

Mental Distress in Corporate Persons & It's Management through Yoga

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Abstract

Contemporary researches done in the area of 'Yogic intervention and their effect over various parameters of Psychological health' provoked the researcher to attempt an individual project to judge the effect of Yoga on the people working in corporate sector at the level of Distress. To observe the effect of Yoga on Distress level of the corporate people a Pre-Post research design study has been conducted at the Yoga Arogya Polyclinic of Dev Sanskriti Vishwavidyalaya, Haridwar, India. For this study a group of 50 persons of range 30 – 40 years from the SIDKUL, Industrial area of Haridwar Districts were selected through purposive sampling as subject. They practiced a set of Asana and Pranayama regularly for sixty days. The present study shows a significant change on the Distress level of the corporate persons as the result of Yoga practice. The results observations are: $t=11.25$, $p < 0.0025$. At the end it can be concluded that Yoga practice having a positive impact over the Distress level of the corporate persons.

Key words: Distress, Asana and Pranayama

Introduction

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.

Practice of Yoga not only help to keep the young body strong and supple but also incorporate mental activities, disciplines that help to develop attention and concentration and stimulate the creative ability that are latent within human body. Yoga brings control over breathing and that works in effectively increasing the psycho-motor coordination. Practice of Yoga is a conscious process of gaining control over the mind, and thus the concentration and attention-span improve.

Mental distress is a term used, both by some mental health practitioners and users of mental health services, to describe a range of symptoms and experiences of a person's internal life that are commonly held to be troubling, confusing or out of the ordinary. Mental distress has a wider scope than the related term mental illness. Mental illness refers to a specific set of medically defined conditions. A person in mental distress may exhibit some of the symptoms described in psychiatry, such as: anxiety, confused emotions, hallucination, rage, and depression and so on without actually being 'ill' in a medical sense.

At recent time there has been an increased awareness and interests in health and nature remedies. Yoga is an effective and time tested method for promotion and improving our health as well as prevention and management of diseases especially psychosomatic and degenerative chronic

disorders. The scientific psycho-spiritual discipline of Yoga is the most precious gem of our culture and heritage and is being practiced in India for thousands of years.

Telles, S. Naveen, K. V. Dash, M. (2007) observed in a study done among Tsunami Survivors in the Andaman Islands that the practice of Yoga significantly reduces the symptoms of Distress. The study done by Ulger, O. Yagli, N.V. Aras, B. Aslan, E. (2007) states that there is a significant effect of Hatha Yoga practice on the level of stress in working women.

One of the study done by Shirley, T. Sanjib, P. Montesoo, S. Navenn (2008) indicates that the effect of yoga on somatic indicators of stress in healthy volunteers are significant. Another study done by Venkataramana H.L. Poomalil, S.N. Shobhasree, T. (2008) shows that the Academic Stress of High School Students significantly reduced after a regular practice of Yoga.

A group of researcher states after their study that the effect of yoga on depression and anxiety of women referred to yoga clinic were found very significant, Javanbakht, M. Morvarid, M. Kenari, R. H. (2008).

Jadhav, S.G. Havalappanavar, N.B. (2009) One of the studies shows a significant change as an effect of Yoga Intervention on Anxiety and Subjective well-being of the practitioners. One such study shows the Efficacy of Mindfulness-Based Meditation Therapy on Anxiety, Depression, and Spirituality in Japanese Patients with Cancer and find a significant change in above mentioned parameters, Morita, T. Akechi, T. Ito, S. Tanaka, M. Ifuku, Y. Nakayama, T. (2009).

Telles, S. Gaur, V. Balkrishna, (2009) state that the effect on the volunteers of a Yoga

Practice Session and a Yoga Theory Session, and find a significant change on the level of State Anxiety.

Kumar K, (2015) observed in a study on the effect of Yogic Intervention on Occupational stress level of Working Women that practice of Yoga helps in managing the occupational stress of working women.

The above study shows that researchers are keen to know the effect of Yoga on various directions; thus it is the right time to go deep into the search of the impact of Yoga having the following aims and objectives: to study the effect of yoga on wellbeing of the normal subjects.

Methods:

The study is based on the data collected on 50 subjects' age ranging 30 – 40 years. To observe the effect of Yoga on Distress level of the corporate people a Pre-Post research design study has been conducted at the Yoga Arogya Polyclinic of Dev Sanskriti Vishwavidyalaya, Haridwar, India. For this study a group of 50 persons of range 30 – 40 years from the Industrial area of Haridwar Districts were selected through purposive quota sampling as subject. The study was approved by the ethical committee of Dev Sanskriti Vishwavidyalaya. The subjects were a heterogeneous group having common problem but otherwise healthy and were voluntarily wanted to join Yoga session for general physical mental wellbeing.

The subjects selected for the study practiced a set of Asana and Pranayama regularly for sixty days under the guidance of a Yoga Expert. The Yoga Sessions consisted of an integrated package of Asana and Pranayama regularly the protocol of the session is given below in Table 1.

Table – 01

Yogic Intervention applied over the subjects

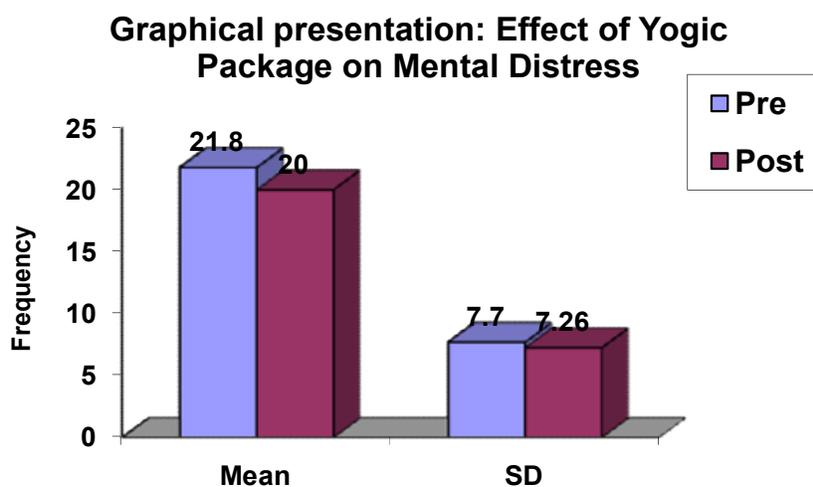
Sr. No	Practice	Physical Awareness	Rounds	Duration
1	Tadasana	Spine	5	120 sec.
2	Tiryak Tadasana	Wastes	5	120 sec
3	Kati chakrasana	Scapulas	5	120 sec
4	Surya Namaskar	All internal organs	2	180 sec
5	Shavasana	Whole muscles	-	300 sec
6	Kapalbhati	Abdomen	100-150	120 sec
7	Nadisodhan	Eyebrow centre	5	240 sec
8	Ujjai	Throat region	10	240 sec
9	Bhramari	Brain region	10	240 sec
10	Om chanting	Whole Head region	-	120 sec

In this Pre-Post research study to measure the Distress, Stress Scale developed by Singh Dr M (2002) has been used and the data has been analyzed through Proper Statistical Method on 't' test basis. The result has been shown in the table 2.

Result:

Table - 02

Test	Mean	SD	SEd	t-value	Significance level
Pre	21.80	7.70	0.16	11.25	p < 0.0025
Post	20.00	7.26			
N=50,				df=49	



Graph: showing the pre post Mean and SD of Mental distress level of the subjects.

Discussion & Conclusion

A significant change has been observed in the Distress level of the subjects during this study. It is a normal mechanism as yogic practices stop the fluctuation of the Mind. Due to excessive activity on the mental plane, the mind always remains in a state of arousal, which results in distress. Throughout life the mind is fed with negative data. In the practice of yoga, especially during shavasana and breath awareness, the mind is relaxed, thereby releasing the mental tensions. In this way, through the regular and sincere practice of yoga, tensions at the physical, and stress at mental level can be minimized.

Practice of Yoga stops the uncontrolled and uninterrupted thoughts. So the set of Asana and Pranayama in combination plays a vital role for mental health. Previous researches also support our study. Gersten, D J (1978) said that the practitioner of Yoga becomes his own psychotherapist, recognizing and systematically alleviating his own personal problems and interpersonal difficulties. Matthew, R J (1981) reported that yoga is

a successful therapy for both recent and long-standing psychological disturbances of all kinds, especially high anxiety levels and neurotic behavior patterns. Study done by Gupta, N. Khera, S. Vempati, R. P. Sharma, R. Bijlani, R. L. (2006) indicates that Effect of Yoga Based Lifestyle Intervention on State and Trait Anxiety are significant. 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 significant change into Distress of the subjects.

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