



STRESS MANAGEMENT RESEARCH WITH YOGA

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ABSTRACT

There are a lot of annoyances, deadlines, frustrations, and demands in modern life. Stress has grown so frequent for many people that it has become a way of life for them. Stress isn't always detrimental. When confronted with difficult and even dangerous situations, stress is a natural human response to pressure. That pressure comes from not only what is going on around us, but also from the demands we impose on ourselves. Stress is defined as "a situation characterised by a syndrome that encompasses all non-specifically caused changes in the biological system" (Selye, 1976b, p. 64). The influence of a stressful incident on our health is determined by how we perceive it and how we respond to it. The events in our life may drive and energise us, or they may "stress" us and cause us to react in ways that are harmful to our physical, mental, and social well-being. We can learn to handle stress more efficiently by better understanding ourselves and our reactions to stressful events. Stress management, in its most realistic sense, is not about learning how to avoid or escape the stresses and turbulence of modern life; rather, it is about learning to recognise how the body reacts to these stressors and developing skills to help the body adjust. Many studies have revealed that yoga and pranayama can be used to manage and combat stress. Yoga is an ancient science that started in India.

KEY WORDS: Yoga, Stress, Occupational Stress.

INTRODUCTION:

Stress is a natural physiologic reaction to situations that make you feel threatened or throw you off balance. The "fight-or-flight-or-freeze" reflex, also known as the stress response, kicks into high gear when you detect danger, whether real or imagined. Hans Selye invented the term "stress" as we know it today in 1936, defining it as "the non-specific response of the body to any demand for change." An organism's response to a stressor, such as an environmental state or a stimulus, is referred to as physiological or biological stress. The sympathetic nervous system is activated in reaction to stress, resulting in the fight-or-flight response, according to the stressful event. The body can't stay in this state for long, therefore the parasympathetic system kicks in and restores normal physiological conditions. Stress is a term used to describe a negative or positive state that can affect a person's mental and physical well-being in humans.

TYPES OF STRESS:

Acute stress, the most prevalent type of stress, is short-term and derives from current demands and pressures as well as expected future needs and pressures (APA, 2011).

Chronic stress is a type of stress that develops over time as a result of ongoing emotions of despair/hopelessness brought on by variables such as poverty, family dysfunction, feelings of powerlessness, and/or traumatic early childhood experiences (APA, 2011). Perceived prejudice, neighbourhood stress, everyday stress, family stress, acculturative stress, environmental stress, and maternal stress are all chronic stressors linked to health inequalities (Djuric et al, 2010; NIH, 2011).

Distress vs. Eustress: Because various people will have varied perspectives and reactions to different events, categorising stressors into objective lists of those that cause positive stress and those that cause negative stress is difficult. However, by generalising, we may construct a list of stressors that most individuals, most of the time, experience as negative or good.

The death of a partner, for example, is an example of a negative personal stressor. Divorce, the loss of communication with loved ones, a family member's death Injury or illness, hospitalisation (for oneself or a family member) (oneself or a family member), Being abused or neglected is a terrible thing to go through. Separation from a spouse or partner in a committed relationship, Interpersonal conflict, bankruptcy/financial difficulties, unemployment, and so on.

Receiving a promotion at work, starting a new career, marriage or commitment ceremony, buying a home, having a kid, moving, taking or arranging a vacation, holiday seasons, and so on are all examples of positive personal stressors. Retiring, enrolling in educational classes, or picking up a new pastime are all options.

Occupational Stress:

Occupational stress is stress that occurs as a result of one's job. Occupational or job-related stress, according to the current World Health Organization (WHO) definition, "is the response people may have when faced with work expectations and pressures that are not matched to their knowledge and abilities and that challenge their ability to manage."

Cooper, Dewe, and O'Driscoll (2001) suggest that workplace stress has increased in most developed and developing countries. As a result of the attempt to reduce labour costs, fewer individuals are doing more work and are feeling more insecure in their positions. In 7-day-24-hour work cultures, the rapid spread of information technology via the Internet has resulted in an increased burden of information overload, a faster pace of work, and demands for immediacy of reaction.

CAUSES OF OCCUPATIONAL STRESS:

Organizational factors: Employees are stressed by change and job security. Survivors of restructuring, downsizing, acquisitions, closures, and retrenchments face job loss, increased workloads, and concern about the next change. Many organisations in South Africa still retain a mechanical or bureaucratic structure. Employee flexibility, risk-taking, and career advancement are also hampered, resulting in frustration (Potgieter, 1996: 206).

Factors affecting job design include: Some jobs require employees to work in challenging and uncomfortable conditions, such as extremes of temperature (heat or cold), loud noise, crowded, bad lighting, or with old and inefficient machinery. Noise and other unpleasant aspects are most stressful when they are unpredictable, uncontrollable, and excessive. The best example is road construction experts digging up the road using drills (Potgieter, 1996: 208; Rice, 1999: 187).

INTERACTIONAL FACTORS:

Lack of social support-Having friends and allies during difficult times makes stressful events seem less scary and more manageable than if they had little or no support. At various periods, they might provide emotional, financial, and information support. (Rice, 1999:187; Potgieter, 1996:208).

Lack of involvement in decision-making makes intermediate managers feel as if they are victims of higher-level decisions over which they have no control. The main reason for this is that managers are not permitted to observe or participate in crucial business decisions that influence their jobs (Furnham, 2005:113).

Factors affecting your career and promotion -Workplace stress can also be caused by poor performance appraisals. Problems with performance appraisals cause at least two types of stress. The first is not receiving any performance evaluations and hence not knowing how well one is performing. The second is receiving unfavourable feedback without being offered any suggestions for how to improve one's performance. Employees can be under a lot of stress if their company doesn't have a good, well-thought-out performance appraisal system (Furnham, 2005: 115; Potgieter, 1996: 210).

Role-related variables - For many executives, role juggling - fast transitioning from one function and one sort of activity to another - is critical (from boss to friend, teacher to partner). These negative impacts of role conflict are less prominent in work environments where friendliness and social support are present than in those where they are not (Furnham, 2005: 132; Potgieter, 1996: 210).

Role ambiguity stress caused by uncertainty occurs when managers are unsure

about a variety of aspects of their positions, including the breadth of their obligations, what is expected of them, and how to divide their time between various roles. Ambiguity can be caused by a lack of clear job descriptions, goals, or tasks, but it's more commonly caused by changes in the organisation or the marketplace as a whole (Rice, 1992:187). Having two jobs, home and work, can sometimes cause stress. Stress is sometimes caused by disputes over time and loyalties between the multiple demands of home and work, however it is probably more common in women than in men (Furnham, 2005: 132).

Factors affecting work underload and overload- Work overload can be quantifiable as well as qualitative. When managers are asked to accomplish more work in a short amount of time than they are capable of, they experience quantitative overload stress. Managers experience qualitative overload stress when they believe they lack the necessary skills, abilities, or resources to complete a task. Stress is also linked to both types of underload. Boredom is caused by quantitative underload, which happens when tedious, routine, repetitive jobs are combined with a persistent lack of mental stimulation (Cooper, 1983: 371; Potgieter, 1996: 210).

Occupations that are stressful- Some jobs are simply more stressful than others. Various studies have revealed that certain aspects of specific jobs are stressful. The more stressful a job is, for example, the more it needs making decisions, frequent monitoring of equipment or materials, repetitive exchanges of information with others, unpleasant physical conditions, and executing unstructured rather than structured duties (Hildebrand, 1986: 80; Potgieter, 1996: 210).

PATHOLOGICAL PROCESS OF STRESS IN THE BODY:

When your nervous system detects a threat, it releases a barrage of stress hormones, including adrenaline and cortisol. These hormones prepare the body for action in an emergency. Your heart beats quicker, your muscles tense up, your blood pressure rises, your breathing quickens, and your senses sharpen. These bodily changes boost your strength and stamina, improve your reaction time, and sharpen your focus, ready you to fight or flee from the threat. Stressors are thought to induce the body to adapt, resulting in tension and an increased risk of sickness (Lepore et al., 1997; McEwen & Stellar, 1993; Selye, 1956). The adrenal medulla, for example, secretes epinephrine and norepinephrine in response to sympathetic stimulation while under stress. These hormones improve cardiac and respiratory functioning, as well as blood sugar levels and blood volume. The adrenal cortex and thyroid gland, among other endocrine organs, release hormones (corticoids and thyroid hormones) that can suppress inflammation and immunological function.

Not surprisingly, a large body of research has shown that major life events (e.g., job loss, marital discord, death of a loved one) predict a variety of physical, mental, and social dysfunctions, including hypertension (Chiriboga, 1989; Markovitz et al., 1993), increased risk for mortality and morbidity (e.g., Kaplan, 1985), arterial damage (Manuck et al., 1995), and increased production of interferon (Brown & Harris, 1986).

STRESS MANAGEMENT TECHNIQUES:

Identify warning signs- Being able to recognise early warning indicators in your body that indicate when you are becoming stressed is quite beneficial. Tensing your jaw, grinding your teeth, having migraines, or feeling irritable and short-tempered are all symptoms that differ from person to person.

Identify triggers- There are many identified triggers that increase our stress levels and make managing it more challenging. If you know what your potential triggers are, you may try to anticipate them and practise calming down before they happen, or even discover strategies to avoid them. Late nights, deadlines, seeing specific people, hunger, or overtired children are all potential triggers.

Establish routines- Predictable rhythms and patterns throughout the day, or over the course of a week, may be quite comforting and reassuring, and can help you manage your stress. Routines can contain the following:

- Regular times for exercise and relaxation
- Regular meal times, waking and bedtimes
- Planning ahead to do particular jobs on set days of the week.

Spend time with people who care- Spending time with people you care about and who care about you is an essential element of coping with continuous stress. Spend time with friends and family, preferably those that uplift you rather than those who put pressure on you. When the opportunity arises, share your views and feelings with others.

Look after your health- Make sure you're eating healthily and exercising on a regular basis. Take time to do things that make you feel good, such as listening to music, walking, or dancing. To cope, avoid using alcohol, tobacco, or other drugs.

Notice your 'self-talk'- When we're anxious, we tend to repeat things in our heads, which just adds to our anxiety. 'I can't deal,' 'I'm too busy,' 'I'm so

exhausted,' or 'It's not fair,' for example, are examples of problematic self-talk. When you see yourself engaging in counterproductive self-talk, consider replacing it with soothing, calming phrases to lessen your stress levels.

Practise relaxation- Make it a point to relax at least once a day. This will aid in the relaxation and re-adjustment of your body and nervous system. Consider attempting one or more of the following:

- Learn a formal practise like progressive muscle relaxation, meditation, or yoga to help you relax.
- Make time to unwind by doing something calming like gardening or listening to music.
- Make a list of things to do each day that you enjoy and look forward to, such as reading a book.

CONCEPT OF YOGA:

Yoga is a 3,000-year-old philosophical method for human growth that originated in India. Spiritual philosophy, as well as mental and physical disciplines, are all part of the system. The Sanskrit root Yuj or Yujir dhatu(word) means to bind, unite, attach, and yoke, to direct and concentrate one's attention on, and to utilise and apply. It can also refer to a connection or a communion.

Yoga is the most well-known type of stretching, aerobic exercise, and meditation. Yoga is defined as "to yoke or link together," and it focuses on mind-body integration, posture, deep breathing, stretching, and relaxation. Yoga originated in India, where it was influenced by Hindu, Jaina, and Buddhist religious traditions. Yoga improves self-confidence, increases one's sense of well-being, and creates a sense of relaxation and tranquillity by altering one's stress response and attitude toward stress. Yoga is one of the most effective stress management techniques because it helps you to focus on yourself. Yoga strengthens both your mental and physical muscles, allowing you to cope better under pressure and respond more gracefully and effectively. At the same time, yoga aids in the elimination and relief of stress's negative effects.

EFFECT OF YOGA ON STRESS:

Yoga is an old Indian science, and several studies have shown that yoga and pranayama can help people cope with stress. Pranayama is the practise of manipulating the breath, which serves as a dynamic link between the body and the mind. Puraka (inhalation), kumbhaka (retention), and rechaka (exhalation) are the three phases of pranayama, which can be done quickly or slowly. Pranayama is a highly significant part of Maharishi Patanjali's Ashtanga Yoga, and it is thought to be far more important than yogasanas for maintaining good health. Both fast and slow pranayamas have been demonstrated to be effective in previous research, although they cause differing physiological circulatory reactions in healthy participants. Slow breathing techniques like Nadishuddhi, Savitri, and Pranav have been demonstrated to lower heart rate, systolic blood pressure (SBP), diastolic blood pressure (DBP), and increase pulse pressure (PP). There are limited studies on the effects of doing fast pranayamas. Fast pranayamas like Kapalabhati and Bhastrika have been shown in some studies to increase sympathetic activity and so raise HR, SBP, and DBP when done alone, while others have shown that they decrease sympathetic activity and hence decrease HR, SBP, and DBP. After 12 weeks of practise, other research found no effect of fast pranayama. Perceived stress has been demonstrated to have a deleterious impact on cardiovascular function by increasing blood pressure (BP) and decreasing cardiovascular responsiveness in participants in previous research. There is no study that compares the cumulative effect of fast and slow varieties of pranayama on perceived stress and cardiovascular markers in health-care students that we are aware of. As a result, we've decided to compare three regularly practised rapid (Kapalabhati, Bhastrika, and Kukkuriya) and slow (Nadishodhana, Savitri, and Pranav) Pranayamas on these factors. Meditation, yoga, hypnosis, imagery, muscle relaxation, and other stress management activities for students have demonstrated to boost their positive coping skills.

CONCLUSION:

One of the primary causes of disease is stress. Stress can cause medical problems like sleeplessness, chronic muscle tension, digestive problems, ulcers, high blood pressure, and heart disease if it is not managed properly. Memory loss, inability to concentrate, anxiety, aggression, and depression are some of the mental and emotional repercussions. Yoga encourages the mind-body connection to be healthy. Yoga encourages people to slow down and enjoy all elements of their lives, including their physical, emotional, mental, and spiritual selves. Yoga, in fact, integrates a number of stress-relieving practises. Yoga combines a variety of benefits in one discipline, including breathing exercises (pranayama), stretching exercises, a fitness programme, meditation practise, and guided meditations. This guy can gain a lot of benefits from yoga just by practising it. Finally, yoga may be a fantastic stress reliever and a great therapy for stress.

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