

## **A Study Of Stress Management On Secondary Students Through Pranayama And Meditation**

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### **Abstract:**

There was the time when “health is wealth” was considered as an important part of life but now instead of considering health we are only increasing pressure in our mind, body and soul, similar to a pressure cooker. But that pressure cooker too has a valve which releases excess of pressure from it but in our human case the “relieving feature” or “valve” is totally invisible. This excess of pressure results in augmenting “STRESS” in human body.

So the thing is, what we did to manage the stress level?

For proper stress management and to know the root cause of excess stress on children, we did a stress management test on secondary level school going adolescent of age group 13-18.

The result of Yogic practices (pranayama and meditation) has shown soothing effects on managing stress level on these students. Hence yogic practice causes positive effect on stress management.

**Key Words:** Holistic Health, Stress, Secondary Students, Yoga practices.

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### **Introduction:**

In this modern well upgraded technological world where everything is in our finger tips, we have time for everything but not for our self. Earlier people living far away from these technologies were busy in there day to day life, they had to go far flung places to fetch the basic things like water, then also they were able to give proper time to themselves as well as to their family and lived happily but now the situation is totally changed.

Now-a-days we are physically comfortable because of the modern inventions and technologies but mentally we are totally not at ease, resulting in excess of pressure and excess of stress. Excess of stress is the cause of further changes in our mood and body. This stress results in hormonal changes in male as well as in female because of which adolescent students face many physical, mental and social changes.

Yoga is an essential way to attain the peace of mind which helps in managing the stress on human being. Yoga is associated with a healthy and lively lifestyle with a balanced

approach to life. Studies in the field of medicine suggest that yoga is the only form of physical activity that provides complete exercise of the body because it massages all the internal organs and glands which in turn reduces the risk of many diseases. Yoga practice can reduce our stress and lead a healthy life. But in reality, to achieve the aspiration of the parents and to adjust themselves in the competitive market every student is under academic pressure which makes their life stressful.

Stress, depression among adolescent not only effect their academic growth but also affect their normal growth. By practicing yoga, a person is supposed to reach a state of mental equanimity, where responses to favorable or unfavorable external events are well under the individual’s control, and responses are moderate in intensity. The science of yoga is a powerful stream of knowledge, which enables the practitioners to achieve radiant physical health, serene mind, continues spiritual uplift, and creates the ability for harmonious social living. The yoga practice among adolescent plays an

important role to keeps him away from stress.

### **Significance Of The Study:**

According to united nation population fund (UNPF), India is known as the youth power of the world, 356 million (age group 10-24) of the India's entire population is the youth. It can be a "boon" for our nation when our youth is mentally, physically, socially and spiritually fit. But it also can be a "bane" when the youth population of our country goes astray. Today's generation is the future of tomorrow. So it's a matter of highly importance to improve the holistic health of our youth.

In this modern world of hectic schedule lifestyle and fast living with stress related illnesses, we need to find something that will bring a more balanced relaxed rhythm into our lives. People have forgotten that life is more than worldly gain and material achievement. Even though we may achieve our aims in gaining material possessions, we may still find we have a sense of emptiness in our lives. This is because we are not nurturing our emotional and mental needs. That's why there is a need to know and manage the root cause of excess stress on adolescent student so that their efficiency can improve.

### **DEFINITION:**

In this study few terms are frequently used they are –

- **Yoga Practice:** Practices that helps in attaining the real happiness (internal happiness besides external happiness) in life, leading to holistic health.
- **Stress:** 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 Management:** Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of and for the motive of improving everyday functioning.

### **Objectives Of The Study:**

This study has been conducted with the following objectives:

1. To study the stress level between the boys and the girls of class 9<sup>th</sup>.
2. To study the stress level between the boys and the girls of class 11<sup>th</sup>.
3. To study the stress level between the boys of class 9<sup>th</sup> and the boys of class 11<sup>th</sup>.
4. To study the stress level between the girls of class 9<sup>th</sup> and the girls of class 11<sup>th</sup>.
5. To study the stress level between the total boys and the total girls of class 9<sup>th</sup> & class 11<sup>th</sup>.

### **Tool Used:**

"Students Stress Scale" developed by "Dr.Zaki Akhtar".

### **Research Methodology:**

A questionnaire survey was adopted in this paper. A questionnaire consisting of 51 questions was used for data collection, out of total questions 41 questions were positive and 10 questions were negative.

Participants in this study were the school students of a school (Shiksha Bharti Inter College) of khatima, uttarakhand. We took 30 samples (14 boys and 16 girls) from class 9<sup>th</sup> and 30 samples (15 boys and 15 girls) from class 11<sup>th</sup>. The participants were of age group 13-18 years. There was regular practice of "PRANAYAMA AND MEDITATION" for 45 minutes for 30 days. Initially the participants were briefed properly in their respective classroom about the questionnaire and the scale. It was assured to the students that the data will be kept confidential.

**RESULT:**

Sr.No.	Samples	Raw Score	Z-Score	Grade	Level of Stress
1	Boys of class 9 <sup>th</sup>	154	-0.50 to +0.50	D	Average
	Girls of class 9 <sup>th</sup>	167.93	-0.50 to +0.50	D	Average
2	Boys of class 11 <sup>th</sup>	186.67	+0.51 to+1.25	C	Above average
	Girls of class 11 <sup>th</sup>	161.27	-1.25 to +0.51	E	Below average
3	Boys of class 9 <sup>th</sup>	154	-0.50 to +0.50	D	Average
	Boys of class 11 <sup>th</sup>	186.67	+0.51 to+1.25	C	Above average
4	Girls of class 9 <sup>th</sup>	167.93	-0.50 to +0.50	D	Average
	Girls of class 11 <sup>th</sup>	161.27	-1.25 to -0.51	E	Below average
5	Total boys of class 9 <sup>th</sup> and class 11 <sup>th</sup>	170.34	-0.50 to +0.50	D	Average
	Total girls of class 9 <sup>th</sup> and class 11 <sup>th</sup>	161.61	-1.25 to -0.51	E	Below average

**TABLE 1- PRE DATA BEFORE YOGA PRACTICE**

Sr.No.	Samples	Raw Score	Z-Score	Grade	Level of Stress
1	Boys of class 9 <sup>th</sup>	155.21	-0.50 to +0.50	D	Average
	Girls of class 9 <sup>th</sup>	154.37	-1.25 to -0.51	E	Below average
2	Boys of class 11 <sup>th</sup>	163.20	-0.50 to +0.50	D	Average
	Girls of class 11 <sup>th</sup>	156.80	-1.25 to -0.51	E	Below average
3	Boys of class 9 <sup>th</sup>	155.21	-0.50 to +0.50	D	Average
	Boys of class 11 <sup>th</sup>	163.20	-0.50 to +0.50	D	Average
4	Girls of class 9 <sup>th</sup>	154.37	-1.25 to -0.51	E	Below average
	Girls of class 11 <sup>th</sup>	156.80	-1.25 to -0.51	E	Below average
5	Total boys of class 9 <sup>th</sup> and class 11 <sup>th</sup>	159.34	-0.50 to +0.50	D	Average
	Total girls of class 9 <sup>th</sup> and class 11 <sup>th</sup>	155.54	-1.25 to -0.51	E	Below average

**TABLE 2- POST DATA AFTER YOGA PRACTICE**

Comparing the above two tables of pre data test (TABLE 1- Before yoga practice) and post data test (TABLE 2- After yoga practice), we found that there is a positive change in stress level of **the girls of class 9<sup>th</sup>**(grade was changed from D to E) **and the**

**boys of class 11<sup>th</sup>**(grade was changed from C to D). We also found that the individual raw scale of the students of both classes decreases, but according to the stress measuring scale they fall in the same Z-Score category, which is a good sign

according to the Dr. Zaki akhtar's student stress scale.

### **Conclusion:**

Though there are many ways to cope up with stress, but **pranayama and meditation** is considered as the easy, simple and economical way with no negative effect on the individual. Pranayama and meditation not only helps in managing stress but also helps in maintaining positivity in the individual. Yoga's benefits cannot be counted on fingers because it's not a onetime achieving thing it's a lifelong process which should be practice till the last breath, for the wonderful experiences. Yoga

automatically helps in connecting people to the nature, which is the best part of it. This connection with nature helps students to feel the ecstasy and forgetting all the excess of cut throat competition pressure. The adolescence is considered as the period of **"storm and stress"** and there is a need to manage this stress. We found managing stress of the student is itself a work of stress but with proper guidance and creating interest among students about yoga helps in managing stress.

So, there is a need of proper yoga classes in the school so that student can attain holistic health (physical, mental, social and spiritual health).

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