

# Impact of Yogic Practices on Occupational Stress among Male Employees

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**Abstract** - This study highlights at exploring the impact of yogic practices on occupational stress among male employees. This training was given for 2 months one session per day in the morning and each session for one hour. The training consisted of an integral yogic practice which included the selected asanas, pranayamas, and chanting [employees, omkar, gita sloka]. A sample of 25 males were selected for this study. The subjects completed the self-reported occupational stress index before and after the experimental group. It was statistically significant for the reduction of stress compared with the male employees at work. Place key working - yoga occupational stress male employees

## I. INTRODUCTION

Scientific and technological progress all over the globe has made man highly sensitive, critical, and also creative. Sharp to the core, human intellect has gained tremendous power of analysis. The left side of the brain is highly developed, helping to unravel the subtle mysteries of nature and understand clearly the general laws of nature. Technology has helped to reap the benefits of its use. Automation and computers have brought great speed and sophistication in all our interactions. In search of happiness, we are propelled by a desire to increase our living standards.

The challenge of stress is being tackled effectively. Stress is an internal state which can be caused by physical demands on the body or by environmental and social situations which are evaluated as potentially harmful, uncontrollable, or exceeding our resources for coping. Selye and Levi have defined stress as a non-specific, conventional and phylogenetic based response pattern, the primary function of which is to prepare the body for physical activity such as resistance. Today, occupation-related stress among the working population is drastically increasing worldwide. Stress at work has become an integral part of everyday life. Man is subjected to a large number of stressful situations in the modern fast way of life and his balance is frequently disturbed. The system is constantly kept under sympathetic stimulations without enough time for the sympathetic stimulations to lead to intermittent surges of heart rate, blood glucose, etc.

Occupation-related stress comes in many shapes and forms. Occupational stress may have harmful physiological effects on workers. Many studies have shown that workers suffering from stress exhibit decreased productivity, a higher number of accidents, absenteeism,

lower morale, and greater interpersonal conflict with colleagues and superiors. Cranwell and Alyesa (2005), in the case of a woman employee, unfortunately, occupation-related stress and associated hazards are increasing day by day. Various statistical surveys show that the prevalence of stress among women employees has been causing many harmful impacts on society.

In order to deal with the problem, the women employee is embracing various means and tools. One of them is yoga, which is being recognized as a highly effective and multi-beneficial practice. Yoga, far from being a mere physical or breathing acrobatics or a demonstration of magic or supernatural power, is a science of the future, with a holistic vision relevant to a progressive society. Yoga is the right science for such a transformation which is in offering. Yoga has grown into a science of specialties and superspecialties for the person involved in highly physically and mentally demanding stressful occupations.

## II. METHODOLOGY

To intend the purpose of the present study, a sample of twenty-five male employees in the Birla Public School, Pili (Jhunjhunu) were selected as subjects by randomly and their age ranged between twenty-five to fifty years. Their educational qualification ranged from graduate to post-graduate with none of them. The experimental group underwent the yogic practices for a period of two months. All the candidates were encouraged to attend the classes regularly. The yogic practices were given by a trained yoga teacher. The experimental group completed a standard self-reported questionnaire of occupational stress index before and after the yogic practice. The occupational stress index questionnaire was developed by Dr. A.K. Shrivastava and Dr. A.P. Sinha, Banaras Hindu University. This questionnaire consists of 46 items, each to be rated on the five-point rating scale from strongly agree to disagree.

Yogic practices :-

- |                               |              |
|-------------------------------|--------------|
| • Omkar mantra and gita sloka | 10 min.      |
| • Asanas                      | 30 min.      |
| Tadasana                      | Bhujangasana |
| Padahastasan                  | Salabhasana  |
| Ustrasana                     | Dhanurasana  |

|  |              |                         |          |
|--|--------------|-------------------------|----------|
| Sashankasana                                   | Halasana     | Bhramari pranayama      |          |
| Ardhakatichakrasana                            | Sarvangasana | • Shavasana             | 10 min.  |
| Paschimottasana                                | Chakrasana   |                         |          |
| Navkasana                                      | Ustrasana    | Stress control index :- |          |
| Yogamugrasana                                  | Vajrasana    | 0 to 51                 | Low      |
| • Pranayamas                                   | 10 min.      | 52 to 105               | Moderate |
| Anulom – vilom pranayama (Balancing pranayama) |              | 106 to 156              | High     |

Table-1  
MEAN, STANDARD DEVIATION, MEAN DIFFERENCE AND ‘T’ RATIO ON THE STRESS LEVEL OF MALE EMPLOYEE

| variable                  | group               | mean |      | Standard deflation |       | Mean difference | ‘T’-ratio |
|---------------------------|---------------------|------|------|--------------------|-------|-----------------|-----------|
|                           |                     | Pre. | post | Pre.               | Post  |                 |           |
| Occupational Stress index | Yoga training group | 95   | 86   | 32.82              | 27.77 | 9               | 0.7202    |

Ate 95% level of significance v-valer n=25 (1.711) (n-1)=2y

regular training particularly among the male employee. This finding also encourages the scope to carry out the various research studies in this regard.

III. RESULT & DISCUSSION

REFERENCES

From the table-1 the obtained ‘T’ value (1.711) of the experimental group in occupational stress index was significantly (p<0.05).

In considering the above result, the change may be mainly by the yogic practices. The yoga training programme was an integral package of yogic tools including selected Asanas, Pranayams, and Omkar mantra Gita sloka recitation. All these were practiced in synchronizing and gradual manner to improve and sustain physical as well as mental efficiency. This synchronized practice could bring the male employee in balance of homeostatic efficiency on psychoneuro-immuno endocrine network and which helped to enhance strength, endurance, vitality, body and mind harmony and balance. This could contribute to reduce physical and mental stress level of male employees.

Omkar mantra and Gita slok was part of yogic practices. Hence, various research evidence regarding omkar mantra recitation which reported the positive impact in reducing stress by improving neuro-sycho spiritual benefit. As we know that such recitation contribute to create the positive stimulation and vibration on nerve plexus and chakras whereas concentration on meaning of mantra may encourage the positive thinking. This is because the male employee may experience reduction of stress level.

CONCLUSION

It may be concluded that yogic practices has a highly positive impact in the management of stress related problem. The strong need is that the various aspects of yogic practices may suitably be embraced as a part of

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