

# **A study on effect of Yogic intervention on Occupational stress of working Women**

**Dr Kamakhya Kumar**

Dept. of Yoga & Health, Dev Sanskriti Vishwavidyalaya, Haridwar, UK India

Email: kamakhya.kumar@gmail.com

## **Abstract**

Working women in India are faced with lot more challenges than their counterparts in the other parts of the world. In India men do not share on most of the household chores, it is women who have to cook, clean the house, do the dishes, wash clothes, get their children ready for school etc. Men just took care of few chores that are to be dealt outside the house. So the major burden of running the family is on the shoulders of women. It was alright for women to handle all the chores as long as they were homemakers. Now with their increasing need for getting some income for the family, they have to work all the more harder. They have to take up a 9 to 5 job plus handle all the household chores that they handled as a homemaker. Men's role has not changed much. Hence they are struggling with the occupational stress very commonly.

Present study aimed to observe the effect of Yogic intervention at the Occupational Stress level among working women. The study conducted over 100 working women at Sidkul Industrial area of Haridwar. In this control group design study they were further divided in to two groups (50 experimental and 50 controls). A set of Asana Pranayama and Meditation technique was provided to the experimental group for 45 days and the level of occupational stress was administered through a standard questionnaire.

The data was analyzed through appropriate statistical method. A significant change was found on the occupational stress level of experimental group, hence it can be concluded that practice of Yoga helps in managing the stress of working women.

**Key Words:** Asana, Pranayama and Occupational stress.

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## **Introduction:**

Human is beautiful creation of the GOD and being the part of that, it's sure that his quality would be in human so soul is an infinitesimal part of that supreme father. The stream of the vital force of life in the body is due to him only. Our thinking with knowledge, experience and discretion which are all within us, then we are able to experience God's boundless power within us. This power increase the strength of soul and the road to the conquest of troubles in our life becomes easy. The prating hand of the kind father is always on our head and protects us. Only the

shelter of the all powerful is capable of liberating us from the world's turbulence.

The financial demands on the Indian families are becoming fiercer by day. The sky rocketing cost of living, increasing expenses on education of children, increasing cost of housing properties in India force every family in India to look for ways and means of increasing the household income. As a result, women in India who were mostly known as homemakers are forced to go for jobs and take up even careers that were considered only suitable for men such as working in night shifts in call centers or BPOs. They are left

with no option but to fend for their families in all possible ways.

Women have started sleeping lesser than before because only when they wake up early they can cook for the family, get themselves ready for the job, get their children ready for the schools, so on an average, women lost 2 hours of sleep per day and up to 14 hours sleep per week.

If they happened to work in a highly pressurized environment, then they will bring home their work and that cuts few more hours of sleep. It is not just about the reduced sleep, but such a lifestyle builds stress. This stress is passed on to the family and frustration level builds up in the family. This leads to relationship problems.

They have to handle harassment's at their work place, sometimes just over look things to ensure that their job is not jeopardized in anyway. Many Indian families are still living as joint families along with the parents and in-laws. This adds to their stress further because they have to please all the family members of her husband. Listen to their complaints that they make against her and turn deaf ears towards them and so on. Overall, majority of women in India look towards or live in the hope that things will change. Some of us have given up that hope and learnt to accept that nothing can be done about it. India has a long way to go before our women will be able to live their lives to the full.

Science of Yoga proves that all aspects of our life are influenced by the harmony of Prana. Modern science devotes Prana as life force, capacity to resist diseases, bio electricity or electromagnetic energy etc. In Yoga therapy, yogic perspective of life is of foremost importance. Today the scientists across the globe unanimously agree that majority of the diseases of mankind are psychosomatic in nature. Psychological problems crop up as result of lack of right perspective of life.

Yoga is often practiced by healthy individuals with the aim to achieve relaxation, fitness, and a healthy lifestyle. Yoga is basically a science of consciousness concerned with evolution of mind and body. It is primarily a self-oriented primitive science, which further integrated development of psychophysical and emotional aspects of individual.

Yoga is based on soul and deep psychology. It is an educational process by which the human mind is trained to become, moral, natural and weaned from the unnatural conditions of life. Yoga has particular concern with psychology of the SELF. If we talk about yoga, yoga is the science of life or Yoga is art of living, healthy and spiritually lifestyle. It can solve all problems of life (physical, mental, social,& spiritual etc). It is here that yoga can play a very important role because it is primarily a protégé and preventive science of health. Swami Satyanand (1990) has rightly said, yoga is the way that leads the man to himself. The real knowledge comes out from within, and one of the ways to accomplish this enfoldment is through yoga.

The practice of yoga exercise means practice both your body and mind. It takes will power and perseverance to accomplish each yoga pose and to practice it daily. However, the prize for your perseverance is really worth all the hard work. The practice of yoga exercise or asana can improve your health, increase you resistance and develop your mental awareness. Doing the yoga poses requires you to study each pose and execute the slowly as you control your body and your mind.” Yoga is only a way to remove every type of problem that is physical, mental, emotional and spiritual etc. it provides physical, mental, emotional and spiritual help.

Chong, C.S.M. Tsunaka, M. Tsang, H.W.H. Chan, E.P. Cheung, W.M.(2011) observed the effects of Yoga on Stress Management in Healthy Adults and find a significant result. Elkins, G. Fisher, W. Johnson, A (2010) There is growing interest in mind?body therapies as adjuncts to

mainstream cancer treatment, and an increasing number of patients turn to these interventions for the control of emotional stress associated with cancer. Increased research funding has enabled many such interventions to be evaluated for their efficacy, including studies of mind-body interventions to reduce pain, anxiety, insomnia, anticipatory, and treatment-related nausea, hot flashes, and improved mood. Mind-body treatments evaluated for their utility in oncology include relaxation therapies, biofeedback, meditation and hypnosis, yoga, art and music therapy, tai chi, and qigong.

Guszkowska, M. (2006) concluded that the practice of Yoga exercises influences the women's anxiety level significantly. Ulger, O. Yagli, N.V. Aras, B. Aslan, E. (2007) observed the effect of Hatha Yoga on working women with healthy physiological condition and find that there is a significant change in their stress level.

Hartfiel, N. Havenhand, J. Khalsa, S.B. Clarke, G. Krayner, A. (2011) observed the effectiveness of yoga for the improvement of well-being and resilience to stress in the workplace.

Kovacic, T. Kovacic, M. (2011) states in their study that there is an impact of Relaxation Training According to Yoga in Daily Life & reg; System on Perceived Stress After Breast Cancer Surgery.

Mendelson, T. Greenberg, M. T. Dariotis, J. K. Gould, L. F. Rhoades, B. L. Leaf, P. J. (2010) Youth in underserved, urban communities are at risk for a range of negative outcomes related to stress, including social-emotional difficulties, behavior problems, and poor academic performance. Mindfulness-based approaches may improve adjustment among chronically stressed and disadvantaged youth by enhancing self-regulatory capacities. This paper reports findings from a pilot randomized controlled trial assessing the feasibility, acceptability, and preliminary

outcomes of a school-based mindfulness and yoga intervention. Four urban public schools were randomized to an intervention or wait-list control condition (n=297 fourth and fifth graders, 60.8% female). It was hypothesized that the 12-week intervention would reduce involuntary stress responses and improve mental health

Schmidt, S. Grossman, P. Schwarzer, B. Jena, S. Naumann, J. Walach, H., 2011 Mindfulness-based stress reduction (MBSR) is a structured 8-week group program teaching mindfulness meditation and mindful yoga exercises. MBSR aims to help participants develop nonjudgmental awareness of moment-to-moment experience. Fibromyalgia is a clinical syndrome with chronic pain, fatigue, and insomnia as major symptoms. Efficacy of MBSR for enhanced well-being of fibromyalgia patients was investigated in a 3-armed trial, which was a follow-up to an earlier quasi-randomized investigation. A total of 177 female patients were randomized to one of the following: (1) MBSR, (2) an active control procedure controlling for nonspecific effects of MBSR, or (3) a wait list. The major outcome was health-related quality of life (HRQoL) 2 months post-treatment. Ulger, O.G. Atay, S. Arslan, E. Basoglu, B. Yagli, N.V. Aslan, U.B. (2007) states after their study that flexibility and balance of healthy women has been changed significantly as an effect of Hatha yoga practice.

Yoga is a discipline aimed at training the consciousness for a state of perfect spiritual insight and tranquility that is achieved through the three paths of actions, knowledge and devotion. Its purpose is to help each one of us achieve our highest potential and to experience enduring health and happiness. With Yoga, we can extend our healthy, productive years far beyond the accepted norm and, at the same time; improve the quality of our lives.

Yoga is not only an effective measure for cure of physiological and psychological problems

among working women but also is a proven preventive measure. Worldwide many researchers have successfully yielded positive results of their researches based on the effectiveness of yoga for dealing problems of the practitioners.

**Methodology**

The study conducted over 100 working women at Sidkul Industrial area of Haridwar.

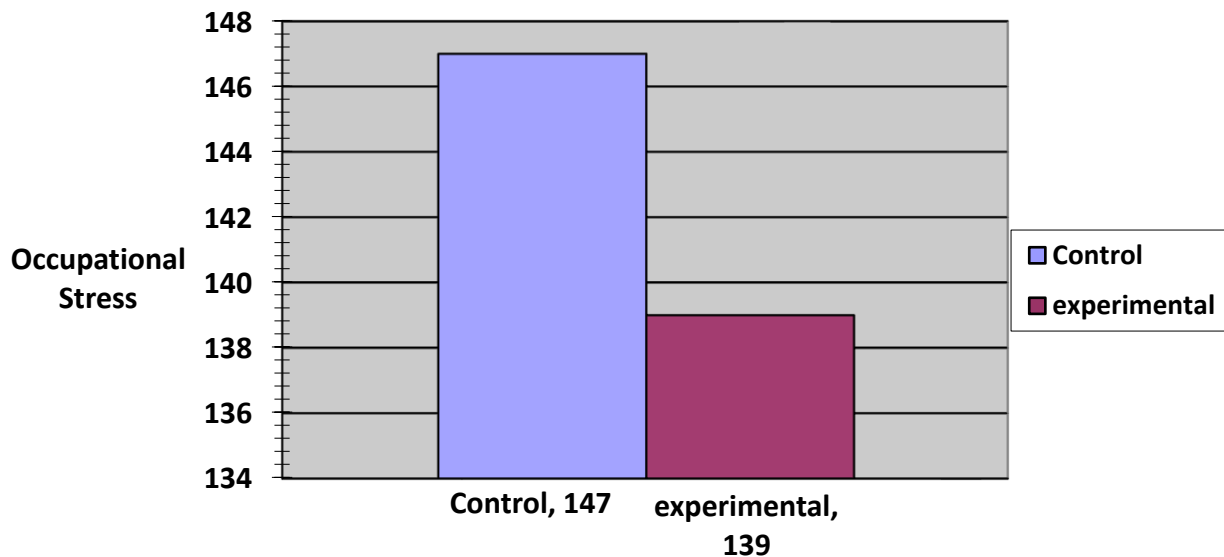
In this control group design study they were further divided in to two groups (50 experimental and 50 controls). A set of Asana Pranayama and Meditation technique was provided to the experimental group for 45 days and the level of occupational stress was administered through Occupational Stress Index (O.S.I.) developed by Dr. A.K. Srivastav & Dr. A.P. Singh. The data was analyzed through “t” test, statistical method.

**Results**

**Table: 1**

Group	Mean	SD	Sed	df	t-value	significance level
Control	147	4.19	0.37	99	21.62	0.01
Experimental	139	2.37				

**Graph 4**



**Discussion**

The result table shows the post mean values of occupational stress level of experimental and control groups which are 139 and 147 respectively. The t value is 21.26 which are significant at 0.01 level of significance. It shows a significant reduction at occupational stress level in the experimental group as an effect of Yoga practice.

Yoga aims for the integrity of the body, mind, and spirit through a system of Asana, Pranayama and meditation. In reality, it consists of disciplines designed to bring closer

to godliness. With the integration of the body, mind and spirit, you can attain a balance (physically and mentally) in your life as well as an inner peace to your body (Kumar Kamakhya2012).

Study done by Posadzki, P. Parekh, S. Glass, N. (2010) states that Yoga is for balancing the essential of holistic mind-body and consequently offer a solution for stress, uncertainty, anxiety and depression. Qualitative research methods have been used to create a conceptual synthesis of yoga and qigong. It is suggested that an increased sense of control is the interface between these two

modalities. This conceptual congruence of qigong and yoga is thought to be a selective, curative method, a prescription for ideal living and a ground of human essence existence. Furthermore, this essence is thought to enhance the mind's self-regulatory processes and prevent mental health disorders. The two alternative therapies can prevent mental health disorders.

### **Conclusion**

There is a significant reduction at occupational stress level in the experimental group which has been observed in this study. In this manner, various researches show that the practice of Yoga can be successfully administered to manage various psychological

disorders. As the previous studies shows that practice of Yoga, Meditation and Relaxation significantly lowers all the psychological problems.

A high percentage of people remain in a state of tension and frustration. This continuous level of tension in the body, mind and emotions predisposes the individual towards psychological and psychosomatic disorders. Practice of Yoga through releasing all the worries and tensions enhances the contentment and the sense of happiness; which is the region behind of a positive change into occupational stress of the subjects.

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