

A study on the effect of Yoga Nidra on stress level of the patients suffering with spondylitis and backache

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Abstract

An optimum amount of stress can always act as an energizer or motivator or people to apply the effort and complete the work, but a high level of stress can be a serious threat to the personality traits of the individual and cause physiological and psychological problem. Spondylitis and Backache are the major examples of the stress related disorders.

The study aims to give a solution through the Yogic relaxation technique Yoga Nidra to the people suffering with the suffering with Spondylitis or Backache having acute stress. A group of 20 people same problem were selected through purposive sampling in the Ludhiana city of Punjab State. All of them had common background of working in the office for more than eight hours, having continuous tension of their workloads.

In this pre- post research design study, after 45 days regular practice of Yoga Nidra for half an hour daily the results showed a significant reduction in the level of stress among the people suffering with Spondylitis and Backache.

Key words: Yoga Nidra, Stress, Spondylitis and Backache.

Introduction

Stress is a cognitive or emotional response made by the individual towards any situation, which demands adjustment. Stress-related disorders evolve gradually through four stages. In the first stage, psychological symptoms like anxiety and irritability arise due to over activation of the sympathetic nervous system. The second stage is characterized by related physical symptoms like high blood pressure, increased heart rate etc. In the third stage, the abnormalities manifest clinically in the organ systems. In the last stage, severe symptoms in particular organs result which need long-term medical management.

The stress people experience should not be necessity treated harmful. We can define stress as body's non specific response to the

demand made on it. Stress is a caused by our reaction to the external environment. Stress provides the means to express talents and energies and pure happiness on the other side, it can also cause exhaustion and illness either physical or psychological. Lazarus and Folkman (1984) define Stress as an internal state which can be caused by physical demands on the body or by experimental social situation which are evaluate as potentially harmful uncontrollable or exceeding one resources for coping.

Today life is full of stress as a result of existence in the past, mechanist and competitive way of life. Moreover modernization, urbanization, materialism, competition and ever changing trends to society tend to put stress on individuals of

all age groups. Stress now days is bring face by all section of society. Stress has now entered the lives of students and has a devastating and telling effect on their physical, mental, emotion and social aspects of health thereby restricting their development and growth. The stress management is very complex as it involves mind whose control is very difficult. Hence, it is most essential to discipline the mind for an integral and harmonious all round development of a positive personality. In this, the yoga practices can absolutely play a vital role in directing the mind towards creativity and constructive goals. There are many yogic techniques to manage the stress but one of the finest, easiest and most direct ways trainee the health and in turn, regulate the nervous system, relax the body and quiet the mind is through Yoga Nidra.

K.N.Udapa outlines his research on normal, healthy objects and on patients in his clinic. He treated 1007 cases of various stress disorders with a combination practice of asana, pranayama and meditation, he reported “the patient of high blood pressure, diabetes and asthma and who came to us at an early stage showed very good improvement, those who came latter there drug requirement were considerably reduced after starting yogic practices”. Goleman (1976) compared 30 meditators and 30 non meditators in an anxiety arousing situation and found that those who were experienced meditations respondents to threat with less subjective anxiety.

Much stress is occurring now through emotions such as aggressions, impatience and fear kindling the body’s stress responses. A chronic state of physical and emotional depletion results from excessive job demands and continuous hassles (Shirom, 1989 & Zahor, 1997). Recently more researches conceive of burnout as a work-related strain that can emerge in any

occupation, including management and technology (Etzion, 1988, Maslach & Schaufeli, 1993; Leiter, & Schaufeli, 1996). Performance usually drops off sharply when stress rises to higher levels (Robert, 1986).

Methods:

A group of 20 people suffering with Spondolitis or Backache having acute stress were selected through purposive sampling in the Ludhiyana city of Punjab State. All of them had common background of working in the office for more than eight hours, having continuous tension of their workloads. They voluntarily came to reduce their stress as they were suffering with their spine as well. Practice of Yoga Nidra for half an hour daily was introduced to them for 45 days and they felt a reduction in their pain and tension.

The stress level of the subjects was recorded twice through a questionnaire “Stress Scale” constructed by Dr. M. Singh (Institute of Research and Test Development, Andheri East, Mumbai). The data outcome was analyzed through using the appropriate Statistical method.

Result:

Group	Mean	S.D.	SE	t-value	Level of significance
Pre test	61.85	12.59	0.48	3.19	0.01
Post test	49.05	11.01			

N= 20 df= 19 r= 0.89

Discussion & Conclusion:

The mean of post-test was greater than the mean of pre-test of the adolescent boys. Thus, the result is highly significant at 0.01 level: the result table indicates that there is a significant difference between the level of stress, i.e Stress reduced by performing Yoga Nidra.

Yoga is believed to have beneficial effects on cognition, attenuation of emotional intensity and stress reduction. Previous studies were mainly performed on eastern experienced practitioners or unhealthy subjects undergoing concomitant conventional therapies. Yoga practitioners showed improvement of the memory performance, as well as improvements in psycho-physiological parameters. The regular yoga practice can improve aspects of cognition and quality of life for healthy individuals. An indirect influence of emotional state on cognitive improvement

promoted by yoga practice can be proposed (Rocha et al, 2012).

Since the 1970's researchers have been testing how yoga and other stress-reduction and meditation techniques can reduce the presence of anxiety. With research still on the rise today, yoga has been greatly commended for its triumphs in "modulating stress response systems. The physiological symptoms associated with anxiety mentioned previously have all been found to become significantly reduced in many cases of research, including heart rate, blood pressure, and respiration.

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