive function in the environmental social and cultural values and structure within which the individual acts upon .

PERSONALITY AND YOGA

Personality makes up a person and always plays a predominant role to cope with people or with varying situations and problems . Higher or lower tolerance threshold depends upon lifelong training in particular patterns of reaction sensitivity. And the particular, patterns of reaction sensitivity can very precisely denote the term “Personality, which is often defined as relatively stable pattern of behavior also. Control-orientation (i.e. external-internal) is found very common dimension of personality among Indians. “Internal control refers to the perception of positive and /or negative events as being unrelated to one’s own behavior in certain situations and therefore beyond personal control. “External feels that forces beyond their control are the essential factors in

determining the occurrence of events, such as fate, chance, powerful others etc. They believe that causes and outcomes are pre-determined by some outside agency and one can do nothing, but witness the events, as they occur. Such a belief would induce a person to argue within himself that if life conditions cannot be made better by any effort.

Yoga is a traditional and cultural science of India, which preaches ideal life style and maintenance of health. Yoga brings about suitable changes in behavioural pattern and the attitude of a person. So, by Yogic practices and by adopting a Yogic life-style stress and stress related problems are uprooted and the person develops positivity, which leads to happiness and inner quietness. Modern science has changed the world into a place of abundance and plenty. On the one hand the unprecedented growth of the knowledge and privileges of man have taken place, on the other due to even increasing ambition, desires and competitions, restlessness, tension, anxiety and depression have increased, materialism could not fill the chasm of spiritual and social dissatisfaction. Even today, the human being is as much destitute, suspicious, aggressive and restless as he was in ancient times. Perhaps important reason for this growing affliction is that the present day, man, due to complexity of existing, cultures, can neither express nor fulfill his desires in a natural way, nor can he get rid of his even increasing ambitions. In the inner self a storm of passions and desires and outwardly a covering of civility are breaking the man of his own. A deep void and perplexity full of struggle is the tragic tale of modern man. The practical acquisition of Yoga is the attainment of tension-free state. Yoga techniques based on restraint and contentment uproots the negative desires and emotions and produce calmness in the mind.

Yoga system is the only system, which can maintain physical, mental and spiritual health even in old age. Yoga affects all the important determinants of a long life- the brain glands, spine and internal organ. Yoga makes one look and feel younger.

CONCENTRATION AND MEDITATION:

Concentration is the basis of every human activity. All human beings and animals possess the spark of concentration but everyone does not make proper use of this innate Power. For every creative or productive work concentration is a must. Man's story from stone age to the present get and space is the story of concentrated thought and concentrated mind. Concentrated thought implies

focusing the mind on one subject, one point or one idea concentration or Dharana is the sixth limb of the eight-fold Path of Yoga . Aim, interest and attention are the basis of concentration according to Patanjali. Dharana or concentration is fixing the mind on an external object or an internal point. Concentration is the art of reducing the interruptions of the mind and ultimately dominating them completely so that the knower and the known become one. Our mind is never free from desires and emotions it disturbs our peace and harmony. Concentrated mind is very powerful. If we want to develop mental Power, we must have concentrated mind. If the thought is scattered like the rays of light, it can be brought to one point with the help of concentration. Concentrated mind can influence the health and character and bring, peace and harmony . History is replete with man and women, who touched the pinnacles of story by the power of their concentration, without concentration our efforts and endeavours will go waste and without interest and concentration, meditations is not possible. The field of concentration is vast and the objects of concentration diversified. It is not easy to develop concentrated mind. Diversified objects, symbols. Persons , places, things, images, natural science, sacred and profane things, and sentient and insentient things different colours and sounds can come to our imagination in the process of concentration. When wrong things and ideas come to our mind, distraction and confrontation will deviate our mind from the path of concentration. But this confrontation is to be avoided, Mind is one, consciousness is one but for the sake of diversity there are various stages or modifications of the mind. The selection of object in concentration is important. The object or symbol selected should be sublime, pure or sacred, so that, our mind is easily drawn to it and integrated with it . Again in the selection of symbol, our mind will deviate and wander but practice will integrate the mind with the symbol. The word concentration implies “one pointedness”. Just as we need a pen or pencil to write . The mind also must be sharpened through the constant practice of concentration .

MENTAL HEALTH AND STRESS

Stress is related to mental health of an individual. In this process of being hale and hearty, we have our own faults , flaws and follies. As aspirant experiences many difficulties and obstacles , comes in the path of Yoga. Our efforts in achieving the Yogic ideals will prove futile, unless the obstacles or mental fetters are removed. Anger, pride, fear, hatred and jealousy are our

main mental fetters. Unless, we, eradicate these mental fetters, we cannot achieve success in Yoga.

Frustration is a form of anger. If we cannot do anything about what , we want to do, we get frustrated. Sometimes, we meet an unwanted person and are disturbed by an undesirable person, we become angry. If we , meet a person, who is more powerful and whom, we cannot hurt or confront , we get frustrated and thus a state of stress, begins in ourselves. The order of mental fetters Kama, Krodha, lobha and moha is kept up according to the capacity of one's thinking. Kama is placed first because it is most dominating Kama and krodha (lust and anger) are insatiable elements. But they can be conquered by inner Capabilities. The man is when inner capabilities has dawned can have control over Kama desires. All evils vices proceed from anger. The main vices originating from anger are injustices, rashness, persecution, jealousy, cheating, taking possession of other's property, harsh words and cruelty. An emotional person, gets irritated or agitated on trifles or petty things. This irritations and agitation of mind upset the balance of mind. When an emotional person gets angry, his body trembles, eyes become red and heart beats increases. He does not know what he is doing. It is anger, frictions and quarrels occur among friends and relatives. Meditation and Pranayama can reduce the force of anger, cultivation of positive virtues like patience , forbearance, tolerance will overcome anger. We must not criticize or rear at any, cultivation of positive virtues like patience , forbearance , tolerance will overcome anger. We must not criticize or jeer at anyone. We must divest ourselves of desire and wrath and cast off pride, and gaze inwards, we can enjoy real peace and happiness. Anger, jealousy, greed , passion and desires by themselves are not good or bad. They can be utilized for a better purpose. There are other mental fetters in the Path of Yoga. Prejudice, intolerance and bigotry are also negative emotions.

ENVIRONMENT, HEALTH AND STRESS

An individual's is a product of heredity and environment or nature and nurture or biological and physical factors. Environmental factors contribute to the morbidity, mortality and to general health of the individual. Our ancestors had to consider environment as an active partner in the pursuit of their daily lives . This is so, because they were literally dependent upon it for their livelihood. In the past, human beings have lived in agrarian societies . They

were dependent upon an abundance or rich soil, clean air, and pure water for their health and prosperity with the advancement of science and technology controlling the environment has done more to promote threatening diseases. Unfortunately at some point, attempts at harnessing and controlling the environment became destructive. Our once clean environment began to erode and decay. People did not try to replace the resources they were depleting. Today, we are facing environmental crisis. In the future, we may exhaust our natural resources and poison our environment to the point that our very existence would be exposed to danger. Some argue that environment, can do a great deal, others believe that it is very limited in its effects. The child is endowed with some inherited tendencies but they are so , plastic that they can be moulded almost in any way, according to the educator's desires. Our health can be endangered by our bad environment. Our environmental health involves for more than just the current status of our environment. Rather it is an active partnership between the environment and ourselves in which we create clean, healthful conditions in which we live the health on an individual depends much on the action and interaction of two ecological factors-The internal environment or man himself and the external environment. Among the personal or internal obstacles of man are lust , greed, fear, hatred, jealousy, depression, prejudice, sensuality, intolerance and arrogance. An individual should remove these obstacles completely, these are very harmful to his physical and mental health.

We can say a healthy environment promotes health of an individual. A person living in nature that is among greeneries, tree and flowers can be free from stress rather emotional stress. A stress free individual either men or women as well as children can achieve success in life and can lead a healthy and long life.

CONCLUSION

Yoga is certainly helpful for all men, women and children, whether they are employees, professional, traders as well as students, irrespective to their statute, income class or age. Like nature a person has to remain ever, active then only he or she can live in peace, prosperity and cheerfulness. In other words, We, can conclude that Yoga and Pranayama plays a significant role in distressing individuals in their daily life and promotes healthy , living , which is full of vigour , vitality and happiness. In this changing scenario in India and abroad a

person needs strong immunity to fight from various types of diseases, viruses and bacteria. Yoga and Pranayams, by practicing its techniques, not only provide in getting rid of stress and its effects, but built the immunity of individuals. Yoga helps individual to enjoy life, more freely, when Practiced every day, as it retunes and revitalizes the whole human system.

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ROLE OF YOGA & MUSIC IN WORKPLACE STRESS

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INTRODUCTION

With the increasing pace of life and challenging workplace environment, employees are stressed from overwork, job security and information overload. Chronic Stress worsens the performance of employees which leads to low productivity and poor physical and mental health.

Stress is defined as the condition which disturbs an individual physiological and psychological functioning and creates demand on physical or mental energy. Stress disrupts the homeostasis of the human body (Sharma & Khanna, 2012).

According to World Health Organization, Workplace stress can be defined as when people are unable to cope with the demands and pressures at work and individual ability and knowledge does not match with these demands and pressures. Also, when resources and capability of an individual does not match with the work requirements then it can lead to physical and emotional responses (Sauter et al., 1999)

Workplace stress is simply a response by people under pressure and to workplace demands. Workplace environment has a direct effect on employee's job performance. A comfortable and harmonious workplace foster creativity and enhance performance, whereas stress at work can not only degrade performance but can causes mental health problems and major physical health issues. Thus, when stress exceeds your ability to cope then it will negatively impact psychological wellbeing but workplace stress can be reduced by using coping mechanisms such as yoga, meditation and music.

Yoga is system of physical and psychic practice and it is an implementation of both mind and body in order to keep harmony within self, society and with nature (Maharishi, 1992).

Similarly incorporating music with yoga has beneficial effect on wellbeing of an individual at workplace. Listening to music at workplace has a profound effect on the productivity, motivation and mood. Thus, the objective of this research paper is to find out the role of yoga and music in reducing workplace stress. Thus this research study is carried out by doing literature review of the researches highlighting the effectiveness of yoga and music in stress management.

YOGA & WORKPLACE STRESS

The trend in yoga practices has increased and has gained acceptance in last two decades especially in the medical field (Douglass, 2007; Field, 2016). Yoga includes breathing techniques, strengthening exercises, posture, and meditation. The mind and body unites with the help of yoga with oneself, society, and nature (Li & Goldsmith, 2012; Sharma, 2014).

Yoga helps in prevention and management of psychological issues. In context to workplace stress, practicing of techniques of yoga reduces stress level of employees and burn out. Yoga has both physical and mental benefits such as flexibility, balance, reduction of stress, anxiety, and depression. Yoga encourages a good mood, an increase in more mindfulness and a healthy dose of self-compassion (Scott, 2020).

Scott (2020) stated that the benefits of yoga has been observed in many companies, the employees that make use of yoga fitness programs are found to be more healthy, relaxed workers and high on creativity. A little yoga in the morning, at night or even on a lunch break can curtail stress and enhance the productivity at workplace. Yoga therapy can lead to more workplace

productivity and reduction in workplace stress among employees. Yoga increase cortical arousal and reduced limbic arousal which in turn increase perceptual alertness (Dwivedi & Singh, 2016) and decrease in emotional reaction.

Sharma (2014) stated that incorporating yoga in their daily routine reduces the stress experiences of an individual while other researches indicates that there is substantial enhancement in individuals physical and psychological well-being after practicing yoga (Keller et al., 2012; Li & Goldsmith, 2012; Thomley et al., 2011).

Yoga decreases sympathetic responses, such as the systolic and diastolic pressures, heart rate, and stress hormones such as cortisol (Field et al., 2013; Riley & Park, 2015) in stressful situation.

Study done by Gura (2002) reveal that practicing yoga at the workplace imparts employees to use relaxation techniques to reduce stress, risks of injury on the job and improves work performance by relieving tension and job stress.

Yoga is proficient in managing work related stress, respiratory disorders, coronary artery disease, angina, chronic heart failure, hypertension; digestive disorders and genitourinary problems (Sheetal, 2020).

Yoga can be practiced in many forms and styles. Hatha Yoga is common form of yoga and it is found to be very effective for beginners. Yoga poses range from simple to complex one. One can integrate meditation or any relaxation technique in yoga also.

Yoga Asanas like Sukhasana, Vajrasana, Shavasana, Halasana, Setubandhasana, Shashankasana, Padhastasana, Trikonasana, Marjariasana, Paschimottanasana, Garudasana, Adhomukha-Shavasana, Badha-Konasana, Uttanasama and Sarvangasana etc. are helpful in managing and coping stress level (Devi & Sheetal, 2020). Pranayam like Bhramari Pranayama, Nadi Shodhana and Pranayama are also work as a stress buster (Devi & Sheetal, 2020).

Some of the effects of yoga on body

- Sleep quality improves
- Stress level reduces
- Reduction in cortisol level
- Lowers blood pressure and heart rate
- Enhances psychological wellbeing

- Anxiety level reduces
- Less muscular tension

MUSIC & WORKPLACE STRESS

Stress negatively effects work performance as it leads to poorer quality of work, higher error rates and leadership effectiveness decreases. Thus, music is beneficial in reducing work related stress. Previous studies indicate that less than ten minutes of listening to music can help in reduce stress level (Lai, 2004), with hormonal changes too (Mockel et al. 1994).

Music therapy is stress reliever. Classical or instrumental music can keep an individual calm and focused while upbeat music provides energy and one feels refreshed and relaxed. Listening to music has positive effect on heart rate, pulse rate and blood pressure. .

As music has psychological benefits, it also influences the feeling and thought of a person. Music can create a change in positive mood in employees as employees has to face many challenges and cognitive load so when an individual listens to music then dopamine chemical released in the brain that makes one feel happy and contented.

A study by Raglio et al. (2020) reveal that listening to music on daily basis could be executed for managing work-related stress and individual musical preferences, familiarity, specific music structures and parameters also play a key role.

In this context, Witte et al. (2020) stated that music interventions are used in a variety of settings as a tool for stress management as it has positive influence on physiological arousal and psychological stress experiences. Also, Gorvett (2020) specify that music makes an individual feel good and smarter and thus helps to plod on with otherwise boring tasks at workplace situation

Music at workplace increases the productivity of the employees and causes improvements in processing speed. Music could also lead to better workplace atmosphere and improves the mood of the employees (Munns, 2020). However, music can also serve as a source of distractor from a stressful situation to more pleasant one which ultimately causes reduction in stress levels (Sendelbach et al., 2006).

Music leaves a positive impact on the brain and keeps an individual stress free so it is very important to choose the right music that works effectively for

an individual. Music is used for regulation of mood in workplace (Lesiuk, 2005).

Also, Wendy & Nikki (2001) study reveal that relaxing music reduces the effects of stressor on body because music diminish cortisol levels and produce endorphins in the body.

CONCLUSION

The present study provides insights into how music and yoga can help in reducing stress at workplace. Both the techniques are low cost, lack side effects and are proved effective in combating stress. Hence organizations should initiate employee wellness programs, incorporate yoga or mediation as they help in combating chronic diseases and improves quality of life of employees (Clark et al., 2011). Thus intervention protocols are mandate for through research into the effects of music and yoga interventions to help understand their role in stress reduction.

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Chapter-5

**STRESS MANAGEMENT:
THROUGH DIFFERENT
SOURCES**

26

STRESS MANAGEMENT: AN INDIAN PERSPECTIVE

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Stress, as easy to pronounce this word is as difficult to explain it. If we say in the language of psychology, stress means increased demand from resources. Everyone is motivated to behave with a certain tension to suit their different demands. In an ideal situation, humans fulfill their demands and get rid of the propulsion. But the reality is somewhat different from this, where either personal or environmental barriers try to prevent the ideal situation. As a result, a specific mental state is created in a person which is a composite of all mental, internal or biological responses to that particular situation. Perhaps this is the reason why stress has been described as a type of psychological pain. Therefore despite the pervasive use of the word stress, it is marked as a fairly obscure concept that is very difficult to describe accurately.

It is generally found that stress arises only when there is some kind of obstacle in the path of one's goal. To handle such a situation, when a person does not feel very well or starts thinking negatively and exaggeratedly about the past, present and future, this kind of cognitive zone or state causes

psychological stress in the person. It has also been seen often that when people feel frustrated, angry, struggling overwhelmed, they become stressed. This is a psychological state that one wants to get rid of. By means of getting rid of such a situation, one might as well, incorporate either fighting or running away.

Today's technological era is progressing on the path of rapid development, so pre-established customs, traditions and values in this fast-changing period have been rapidly scaled up relative to it. In such a situation, it has become a difficult task for humans to control their psychological stress according to these modified standards. But it is also an eternal truth that while one person may feel stressed or overwhelmed by the same situation, the other person can use the same situation as a challenge and create an opportunity in that disaster. This means that although stress is a universal phenomenon, there is some degree of individual variation in its effects. This means that even though the type of stress is constant, different patterns of reactions will be found in the responses of individuals in different situations, as individual differences in response also occur. A particular pattern of this type of stress responses is called the *response stereotype* (Lacey & Lacey 1958) in psychology. According to Kasprovicz et al. (1990) and Llabre et al. (1998) how stress conditions affect a person, when people perform a stress-related process of coping with stress, some individuals tend to show active coping while others exhibit significant responses related to aversive vigilance to related stress. Now that it has become clear here that there is some role of individual variation in the prevalence of stress, it cannot be avoided to say that social and cultural roles are also inevitably included in stress and its adjustment.

In the present scenario, stress is widely covered over almost all walks of life. Stress can be caused by anything like competition, intense craving to achieve excellence in high technology, hidden compulsion to do work in a short time, craving for superiority, comparison etc.. Stress also generates a psychological contraction in a person due to this type of situation arising. The effects of stress are manifested on both physical and mental levels of all individuals. Perhaps this is the reason why today the word stress is used as interchangeably with fear and anxiety. And somewhere, when this word comes, at the mental or emotional level, the idea arises that we are not able to deal with the challenges of the situations we are facing. The reason for the effect of stress is always the primary evaluation of the situation that is responsible for causing that stress. It

is always evaluated at the primary level that whether such a situation is a threat or a problem causing discomfort to a person. After this, the person thinks in terms of whether he has enough resources available to meet such a demand. When a person is not able to meet the demands of the situation, then a state of tension arises within him. That is why Cannon (1929) called this “homeostasis.” Selye (1956) used the term “stress” to represent the effects of anything that seriously threatens homeostasis. Another reason for stress is attentional overload or information overload too. These two factors are such that together they generate a mental work load on the person. Hence, the person either becomes under-arousal or becomes extremely agitated due to which a state of tension arises.

If we understand that it is always easier to deal with difficult emotions, and then it will be necessary to know that stress – fear and anxiety can provoke worry and emotional uneasiness, but each represents a different emotional response. By appreciating the difference and relationships between these feelings, we can put our problems into a perspective. According to American psychologist Kelly McGonigle, our perceptions about stress have the same effect on our health. It is good for both body and mind if we understand how a moderate level of stress can actually be a beneficial experience.

Thus, it is clear that after the evaluation of the situation, the availability of resources and psychological implementation of these resources in front of the person relative to the recorded demand is actually the defining element of stress. Many psychologists present different views differently in terms of justifying the meaning of stress. Some psychologists defined stress as stimulating, while some defined it as a response. Apart from all this, an elective approach also came which followed the interactive model. Hence, it is now said that stress is a multidimensional process that occurs before a person in response to events that disrupt or disrupt their somatic and psychological functions. But this does not mean that stress is always a negative process.

Psychology of Stress:

Stress usually refers to the main two things where the first is the psychological concept of pressure and on the other side is the recognition of the biological response of physiology. Psychology has accepted such grounds as the fundamental pillar that the presence of stress keeps the person alive, which is an essential part of his motivation. So, it is necessary for a person to behave,

perhaps this is why the presence of stress has also been considered to be indispensable for a person's behavior.

Approaches of stress:

Probably the same thing forced by Hand Style and Levi who classify stress mainly into two different perspectives. These were both positive and negative.

1. Positive Stress: Positive stress is the type of stress that is necessary to make a person's actions positive. It also plays a key factor in motivation, adaptation and response to the environment, although its excess quantity also damages a person's body and brain, but still its presence in a reasonable amount increases a person's performance. Stress also provides the sense of urgency and alertness needed for survival when confronting threatening situations. The Hans Selye (1956) gave this type of positive tension the name *eustress*, which was a concept of exaltation based on the ideology of euphoria. Eustress, was occurs when a person positively expressed a stressor which is necessary for motivation in the person.

2. Negative Stress: The second major type of tension was Hans Sally named *distress*. The word distress is derived from basic incompatibility or disagreement, which implies the risk of crisis arising for the quality of life. It occurs in a person at a time when the demands of the environment exceed the capacities that result in negatively affecting the mental and physical health of the person and causes symptoms such as headaches, digestive problems, skin complaints, insomnia, ulcers as well as poor productivity along with harmful effect on mental, physical and spiritual health.

Excessiveness of stress reduces the mental health in an individual and leads to absence of happiness, which results in significant psychological disturbances such as quality of life, satisfaction, and happiness. Somewhere it also causes a lack of mental pleasure of a person, which opens the way for him to go into depression and sometimes this path is closed by suicide. Thus it is clear that it can also prove to be very risky for a person's life.

Cause of stress:

Many research works have been done by psychologists in terms of what causes stress. Based on these researches, it has been known that stress is caused not by a certain reason but because of different types of causes. Major causes of stress are stressful life events that might be- a loss of pregnancy, all-

or-nothing attitude, busyness, not happy with your job, emotional problems, bereavement, being insecure about job or risk of termination, chronic medical problem, conflict and divorce, driving in heavy traffic or fear of an accident, excessive noise, overcrowding, harassment at work, family problems, financial problems, getting married, having excess workload or over responsibility, poor management, unclear expectations of your work, poor decision-making process, increase in financial obligations, job issues or retirement, lack of time or money, loss of a job, major life changes, moving home, moving to a new home, negative self-talk, overwork, pessimism, pregnancy and becoming a parent, relationship difficulties, relationships at work, relationships, marriage and divorce, rigid thinking, lack of flexibility etc. Thus, it is clear that the effect of stress is isotropic, whereas its productive factors may be many. This is why the prevalence of these factors is listed, ordering and validated by Holmes and Rahe with the help of the Holmes and Rahe Stress Scale, in which the scale is constructed by ten life events that are able to cause the most stress in a person of which can say that stress is a psychological phenomenon that exists in an effective form all over the world.

Impact and Remedy of stress:

In the same sequence, it is also clear that when examining the effects of stress on life, we find that the direct effect of stress is not only on our very body but also on the mental level, which are discussed on a wide scale. If we take a hierarchical look, find that the effects of stress are emotional, behavioral, biological and ultimately mental as well. If the stress is prolonged it has many effects on the health of the person, then its consequences are very severe such that the person's autonomic nervous system becomes over-active while experiencing chronic stress continuously which can cause damage to the body resulting in diabetes, hair loss, heart symptoms of disease, obesity, etc. start appearing. Thus it is clear that there is a need to create a clear resistant system against such stress. This resistant system is known as stress management. Scientific interest in stress and its management dates back at least to World War I, when soldiers were found to exhibit shell shock, an extreme reaction to the trauma of battle that was subsequently acknowledged to be a manifestation of post-traumatic stress disorder (Lazarus 1999). From that day till today, psychology has taken the initiative to eradicate this tension from the society and the stress management is the implemented form of that pledge.

Stress management:

Stress management word is formed by combining the two words i.e. Stress and Management. In general, such an experience of emotional and physical reactions when a person encounters a situation in which the demand is far greater than their coping resources is known as management of stress. Now the question arises as to what is management. Management is the process of adjusting and coordinating the targeted tasks by efficiently and effectively utilizing the available resources by planning, directing and controlling efforts (human coping strategies) in which the achievement of the goals is ensured so that the set goals can be completed. Thus, Stress management refers to a broad gamut of procedures and psychotherapeutic techniques to control stress level of an individual specifically enduring stress, usually aimed at improving everyday functioning.

Many styles of stress management are found in humans. Sometimes an individual accepts changing their situation as the best way to manage stress, while at other times, changing the way one reacts to the situation is considered the superlative strategy. The beginning of stress management always initiates with identifying the basic sources of stress. It has emerged as the most significant skill and psychological ability in this era. There is no single solution to stress; rather it is a step-wise or hierarchical process that seeks to achieve cohesion by incorporating several interrelated activities.

Indian ways to manage stress:

In this phase of development, stress has emerged as a main problem in developing countries like India. The reason for this stress can be anything, whether personal relationships, excess workload and responsibilities, increased demands, financial stress, loss of a loved one, health problems, exposure to one or more traumatic events etc. Therefore, recovering from such tension was the primary goal of Indian mystics. In this sequence, several measures have been taken to manage stress. In the Indian tradition, many measures have been taken which used to influence the person on the level of ethics, morality and behavior. These were measures that directly affected the mind and cognition. Therefore, various measures have been taken under stress management which has direct impact on individual's psyche.

In the Indian tradition, habitually imbibing mantras, reciting sacred books, worship is the primary management of stress because such efforts can provide mental gratification or relief to the individual. Rituals performed openly or latently in celebrations and ceremonies under the Indian tradition provide spiritual bliss that is an inspirational dose to an individual's mind. However, yoga seems to be the earliest and effective way to provide peace of mind. Moreover, relaxation techniques such as meditation, physical exercises, listening to soothing music, deep breathing, and various natural and alternative methods are the most effective stress buster. In the same sequence, some stress management techniques are mentioned below, which reflect the ideals of the Indian tradition, as well as effective stress management tips.

1. Yogic techniques: The purpose of the yoga is to mend your daily activity to create a positive free flow of positive energy in and out of the body and mind. Even several type of yoga asanas like savasana, sarvangasana, makarasana, bhujangasana, matsyasana, ardhmatsyendrasana, siddhasana, ardhmatsyendrasana, halasana and padmasana etc. improve and heal the states of stress, tension, frustration, migraine, fear, insomnia reactions along with strengthening muscle tone, flexibility, strength and stamina of an individual and thereby reduce tension and stress.

2. Music Therapy: The music is a series of different organized sound vibrations. When the body receives such sound vibrations, the person's state of mind has a positive feeling. The music therapist tries to relate all aspects of mental, social, emotional, and spiritual in the health of the person to specific rhythmic musical sensations, which gives the person a positive spiritual or emotional feeling. Music therapy attempts to establish a person's mental and emotional adjusted satisfaction through high, medium and slow rhythmic, nostalgic vocal vibrations of music. However, examples of this have also been found that the favorite music relieves the person from stress, anxiety, nervousness, and frees him from anxiety or depression. Moreover, it has also been seen in researches that when a person listens to music, he experiences it and conceives an experience as wellness. Further, if a person listens to happy music, he increases his inner happiness, performs self-expression, self-improvement, and can change his thinking in rational and positive way. This technique has also proved effective on cognitive impairments like Parkinson's, and Alzheimer's. Researches on music therapy has also made it clear that

people who listen to music have better mental and physical coordination than those who do not listen to music and are able to perform their tasks in a balanced and accommodating manner. Thus any type of music that is not noisy, positively affects health. Some researchers have found that listening to music intensifies the antibody immunoglobulin in the body by increasing the production of cells possessing the individual's immunity, which provides a strong base for the immune system. This is why music is also related to relaxation. One of the main reasons for stress management through music is that music also provides emotional support to the person. In this way music enhances the quality of life of a person and also helps in emerging from other mental disorders like mental illness and stress.

3. Aura Therapy: It is one of the most innovative methods currently being used to manage stress. It is basically a method based on the person's aura. Every individual has its own energy field which determines his/her sensory and emotional belongings that are produced in it. In this method, an attempt has been made to describe it as a comforting and psychics talk about stress healing based on the magnitude and nature of this aura. However, there is no concrete evidence or means available to see a person's aura. Moreover, it is spiritual alternative medicine in which the important areas of the person are emphasized, somewhere it is also based on science and yoga. Consequently this new method has proved to be effective in managing stress because it has been proven to be able to minimize the most negative qualities of a person's anxiety or stress.

4. Sound therapy: Sound therapy is found to be extremely beneficial in almost all stress related problems. This therapy is easier than others and it is more useful for stress, such therapy can be used well on sleep, motivation etc. It provides stress-relief to the person suffering from stress, respite from anxiety and removal of disorders resulting from stress by eliminating the possibility of exhaustion and increased mental focus and concentration.

5. Naturopathy: Today, this therapy has its own great importance as an alternative medicine method to free the person from stress. This is a complete natural medicine, which has its initial characteristics as its main characteristics. Naturopathy comes under many methods like self-healing, harmless treatment, holistic treatment, self-creation etc. The greatest feature of NT is that it does not cause any harm or pain to the person's body nor does it make any kind of penetration but it makes the person mentally strong. Under this, 5 basic elements

of nature are used to increase the capacity of a person. This type of therapy includes techniques like mud therapy, magnet therapy, color therapy, acupuncture, acupressure massage therapy, hydrotherapy, fasting, diet therapy, air therapy, etc. Natural therapy using such methods makes a person healthy on a physical as well as mental, emotional and behavioral level. So, it is increasingly used under stress management methods as well.

Conclusion:

Thus, it is clear that the good health status of any individual is the presence of sound homeostasis in it, which can be established by freeing the negative disease like stress. That is why stress management techniques are used to relieve stress. These techniques have been proven to be able to overcome negative diseases like stress. In order to get rid of stress, if a person cannot change the situation, he should change the way he responds to it. It should be an individual effort of a person to eliminate stress, along with seeking professional medical help if needed as no one can know a person better than himself. This type of ideology gives rise to optimistic positivity in a person and helps in minimizing his or her stress. In order to generate such thinking style, many methods have also been mentioned in this chapter. Apart from this, there are a lot of methods such that it is not possible to be described it in a few words. Apart from these, there are some methods which are mentioned below:-

1. Apply positive psychology in life: redefine the self
2. Aroma therapy
3. Ayurveda therapy: Use of Brahmi, Ashwagandha etc.
4. Control on stress-states
5. Catharsis from self
6. Color therapy
7. Control on stress states
8. Diet management
9. Flower therapy
10. Homa therapy
11. Kite Flying
12. Meditation
13. Painting

14. Pray to god: spiritual healing
15. Promote positivity in environment
16. Seeing natural beauty
17. Singing song in alone
18. Spirituality
19. Writing poem, dairies or stories

Ultimately, it can be said that simple yoga, meditation, yagya or home, naturopathy, color therapy, etc. can be used to fulfill required mental needs by using methods devised from the Indian traditions, which can also play an effective role in minimizing mental discomfort. Many institutes and centers are also open in India to provide the basis for such Ayurveda, spiritual, yogic and philosophical by which people can become proficient in this type of skill even after getting training or initiation and also prove beneficial in the accomplishment of proper stress management.

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