

ROLE OF YOGA AND MEDITATION AS STRESS MANAGEMENT

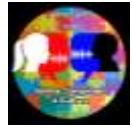
Sonali Roy Chowdhury Ghosh

*Assistant Professor
Institute of Education, Haldia*

Abstract: *What happens when we continue and "burning the candle at both ends" until we reach physical emotional exhaustion? About 10.3 million American adults were reported to have experienced serious psychological distress in 2019. Historically, stress was our friend. It's like a protective mechanism that warned all of us of danger; a natural reaction that told us when to run. Repetitive exposure of the stress response on our body is proven to lead to long-lasting psychological and physical health issues include cardiovascular disease, chest pain, diabetes, anxiety, depression etc. This Stress has Known as the "silent killer". The relations between stress and the top six is causes of death. So, it is the time to start growing the tools of how we handle stress. Nowadays new popular examples of stress management are meditation, yoga, and exercise. Meditation has been used around the world for thousands of years as a powerful tool for stress reduction. A positive effect of Yoga can reduce the parasympathetic nervous system. Observations were conducted in various institutes of North 24 Pargana district of West Bengal: a total of 50 observations were conducted through random sampling method. The findings of the observations were very positive to reduce stress.*

Keywords: *Psychological distress, Protective mechanism, Correlations, stress management, meditation, yoga, Observations, findings.*

What will happen if we continue "burning the candle at both ends" until we successfully able to reach both physical and emotional exhaustion? It means it's just like the candle, we risk at burning ourselves out. There is a parable that a frog is sitting in a pot and the post is placed on the stove. If a frog dropped into a pot of boiling water a frog definitely notices and try to escape from there. But when placed in a pot that is slowly approaching a boil, the frog doesn't notice until the water has already reached an unbearable heat-at which point it is too hot for the frog to survive. An age of a highly dynamic and competitive world Where man is exposed to all kinds of stressors that can affect him in all aspects of life. Hans Selye who was first introduced the term 'stress' into Life Science. The term 'stress' is come from the Latin word which is 'Stringer' and it means "to be drawn tight." Stress is a complex, dynamic process of interaction between a person and her or his life. Stress can affect one's health, work performance, social life, and the relationship with family members, all. Stress is a complex emotion that produces physiological changes to prepare for fight-or-flight and defend ourselves from the threat or flee from it. Definition of Stress is Eminent behavioral and "Stress which arises from an opportunity, demand, constraint, threat, or challenge, when the outcomes of the event are important and uncertain" the scientist Stephen Robbins stated that. This Stress also be defined as the harmful physical and mental reactions that happens when the requirements of the job is not matching with the capabilities, resources, or needs of the worker." Stress is the "psychological, physiological and behavioral response by an individual



when they perceive a lack of equilibrium between demands placed upon them and ability to meet those demands, which leads to ill health" (Palmer, 1989). The Word "silent killer" referred to Stress as it can cause heart disease, high blood pressure, chest pain, and an irregular heartbeat (Chinneck, 2008).

Nowadays, most of the stress which you may face is psychological and its coming from the demands of modern life. (Deepak Chopra,2018)

All problems which we face from Stress, that accounts for 30% of all infertility problems. Women might face from stress that is cause of spasms in the fallopian tubes and uterus and men can reduce the sperm count may face the cause of erectile dysfunction (Bouchez, 2018).

"The stress we respond under different situations which affects us physically, mentally and emotionally in our lives." By Yadav, Capri & Kumar (2015)

To Walter Canon (1929) we need stress to help us with an acute response such as in "fight or flight" response.

Researchers have found that stress worsen acne more than the prevalence of oily skin (Warner, 2002).

Stress can cause losing weight gain. Stress hormone cortisol found both the stomach's fat and fat cells of the home synthesis, causing "diseased" fat (Chinneck, 2008).

A correlation has been found Between stress and the top six causes of death and those are cancer, lung ailments, heart disease, liver cirrhosis, accidents, and suicide. ("How Does Stress Affect Us?", 2016).

In children it was found that the chronic stress negatively impacts their developmental growth due to a reduction of the growth hormone in the pituitary gland (Van der Kolk, B. et. al., 2007).

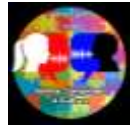
To Wikipedia (2019), Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. Stress can easily increase the likelihood by developing blood clots since the blood prepares itself for injuries and becomes "stickier" (Chinneck, 2008).

Laughing also help to strengthens our body immune by releasing positive hormones. More good news, especially chocolate lovers have been reduced their stress hormones by consume the dark chocolate (Wallenstein, 2003).

Symptoms of Stress

Although we all passes from stress differently, the common following symptoms are:

- Sleeping is not going Well
- Gain or loss Weight with Stomach pain
- Sometimes Grinding of Teeth
- Sudden Panic attacks
- Pain in any region of the Head
- Burning at the middle point of your chest
- Too much sleeping



- Not much have social connections
- Extreme tiredness
- Feeling overwhelmed by emotion
- Change of behaviors, Obsessive or compulsive

Advantages of Stress

Historically, stress was our friend. It works as a protective mechanism which warned us from danger, this is a natural reaction that advises us when to run. This response is now referred to as the "Fight or flight" response, or the "stress response." When our evolutionary ancestors saw a saber-toothed cat and ran from it, stress saved their life.

The part of the evolutionary drive remains due to its effectiveness in survival from stress. If used at the right time, stress increases your awareness and improves physical performance in short blast (Van Duyne, 2003).

Disadvantages of Stress

Repetitive exposure to the pressure response on our body is proven to be long lasting emotional and physical health problems; These include cardiovascular diseases, diabetes, anxiety and depression ("How Do Stress Affect Us?", 2016).

Strategies for Stress Management

- A. The seven following tips are taken from The American Psychological Association, it's given us the support to individuals with a stress management plan:

1. Understand stress

How do you stress? It can be different for everybody. By understanding what stress looks like for you, you can be well ready, and you can reach for your Stress Management Toolbox if necessary.

2. Identify stress sources

What causes you to be stressed? It can work, family, change or other potential thousand triggers.

3. Learn to recognize stress signals

'We all process stress differently so it's important to be aware of your it match pains or a symptom. What combination are your internal alarm bells? Low tolerance, headaches, stomach pains or a combination from the above 'Symptoms of stresses.

4. Recognize stress strategies

What is your go-to tactic for calming down? These can be learned over this year and sometimes not healthy options. For example, some people deal with pressure by self-medicine with alcohol or excessive rent.

5. Implement healthy stress management strategies



It is better to be aware of any current unhealthy behavior so that you can switch them for a healthy option. AP suggests that switching out one behavior at a time is most effective in creating positive change.

6. Make self-care a priority

When we make time for ourselves, we keep our welfare in front of others. It may feel selfish to start, but it can help others with the analogy of the plane we can keep our own oxygen mask on us.

7. Ask for support when needed

If you feel frustrated you can reach a friend or family member. As a result of talking to a healthcare professional can reduce pressure and help us learn healthy crane strategies.

B. These tips are thing we can all benefit from doing more of. Strategies are classified in three groups:

- i. Action based approach: Used to take steps to change a stressful situation
- ii. Emotion-oriented approaches: used to change the way we perceive a stressful situation
- iii. Acceptance based approaches: Used to deal with stressful situations we cannot control

a. Action-Orientated Approaches

Action-oriented approaches allow taking action and changing the stressful situation. As Nelson &Hurrell said: "Stress is inevitable, distress is not. "They had prescribed following ways-

- Be Assertive and Clear
- Reduce the noise
- Manage time
- Creating boundaries
- Go for healthy boundaries

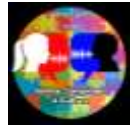
b. Acceptance-Orientated Approaches

Recognition-based approaches are useful in stressful situations you cannot control. Epictetus, the Greek Philosopher had it right when he said: "Men are disturbed not by things but by the views they take of them." The followers of this approach had prescribed following ways

- Diet and Exercise
- Meditation and Build Resilience physical Relaxation
- Talk It Out
- Sleep

C. Personal strategies for stress management are to:

- Set realistic deadlines;
- Take a lunch break;
- Go home on time;
- Take your holiday leave;
- Leave work at work;
- Participate in work functions,



- Open and establish professional communication, respect other employees,
- Do not tolerate any kind of discrimination, report any instance
- Sign up for workplace training programs to develop and improve your skills;
- If necessary, try to handle skills in handling with stress in workplace and look for therapy to develop skills;
- Balance between making time for exercise and develop a healthy job-life balance.

How to Manage Stress through Meditation

Let's look at some of the specific ways in which meditation can help to manage stress and cultivate greater health and well-being.

1. Reverse the Impact of Meditation Stress Response

In meditation, we journey from activity to silence. We exceed the noisy thinking in mind and enter a state of restful alertness. We're in a state of deep rest, yet our mind is fully alert and awake. In this state of restful alertness, the body experiences the effect of many healing that opposite the fight or flight response, including:

- Decreased heart rate
- Normalization of blood pressure
- Deeper breathing
- Reduce the production of stress hormone with cortisol and adrenaline
- Strengthened immunity
- Using more skilled oxygen by body
- Decreased inflammation in the body

When we meditate on a regular basis, we are giving our body all of the benefits of deep rest, which gradually help to release the accumulated effects of chronic stress and restore our body to the natural condition of balance and health.

2. Meditation increases the neurotransmitter of the body of Well-being

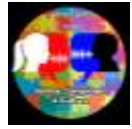
The deep rest conditions produced by meditation increases the feelings of the brain to give up neurotransmitters that wellness, focus, and increase inner calm feeling. Here's a few of the neurotransmitters published during meditation and during the benefits of providing:

- Dopamine plays a key role in the brain's ability to experience pleasure, feel rewarded, and maintain focus.
- Serotonin has a calming effect. It eases tension and helps we feel less stressed and more relaxed and focused. These neurotransmitters have linked to lower-level migraines,

Anxiety, hesitation disorder, indifference, futility, fatigue, and insomnia feeling.

3. Meditation Promotes Relaxation and Restful Sleep

Many of us live in a state of chronic sleep deprivation, which increases our stress levels and irritability. Scientific research found that the meditation may help to get an effective therapy for insomnia and to get essential sleeping sleep for our physical and mental health.



When we meditate, your brain creates more brain waves, which promotes deep relaxation with alpha and theta brain waves, which are associated with deep relaxation. Then we carry this sense of greater calm with us into our activities, allowing us to stay more centered in the face of life's inevitable upsets. Then when it's time to bed, instead of ruminating about what happened earlier in the day, we are more likely to drift to sleep-and stay asleep.

4. Meditation Improves Focus and Attention

Many have emphasized because they are trying to do more than one thing at a time. As neuroscientists were discovered, aware brain cannot multitask. Meditation can drag away through your attention instead of focusing on the task through our brain and dragging away by confusion.

5. Meditation Releases Emotional Turbulence

Through meditation, we develop "witnessing awareness," which allows us to observe us thoughts and feelings and stories with greater objectivity and distance, rather than getting pulled into the melodrama of emotional reactivity.

6. Meditation Can Change Our Brain's Stress Patterns

Meditation is a strong tool to awaken the new neural connection and even transforming the brain region. Researchers found, meditation could even change the brain structure in such a way that reduces habitual pressure patterns and promote calm.

7. Meditation Connects We to Our True Self

From a spiritual perspective, the ultimate purpose of meditation is to awaken to our true self. Although it's natural to identify ourselves with our body, mind, thoughts, emotions, personality, relationships, and preferences, these time-bound attributes aren't who we really are. Our true self is pure, unbounded consciousness, which transcends space and time. These field features include happiness, love, timeless, compassion, creativity, knowledge, peace, silence and grace.

In 1968, Dr. Herbert Benson conducted detailed research at Harvard that the regular and disciplined practices of meditation have created the following results:

- Decreased heart and breathing rates,
- 20% decrease in oxygen consumption,
- Reduced to blood lactate level, which usually increases with stress and fatigue,
- Four times increase in the prevention of electric current skin it's a sign of relaxation

Benson's research indicates that these results were mostly obtained as long as four reasons were present:

- A relatively quiet beautiful environment.
- Some of the specifications to focus: one's breath, repeat over a mantra or phrase, silently counting, fixing a glance on an object.
- A comfortable position - often sitting
- A passive, or non-struggle, and non-judicial attitudes, allow people to give up thinking of mind, and repeatedly allow to return to the focus object.



How to Manage Stress through Yoga

Yoga parasympathetic can have a positive impact on the nervous system and reduce heartbeat and blood pressure can have a positive impact on Edges. This helps to reduce the demand for oxygen in the human body. Yoga can also improve the digestion, can strengthen immunity, to eliminate the effectiveness of toxic waste and increase the ability of lungs. The effective use of it can also reduce the chances of culminating pressure in anxiety and depression. Dating, dating for more than 5000 years is considered to be 'the oldest habit of self-development'. Classical yoga methods include moral discipline, physical commitment, breathing control and meditation.

Stress-Relief Techniques Involved in Yoga

Many popular techniques have reduced the pressure received from yoga:

- Controlled breathing
- Meditation
- Physical movement
- Mental imagery
- Stretching

Effects on the Body

A partial list of advantages of the following yoga:

- Reduced stress
- Sound sleep
- Reduced cortisol levels
- Improvement of many medical conditions
- Allergy and asthma symptom relief
- Lower blood pressure
- Smoking cessation help
- Lower heart rate
- Spiritual growth
- Sense of well-being
- Reduced anxiety and muscle tension
- Increased strength and flexibility
- Slowed aging process

This table observed that 61% general caste teacher possess positive attitude than the belonging to SC and S'T category towards the application of meditation and yoga towards stress management in daily classroom.

Research Methodology

The main purpose of the study to make the ROLE OF YOGA AND MEDITATION AS STRESS MANAGEMENT and in this regard many questions have been rose out from the ethnographic field and the secondary data is consisting of the existing literature. The objectives related to the present paper are as follows:



1. To find out the role of yoga in order to reduce stress in human life.
2. Stress Management Training Benefits to Your Organization and Reduce negative organizational stress.
3. Increased individual productivity and responsibility.
4. Better team communications and morale.
5. Stress Management Training Benefits to the Individual.
6. Reduced personal stress, helps to Improved decision making & Increased productivity.

This is descriptive study with an effort to make out the significance of the Role of Yoga and Meditation as Stress Management. Stress full life is very low so Industries are to conduct Yoga and Meditation Training Programs which are best way of reduced the stress and its practically Proved. So, the suggestion is practice of yoga and meditation regularly to live a better life. A systematic literature review was done for the purpose.

Used information of secondary data sources are (a) journals, (b) reports, (c) search engines, (d) company websites and scholarly articles, (e) research papers, and other academic publications.

A sample of about 20 people belonging to the age group 18 years to 28 years was interviewed. The participants were selected from different sectors like private employee, university teachers both married and unmarried, college students. Some teachers are married and some are unmarried.

Conclusion

The purpose of the paper was to determine the attitude of the teachers towards the application of meditation and yoga towards stress management in daily classroom in 2018, 31% of American's reported that their stress levels increased significantly (The American Psychological Association, 2018) The warning signs are out there-not only the statistics listed here. but also, in those internal alarm bells-the headaches, stomach knots, and racing thoughts They're all signaling us to take action. The good news is we can. The resources are here. Listen to what we have to do and respond using a realistic stress management plan using a realistic stress management plan. Hans Selye put it right when he said: "It's not stress that kills us; it is our reaction to it."

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