

Yoga for Stress Management amongst Youth Businessmen in India

Dr. Shivanna R

Physical Education Director

Government First Grade College, Sira, Tumkur (D), Karnataka(S), India

akshaykamala@gmail.com

Abstract: *Scientific and technological progress all over the globe has made man highly sensitive, critical and also creative. Which are all different expressions of stress, have shown no trend of decrease. When yoga combined with certain healing and therapeutic modalities, it increases the effectiveness and efficiency of those methods. A group of Individuals of Youth Businessmen aging 16 years to 30 years, where randomly selected from the Institute who were attending our YOGA CAMPS. We taken a group of Businessmen say 35 in numbers for our study, who have the stress related problems. We collected the data before they were come in to study. With the coding technique, we found several Businessmen gave their response positively with their problems. The yogic way of management of stress, is totally Holistic. The stress accumulated at the body level as stiffness of joints and spasms of muscles can be released by the practice of Yogasana. We conducted for 20 days exclusive classes of Yogasana for business people. Various Data for our Analysis were taken ie, Before the start of yoga practice and after the completion of yoga practice. Internal Awareness is to be used to allow the relaxation to continue. When we stretch the muscles (in the final position) the muscle tone increases and when we release the stretch (for example, when returning from the final position) the muscle tone decreases, reaches normalcy and then further decreases below its normal value. Only the stimulation and relaxation combine will from a ladder to release all the stress and tension and help us to progress further.*

- *Quantitative improvements.*
- *Reducing the stress problems*
- *Making inner harmony.*

Therefore I suggest that if we include the Yogasana and Pranayam in Business Education, it will help the students to acquire more abilities of employment..

Keywords: Stress, Eustress, Distress, Yogasana, Pranayam, Meditation

I. INTRODUCTION

Scientific and technological progress all over the globe has made man highly sensitive, critical and also creative. Sharp to the core, his intellect has gained tremendous power of analysis. In search of happiness we are propelled by a desire to increase our living standers by acquiring more and more comfort giving object and experiencing sensual pleasures. In this process one become very active. In spite of extensive research all over the globe, a decreasing quality of life, increasing health hazards, social unrest, etc. Which are all different expressions of stress, have shown no trend of decrease.

The stress accumulated at the body level as stiffness of joints and spasms of muscles can be released by the practice of yogasanas which are congenial postures of the body. Yoga in itself is a science of health management rather than a method of treating disease. When yoga combined with certain healing and therapeutic modalities, it increases the effectiveness and efficiency of those methods. Yoga can also increase health, general wellbeing and longevity. It does this by removing tensions, calming the mind, and improving vitality. Yoga generally enhances our lives on all levels.

II. CONCEPTS OF STRESS

A non-specific, conventional and phylo-genetic based response pattern, the primary function of which is to prepare the body for physical activity such as resistance or Flight.



There are two kinds of stress :

- [1]. **One is Eustress (Fig-1)** which is synonymous with healthy essential stress produced, for exercise. By joy, by any kind of positive impulse, sensible recreational activities and sports hobbies etc.
- [2]. **Other one is Distress (Fig-2) which** is synonymous with morbid stress, stress that has to be controlled, e.g. continuous mental or physical strain of any kind, anger, frustration and states of tension seemingly without hope.

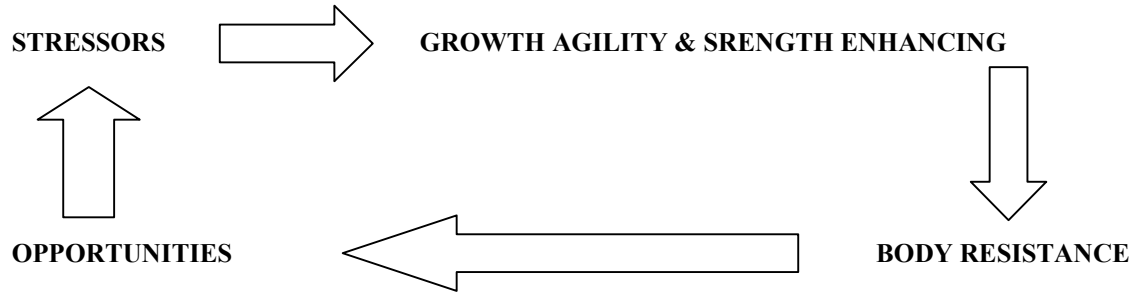


Figure 1: Eustress

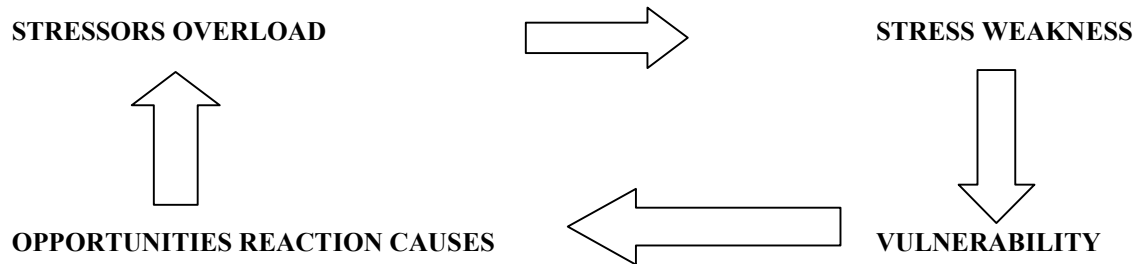


Figure 2: Distress

III. HAPPENINGS IN OUR BODY DUE TO STRESS REACTIONS

- Stored Sugar and fats.
- The breath rate shoots up.
- The heart speeds up and blood pressure soars.
- Blood clotting mechanisms are activated.
- Digestion ceases.
- Perspiration and saliva increase.
- All senses are heightened.

The endocrine gland that is chiefly involved in adaptation to stress is the Adrenal gland. The secretions of the thyroid gland also come into the picture. The hypothalamus is playing a significant role in all the problems of stress and its disorders. While in a PHYSICAL STRESSES releases greater Quantities of nor-adrenaline. While in a EMOTIONAL STRESSES releases greater quantities of adrenaline.

IV. STRESS CAUSED PROBLEMS

- Working late
- Difficulty in making decisions.
- Sleeping at the office
- Making the safe choices, not the best ones.
- Sexual or romantic indiscretions.
- Sudden Increase in drinking or smoking habits.
- Constant reference to death or suicide.
- An efficient worker becoming careless.
- Aloofness in a normally friendly person

V. METHODOLOGY

A group of Individuals of Youth Businessmen aging 16 years to 30 years, where randomly selected from the Institute who were attending our YOGA CAMPS. We taken a group of Businessmen say 35 in numbers for our study, who have the stress related problems. For doing this so, we gave a check diary to the group of businessmen who wants to reduce the stress level.

Check Diary:

We asked to put the Code for each Question.

| Problems | Code |
|-------------------------|------|
| Not having this problem | “P” |
| Constant | “T” |
| Frequently/Occasionally | “W” |

We collected the data before they were come in to study. With the coding technique, we found several Businessmen gave their response positively with their problems. We personally analyzed each Businessmen problems with care. Also several data have been collected before the methodology is adopted.

VI. HOW THE YOGA CAN REDUCE THE STRESS

The yogic way of management of stress, is totally Holistic. The stress accumulated at the body level as stiffness of joints and spasms of muscles can be released by the practice of the followings:

1. YOGASANA
2. PRANAYAMA
3. SHATKRIYAS
4. DEEP MEDITATION

Yoga Program

We conducted for 20 days exclusive class for business people. Each day the Class goes like this,

| CLASS | DURATION | PRACTICE |
|--------|------------------|---|
| First | 20 to 40 Minutes | Shat Kriya with guided instuctions |
| Second | 40 Minutes | Lecture and discussion |
| Third | 45 to 50 Minutes | Yogasana and Pranayam with guided Instructions |
| Fourth | 15 Minutes | Exchange of experiences and hints for further progress. |

Various Data for our Analysis were taken

- Before the start of the yoga practice
- After the completion of yoga practice.

Imagery In Relaxation:

- Through meditation

VII. RESULTS AND DISCUSSIONS

Internal Awareness is to be used to allow the relaxation to continue. When we stretch the muscles (in the final position) the muscle tone increases and when we release the stretch (for example, when returning from the final position) the muscle tone decreases, reaches normalcy and then further decreases below its normal value. Only the stimulation and relaxation combine will from a ladder to release all the stress and tension and help us to progress further.

7.1 Physical Level

- **MUSCULAR:** We could see the effect of yogasanas used in this programme help in relaxing each and every group of muscles by systematic stretching and relaxing. Certain data were taken from the individuals for the analysis.

- **RESPIRATORY SYSTEM:** Pranayama techniques were used for different samples of data by taking Oxygen per minute, breathing rate per minutes. Etc Before the practice of the program and after breathing.
- **HYPOTHALAMUS:** The Chief of the Internal System is always in the stressful situation every time. So, to cool this region we undergone the JAL NETI, DANDA DHOUTI and VYUT KARMA KAPALBATHI. Excessively the hypothalamuses get cooled there by stage after stage the person suffering from various diseases get reduce of their stresses.

7.2 Mental Level

As we become calm and subtle, we use stimulations at the mental level. All our thoughts invariably in the form of sounds, pictures or combination of both. Thus at mental level we use various sounds to stimulate the system like , AUM, SOHUM etc.

7.3 Emotional Level

Stimulation and release at the emotional levels are used in our program in shavasana effectively to handle stress. Feeling of softness of our own body in many asanas and during Pranayamas.

7.4 Intellectual Level

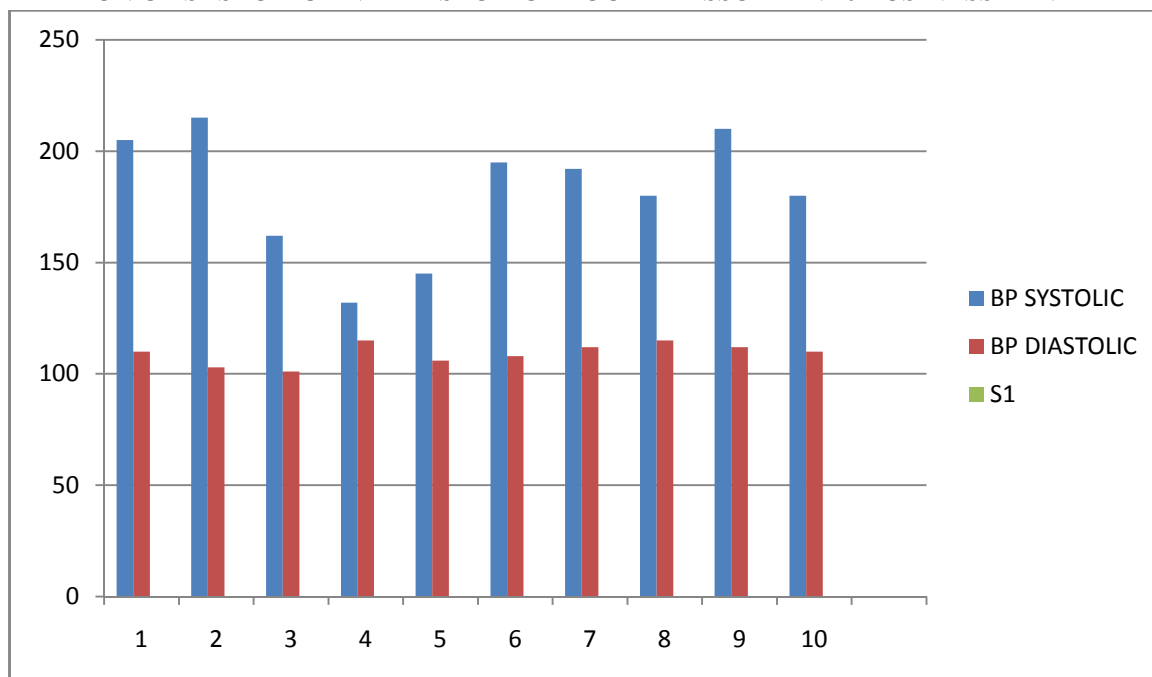
An analysis is feature of the intellect. Understanding and analysis should go on hand every aspect of their holistic way of life.

7.5 Spiritual Level

Internal awareness is the key feature for spiritual progress. In the Kathopanist concepet of spirituality is clearly explained as life led in a continuous state of inner lock or internal awareness.

7.6 Some of the Results:

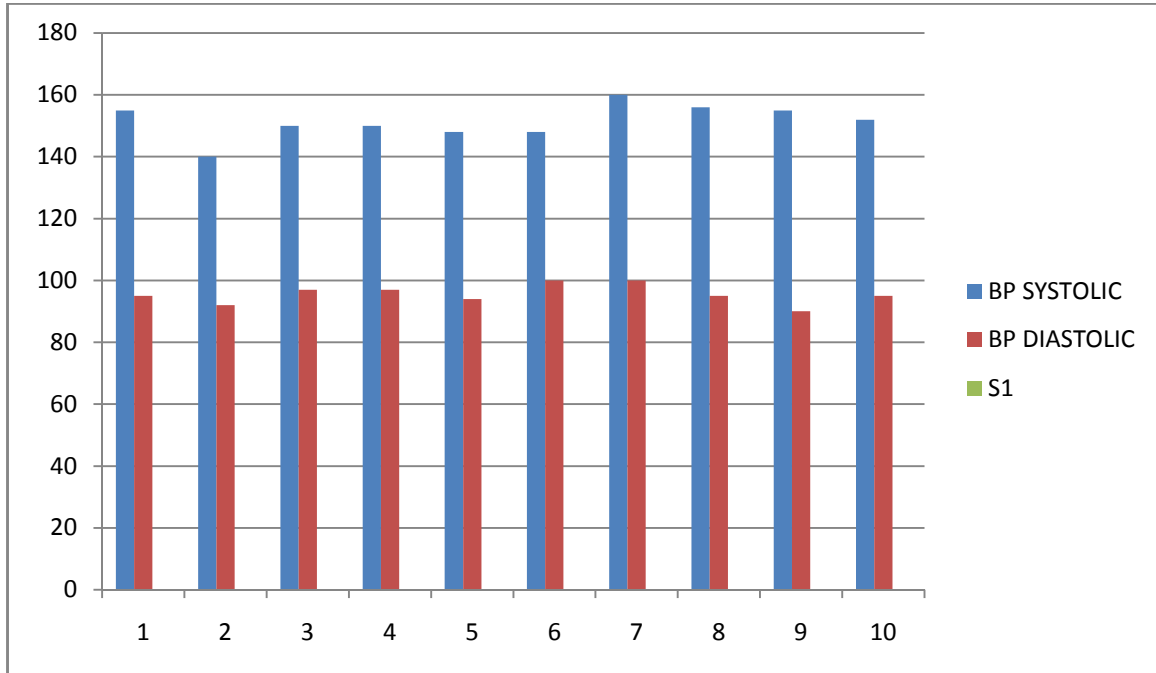
A. VARIATION OF SYSTOLIC AND DIASTOLIC BLOOD PRESSURE IN 10 BUSINESSMEN



BEFORE THE PRACTICE OF YOGA PROGRAM IN YOUTH BUSINESSMEN

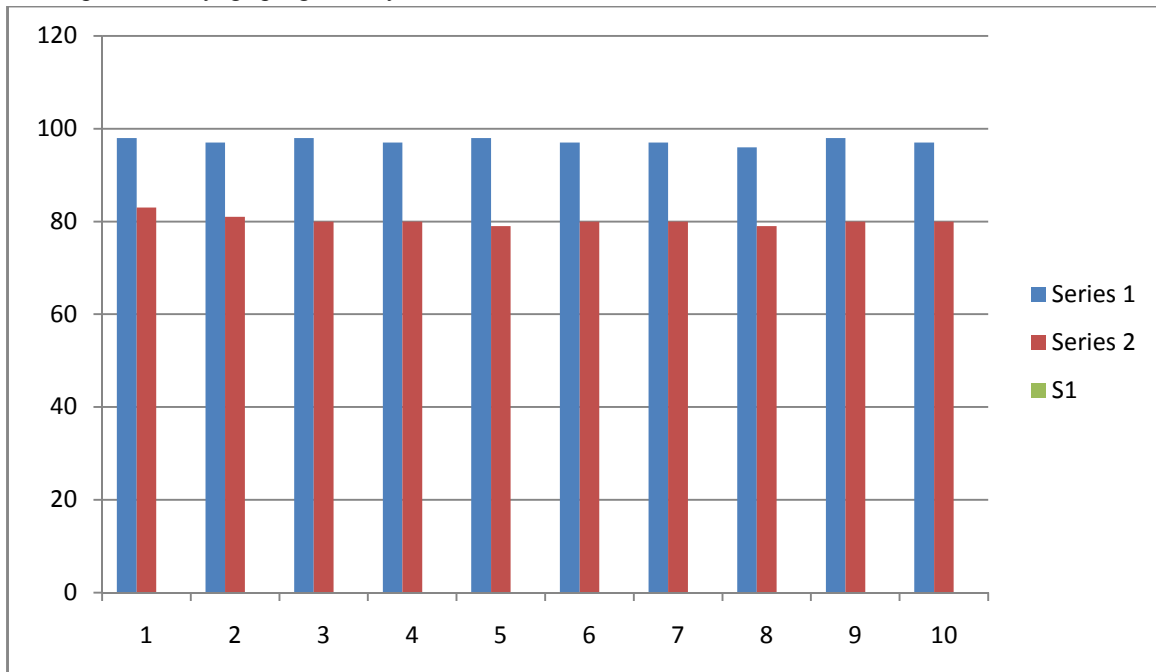


B. VARIATION OF SYSTOLIC AND DIASTOLIC BLOOD PRESSURE IN 10 BUSINESSMEN



AFTER THE PRACTICE OF YOGA PROGRAM IN YOUTH BUSINESSMEN

Results shows that there was oxygen used per minute was drastically reduced by 11% breathing rate per minute before and after the practice of yoga program in youth businessmen



In the above reading we narrate that, before the practice of Yoga, persons have breathing rate of 13.5/minute (series – 1) and now after yoga program, it is only 10.5/minute (series – 2).

The basal metabolic (BMR) decreases in the meditation by 15 to 18% in 30 minutes.

VIII. CONCLUSION

- Quantitative improvements.
- Reducing the stress problems
- Making inner harmony.

Therefore I suggest that if we include the Yogasana and Pranayam in Business Education, it will help the students to acquire more abilities of employment.

REFERENCES

- [1]. Bera, T. K. And Rajapurkar, M.V, “Body composition, cardiovascular endurance and anaerobic power of yogic practitioner”. Indian Journal of Physiology and Pharmacology 37(3), 225-228 (1993).
- [2]. Bhole, M.V., and Karambelkar, P.V. “Effect of yoga training on vital capacity and breath holding time”. Yoga Mimamsa, 143 and 4, 19 – 26 (1971-72).
- [3]. Kuvalayananda, Swami., “Progressive reduction in Oxygen consumption and carbon dioxide elimination during one round of Pranayama” (1930).
- [4]. Wenger, M.A., Bagchi, B.K., and Anand, R.K., “Experiments in India on voluntary control of heart and pulse”. Circulation, 24, 1319 – 25 (1961).