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## **Effectiveness of Psychoneurobics on the Level of Stress in Indian Women**

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### **ABSTRACT**

Stress is a reality of everyday life. Coronavirus brought a dramatic shift in everyday lives of many people, and with it many challenges as well. Psycho Neurobics can work beyond the conventional medicine to reduce the Stress. The present study is aimed to evaluate the effectiveness of Psycho Neurobics in reducing stress levels of women in India. Psycho Neurobics helps in creating the suitable vibrations in the body using certain colors, sounds and mudras. Through this the frequency of our subconscious mind can be raised, that helps to enhance the strength of our mind and soul. To assess whether Basic PsychoNeurobics Protocol and Peaceful Neurobics are effective in reducing stress levels of women in India.

A pre-test post-test nonequivalent study design was used. Samples were collected using incidental sampling. The experiment began with forty women, twenty as the control group and twenty as the experimental group, who took the DASS 42 Stress Scale. The experimental group participants were given the PsychoNeurobics intervention for thirty days as part of the experimental group. Post intervention questionnaire was filled after the thirty days of the program by all the remaining participants. The hypothesis was tested using one tailed paired test.

There was a high significant difference between the pre-treatment test scores and post-treatment test scores of the experimental group, whereas the scores of the control group showed no significant difference. Women who received the PsychoNeurobics treatment had significant reduction in stress levels compared to the control group.

A thirty day practice of the PsychoNeurobics treatment for stress relief (Basic PsychoNeurobics Protocol and Peaceful Neurobics) significantly reduces stress in the Indian women living in Delhi and Delhi-NCR. More studies are needed on the effects of PsychoNeurobics treatments on mental health. Further studies can be done using a similar research procedure of the present study with a larger sample for a better scope of generalizing the results.

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**KEYWORDS:** #PsychoNeurobics, #stress#stressinwomen #healingtechnique #meditation #stressrelief #stressreduction #stressmanagement

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### **INTRODUCTION**

Stress is a mental, emotional as well as a physiological response to perceived danger, which results in various physiological changes in the body, activating the sympathetic nervous system to get the body ready to fight flight or freeze. Stress is the underlying cause of many diseases. Stress can lead to not only mental but emotional as well as physiological distress. It is something most people; of any age, caste or creed, have experienced in life, from time to time, but chronic stress or being in a constant state of stress can result in a decline in the quality of life and overall well-being of an individual. It can affect one's performance in school or at job; it can negatively affect one's relationships and friendships and can also lead to development of various psychosomatic diseases and chronic illnesses. Chronic stress also plays a major role in weakening the body's immunity<sup>[1]</sup> and can lead to degeneration of tissue, and autoimmune hypersensitivities, etc.<sup>[7]</sup> Thus, keeping the stress out of hazardous levels has become an emergent need of the present time. Coronavirus is a major deafening concern for humanity at this moment. Keeping our immune health as optimal as possible is a definite step that has been promoted by many health experts to be able to have a chance in combating coronavirus. Stress is a survival program developed and in-built in species to protect oneself from death. One of the biggest dangers to a species in nature was being attacked by a wild animal and, to have a chance in escaping from the wild animal, either the human needed to be very fast and outrun the animal or needed to be very strong to fight off the animal. So, stress as a response lets the body know that it needs to get ready to either flight or fight, for which body now needs immense amount of energy. This required energy is prepared automatically as the stress response takes off and triggers the various physiological changes and processes in the body that

results in the body being able to run faster and longer as well as exhibit strength that normally wouldn't be possible. Once the cause of stress is over or removed, the body returns back to its equilibrium or normal state. Hence, stress is a very important and a useful survival program that our body runs. It becomes a problem when situations are perceived by us as stressful often or for a long time. In the present era, many things are perceived as threat to our survival, which are not physical in nature directly, so we cannot run or fight it off immediately. Hence learning skills to manage stress is a great necessity.

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## STRESS AND GENDER

'Women scored significantly higher than the men in chronic stress and minor daily stressors. Women rated their life events as more negative and less controllable than the men. The men were found to have more emotional inhibition than the women. And the women scored significantly higher than the men on somatic symptoms and psychological distress.' (M Pilar Matud, 2004)

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## STRESS IN WOMEN DURING THE COVID-19 PANDEMIC

"According to a study conducted by CARE, a non-profit organization in Geneva, Switzerland, across 38 countries, 'the pandemic has affected the mental health of women three times more than men. The unpaid labor in the house had increased exponentially causing stress about food, work and healthcare. Women are more likely to work part-time or in informal sector, because of which they have suffered a loss of work.'" (Barkha Mathur, 2020, Women Are Three Times Likely To Suffer Stress Than Men Due To Covid-19 Pandemic, Finds A New Study. NDTV)<sup>[11]</sup>

According to a survey conducted by LinkedIn, around 50 per cent of working women in India are feeling stressed due to covid-19. 'Remote working has laid out a tougher road for India's working mothers as the survey showed that around one in three working mothers are currently providing childcare full-time, when compared to nearly one in five working fathers.' According to the survey, '46 per cent working mothers reported working till late to make up for work, and 42 per cent are unable to focus on work with their children at home.'" (The Tribune, Nearly 50% of India's working women feeling increased stress due to pandemic: Survey (2020))<sup>[14]</sup>

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## PSYCHONEUROBICS

PsychoNeurobics is a healing science which encompasses various methods and exercises that transfer to the neuro cells the Spiritual Energy from the source by connecting the mind with the power of thought and visualization to the Supreme Source of Spiritual Energy.<sup>[3]</sup> A trident approach with neuro-muscular-respiratory actions, sound vibrations and visualization of different colors of invisible healing rays coming from the supreme and infinite source make Psycho Neurobics highly effective to ensure a cure from various psychosomatic diseases. It uses hand gestures or mudras (Easy PsychoNeurobics),<sup>[2]</sup> Sound or mantras and Visualization (Light PsychoNeurobics) of receiving spiritual colors from the supreme soul or the infinite, that balance and energize the chakras as well as involvement in being open to feeling the spiritual emotions associated with each spiritual color, together ensures a highly effective cure, for mental, emotional, physical as well as social well-being. Basic PsychoNeurobics protocol and Peaceful Neurobics was used as the PsychoNeurobics intervention for stress relief. Basic PsychoNeurobics protocol involves, charging water<sup>[3]</sup> with the rays of purity, by concentration on the orange PsychoNeurobics stereographical board<sup>[4]</sup> and visualization of the orange color spiritual light of purity from the divine entering in through the crown chakra, to the third eye chakra is visualized flowing into a vessel of water held just below the third eye point on the forehead. Then an intention is infused into the water with thought. This step can be done the night before the morning of practice of the rest of the steps. Practicing, the sound 'O' with Enlightening Neurobics which involves concentration on the PsychoNeurobics stereographical board of Indigo color and visualization of the spiritual color indigo of truth, while in Pran mudra, 'M' humming with Blissful Neurobics, which involves concentration on the violet PsychoNeurobics stereographical board, visualization of spiritual violet color of bliss, while the hands are in Vaayu Mudra, and final step is the Neurobic Spa. Peaceful Neurobics involves concentration on the sky blue PsychoNeurobics stereographical plate, visualizing the Sky blue color of peace being received from the infinite source of peace in the throat chakra, filling the inner body with peace, while the hands are in the Vaayu Mudra. PsychoNeurobics has helped boost psychological well-being in adolescents (Aditi Gupta, 2018)<sup>[5]</sup> and has helped manage anxiety in patients undergoing cataract surgery. (Shubhra Gupta, Somen Pradhan, 2018)<sup>[6]</sup>

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## MATERIALS AND METHODS

### Participants

Women in their adulthood, between 30 to 60 years, residing in Delhi and Delhi-NCR, who showed interest in participating in the thirty day PsychoNeurobics practice for stress-relief and improved mental health, were included in this study. The sample was selected through the Incidental Sampling technique.

### Research Design

Pretest-Posttest Non-Equivalent Groups Design <sup>[Error! Reference source not found.]</sup> (Quasi Experimental Research Design) <sup>[Error! Reference source not found.]</sup> <sup>[Error! Reference source not found.]</sup>

### Tools

DASS 42 Stress Scale was used as the questionnaire to measure stress levels. This scale has 42 items, assessing a stress experience

### Data Collection

Both, the experimental group and the control group were given the DASS 42 Stress Scale before the treatment started and again after the 30 day program ended. Post treatment testing was done after the 30th day of PsychoNeurobics treatment. The post-treatment reading was recorded in the same way again for the control group as well as for the experimental group.

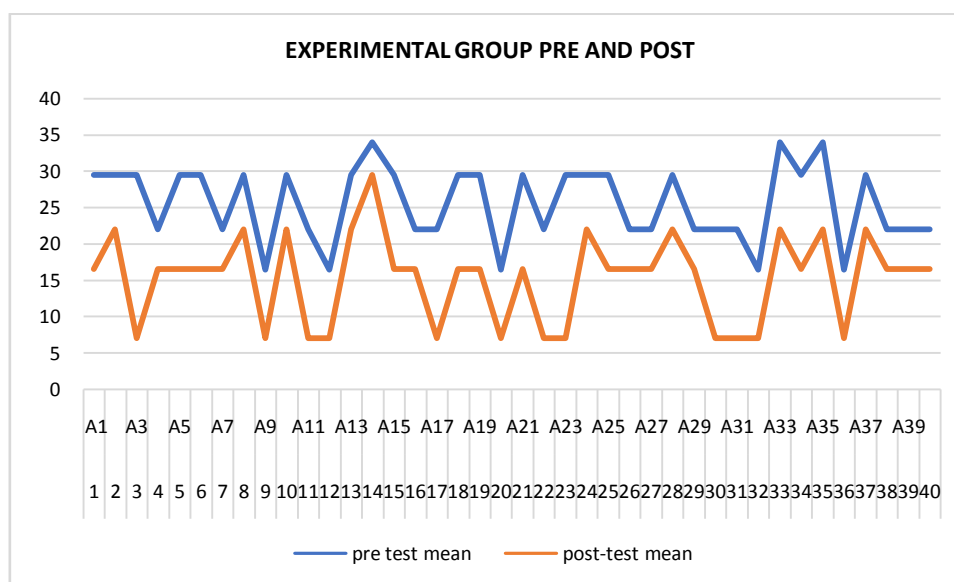
### Procedure

An invite for a 30 day 'Stress Relief with PsychoNeurobics' program was shared through existing social network. The session began with the participants taking the pre-intervention stress-questionnaire followed by, an introductory seminar on PsychoNeurobics which was attended only by the experimental group. The participants were then given the PsychoNeurobics stereographical boards and were instructed on the procedure to look at the 3-D image in the board and follow the concentration process. Once all the participants were able to see the 3D image and understood the concentration process using the PsychoNeurobics stereographical boards, the treatment plan for stress relief was practiced. Basic PsychoNeurobics protocol that involved, enlightening sound neurobics, blissful sound neurobics and peaceful neurobics was practiced followed by the peaceful neurobics. Participants who had trouble visualizing and creating sound together, were guided to visualize taking in the spiritual color rays from the infinite source of spiritual energy through the crown chakra to the associated colored chakra while breathing in and spread the energy into the target organs and the entire inner body as the sound ('O' or 'M' humming) is created. Five participants of the experimental group did not complete the entire experiment because of personal reasons. After the 30th day intervention ended, the remaining experimental group participants were asked to fill the DASS 42 Stress Scale once again at the venue along with some control group participants. The other control group members were distributed the questionnaire in the same way. Three participants from the control group did not revert back and so were not included in the result analysis as well along with the five participants from the experimental group.

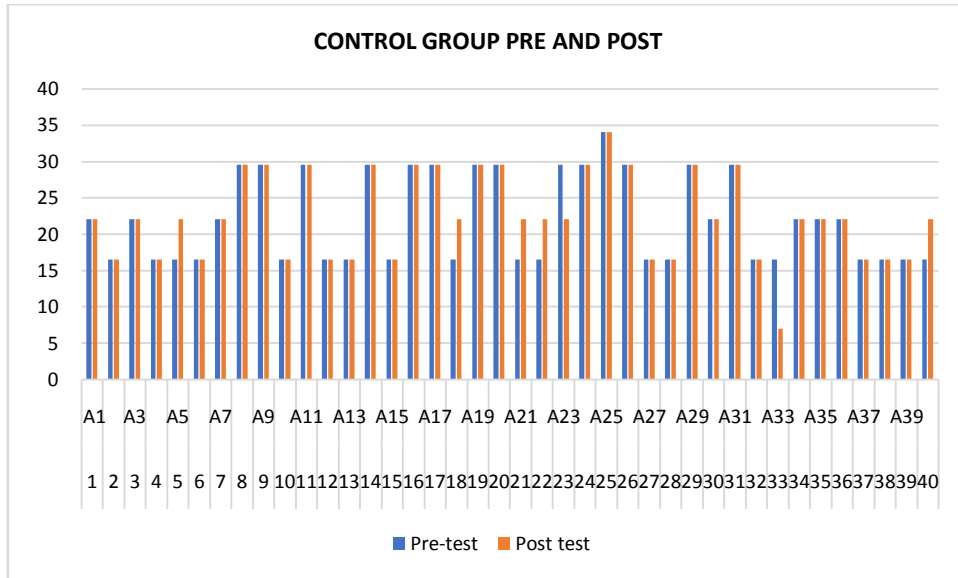
### Data Analysis

Data was collected from 40 women pre-test and 40 women posttest that live in Delhi and Delhi-ncr. One tailed paired t-test <sup>[10]</sup> was applied to the data to compute if there was a significant difference in stress levels between pre and post PsychoNeurobics treatment. The p value was computed and used to analyze the results.

## RESULTS



Graph 1. The pre and post treatment scores of women in the experimental group.

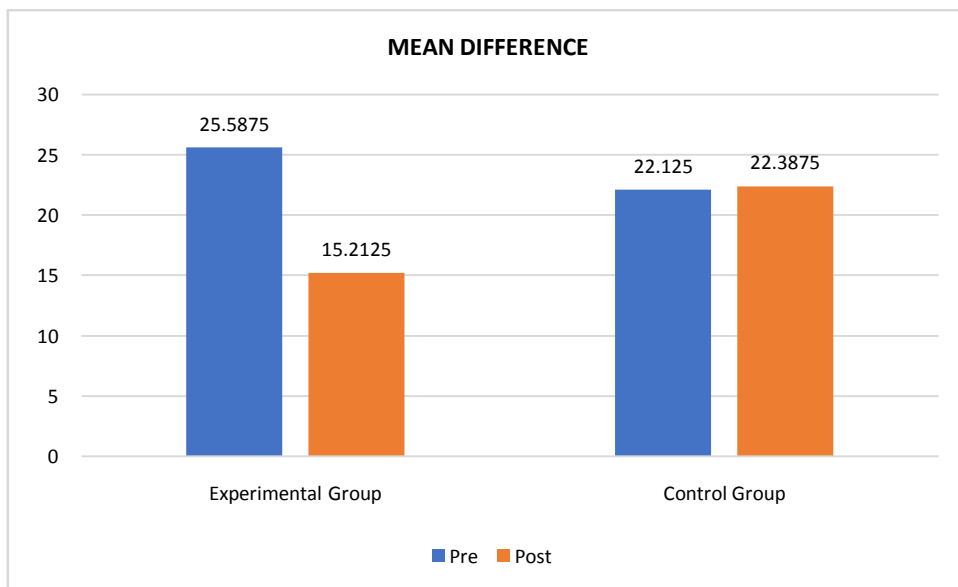


**Graph 2. Pre-treatment and post-treatment scores of the women in control group**

**Table No.1**

Comparison of Stress Level of Experimental and Control Group  
(I.e. Before and After Peaceful Psycho Neurobics Meditation Practice of Experimental Group)

|                   | Experimental Group | Control Group |
|-------------------|--------------------|---------------|
| Mean of Pre test  | 25.59              | 22.12         |
| Mean of Post test | 15.21              | 22.39         |
| Mean Difference   | - 10.38            | .27           |



**Graph 3. Mean of Pre-intervention and post intervention test results in experimental and control group and the difference between them.**

A greater reduction in the pre and post scores of the experimental group in comparison to the control group’s pre and post intervention test scores is represented by the graph.

**Table No.2**

|                    | Mean Difference | t- value | df | p- value  |
|--------------------|-----------------|----------|----|-----------|
| Experimental Group | -10.38          | -14.69   | 40 | P< .00001 |
| Control Group      | 0.27            | 0.6      | 40 | 0.27      |

The p value is greater than 0.05 for the control group, thus the,  $H_0 = 0$ , null hypothesis is hence, not rejected for the control group. This means that the group which did not receive the PsychoNeurobics treatment did not observe statistically significant changes in their stress levels.

The p value<0.0001 for the experimental group, Thus,  $H_0 \neq 0$ , and the null hypothesis, that there is no significant difference between the mean scores of pre intervention and post intervention scores, is rejected. Thus, the  $H_1$  is accepted, stating that the reduction in the DASS42 stress scale score post intervention was statistically significant. Therefore, results show that women who received the PsychoNeurobics intervention experienced greater reduction in their stress levels.

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## DISCUSSION

Stress is a survival program that came into existence to protect us. Stress causes a physiological, emotional and mental reaction. Stress response gets activated when danger is perceived by the mind. The danger perceived could be physical harm or an emotional harm, or harm to the self-identity, personal values, beliefs, status etc. Prolonged stress can lead to diseases, when the energy is depleted in the body and immune system has been weakened for so long, trying to fight the stressor. Hence, it is very necessary to learn to manage stress, especially during the present scenario, and the health concerns related to covid-19. Women are at higher risk of losing their jobs. Women are also considered the main care taker of the house and children, whether employed or unemployed, and since schools as well as jobs were functioning from home, the workload for women increased during covid-19.<sup>[9]</sup> Hence, it is very important for women to be able to manage stress during this time, to be able to manage the increased workload, as well as contribute to the emotional health of the children and family members. Due to the lockdown, people have had to spend more time together, which sometimes also resulted in new, repressed or previously ignored interpersonal problems to surface. For many, the covid-19 exaggerated their pre-existing mental health problems or triggered their vulnerability to stress experience. Although stress as a response, was made to protect our bodies, when prolonged or intense, it can have detrimental effects on the body. In today's world, there are many stressors that elicit the stress response. The scheme of the world is to always look into the future survival, as well as hold on to the identity of the past and so mindfulness or being in the present moment is not something greatly emphasized. Most of the stressors are psychological in nature, and based on a pseudo-reality, or uncertain predictions. The body doesn't know what real danger is and what is just in thoughts perceived as a possible danger. We have forgotten our real selves, and identified with our bodies and mind, thus any threat or societal or self-negative feedback to the body and mind identity, and any demand or change provoked to them triggers a stress response. PsychoNeurobics helps us realize our true selves, our true potential and helps us manage stress in an optimal way. PsychoNeurobics practice involves with the power of visualization to connect with the supreme source of spiritual energy, which balances all our chakras, clears our inner body, and fills us with divine peace, love, joy, bliss and power that we truly are. It gives us the power to create inner peace from within by connecting to the source of peace, instead of depending on other people and our life situation to change first in order to feel a change inside. It helps us, change first inside, and reverberate the change outside from within. When we feel the divine peace inside, our perception of the situation changes, we are able to approach the same situation in a more positive way, which can change the situation as well. As the body reacts to our perception of the situation, we can with the help of PsychoNeurobics thus, manage the stress response and its effects on us. Being able to look at the situation, from inner peace and a real understanding of true self as the soul, also helps us deal with the situation in a more creative way and focus on working on the solution instead of focusing on the problem. It also builds our resilience in midst of a bad situation and helps us differentiate between experience of life and the life situation Many women during the experiment reported feeling more relaxed and shared that they looked forward to attending the daily sessions. Many stress managing techniques and therapies help with just managing stress, but PsychoNeurobics not only helps one manage stress but also helps an individual evolve, it helps one experience their true selves and helps individuals in their spiritual advancement.

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## CONCLUSION

From the above study it can be concluded that PsychoNeurobics treatment involving practice of Basic PsychoNeurobics Protocol and Peaceful neurobics reduces stress levels in the Indian women living in Delhi and Delhi-ncr. PsychoNeurobics practice not only helps one with temporary relief from stress but also results in positive change in the way we see ourselves and the life situation. Hence, PsychoNeurobics must be made a part of the lifestyle and routine to enjoy long-term benefits. Future studies are required on the effect of PsychoNeurobics interventions on mental health among different populations. Further studies can be done using a similar research procedure of the present study with a larger sample for a better scope of generalizing the results.

## LIMITATIONS

The degree of involvement and interest could differ in some participants and have an effect on their practice and thus the result. The sample was selected through incidental or convenience sampling method and the groups were nonequivalent and thus, could be diverse in many ways. The participant's beliefs regarding the effectiveness of the treatment could also have an effect on their results. The mental state of the participant while taking the test, as well as participant's biases when self-reporting, can also sometimes lead to variability in the result. Many personal experiences of the participants especially between the pre-treatment testing and post-treatment testing could have affected their stress levels in different ways than the treatment would have alone. The participants had to be willing to make the PsychoNeurobics intervention a priority for 30 days for them to practice it properly and regularly.

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