



Stress Level to the Persuade of Asanas and Meditation on Working Women in Pandemic

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ABSTRACT

The purpose of the study was to effect of asanas and meditation on stress level of working women in pandemic situation of GTN arts college, dindigul District were constituted the population of the study. For this study 30 working women were selected constituted the population of the study were randomly selected as a subject and their age ranged between 30 to 35 years. They were divided group into two equal groups namely Experimental group (n=15) and Control group (n=15) Perceived Stress scale Questionnaire for the analysis of results the level of significance to test t-ratio was set at 0.05 level of confidence for this study. The collected data on Stress was analysed by computing mean and standard deviation. The collected data were analysed statistically by 't' test from the analysis of data proved that there is significant difference between Control group and Experimental group. The study has painted the requirements of the working women to need exact and suitable evidence approximately mental health to survive in pandemic situation.

Keywords: Stress, Asanas and Meditation.

1. Introduction

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make the people care about, and those around become more resilient. COVID-19 is hard on women as compared to men. The pandemic has drastically affected all sectors but most importantly the working women. These are the sectors that comprise women workers more than men. With the lockdown taking unemployment rates above the sky, working women are struggling to balance their families and jobs at the same time. This has resulted in a large number of women especially mothers to cut down on their working hours or in some cases, eventually, quit jobs. The women have routine-dependent career choices that focus more on the needs of the family which creates a problem affecting them differently.

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2 Related Reviews of Literature

Bus Horiz. 2021, Mindfulness and the challenges of working from home in times of crisis, Many employees unexpectedly were required to work from home during the COVID-19 pandemic of 2020. With this abrupt change came the challenge of blurred lines between career and personal life. Lacking designated home office spaces, countless individuals had to create improvised work setups in living rooms, kitchens, bedrooms—wherever there was space. Moreover, the closure of schools forced many working parents to attempt productivity while concurrently supervising their children. As a result of these changes, numerous employees have experienced lower work productivity, lessened motivation, increased stress, and poorer mental health. One approach that may help employees going through the challenges associated with working from home is mindfulness. Mindfulness may be particularly beneficial as it can (1) help employees mentally disconnect from work when they need to; (2) improve individuals' attention to work tasks and thereby improve their performance; and (3) allow workers to better manage screen fatigue. In this installment of Work/Life Balance, we elaborate on how mindfulness may help employees deal with these work issues, explain how mindfulness can be cultivated, and provide a list of mindfulness techniques. We also provide a set of recommendations for managers and team leaders responsible for their employees' well-being and productivity. Crisis, COVID-19, Mindfulness, Pandemic, Productivity, Telework, Well-being, Telecommuting, Working from home.

MasoumehShohani et al., (2018), The Effect of Yoga on Stress, Anxiety, and Depression in Women, In recent decades, several medical and scientific studies on yoga proved it to be very useful in the treatment of some diseases. This study was conducted to investigate the effects of yoga on stress, anxiety, and depression in women living in Ilam, Iran. This study is a quasi-experimental study with pre-post test. To collect data, the questionnaire of DASS-21 (Depression Anxiety Stress Scale-21) was used. For eligible samples, hatha yoga exercises and training sessions were held for 4 weeks (3 time/weeks; 60-70 min each) by a specialist. Data were analyzed using SPSS version 20.52 women with a mean age of 33.5 ± 6.5 were included for analysis. Depression, anxiety, and stress decreased significantly in women after 12 sessions of regular hatha yoga practice ($P < 0.001$). Yoga has an effective role in reducing stress, anxiety, and depression. Thus, it can be used as complementary medicine. Anxiety, depression, stress, women, yoga.

3 Material and Methods

Subjects

Totally 30 working women's were randomly selected those are working from home from GTN Arts college, Dindigul district for the present study. Their aged ranged between 30 to 35 years. They were divided into two equal group experimental group (N=15), and Control Group (N=15). The experimental and control group were tested for stress level before and after asanas and Meditation program for 6 weeks.

Inclusion and exclusion criteria

Inclusion criteria were cultured, non-pregnant women with the ability to perform asanas and meditation exercises without inability to exercise. Exclusion criteria encompassed rejection or aversion to make yoga incessantly, immediate exercise, and receiving medication for psychological sicknesses.

Valuation implements and organization

To collect data, the questionnaire of PSS-21 (Perceived Stress Scale-21) was used. The validity and reliability of this standard questionnaire was examined by Sahebi et al. and Cronbach's alpha was estimated 0.76 for stress, respectively. in a study entitled "validation of stress scale for an Iranian population". [16] Each of the above mentioned states are assessed with seven questions. Asanas and meditation exercises and training sessions were held 3 time/weeks; 60-70 min each (postures, breathing techniques, meditation) by a specialist. Before the intervention, questionnaires were completed by women. The intervention lasted 12 sessions. At the end of the 12th session, the questionnaire of PSS-21 was again completed by working women through online Zoom Meeting where they stay.

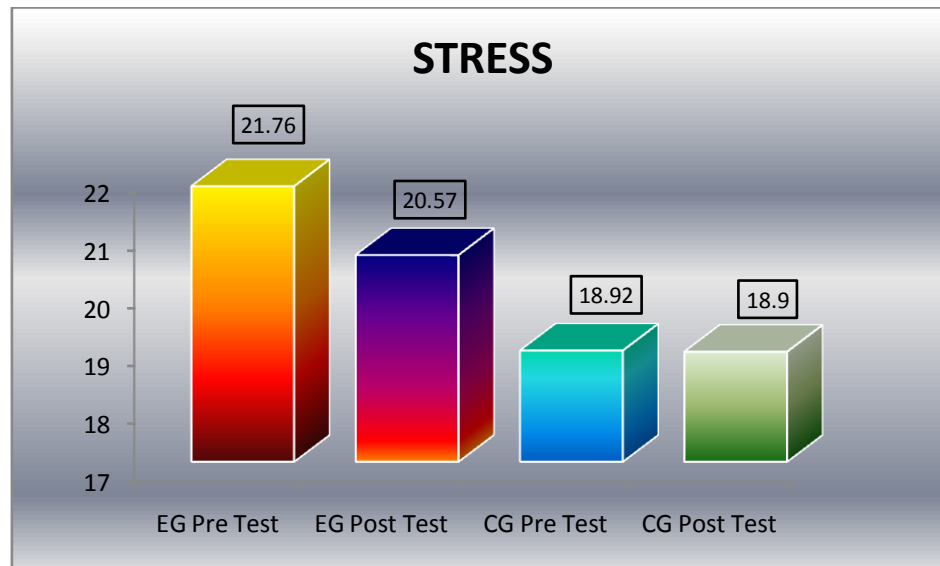
4 Statistical Procedures

The obtained data were analyzed using SPSS version 20. According to the established normality, paired sample t-test was used for comparing the results before and after the intervention. The threshold of significance was set at $P < 0.05$.

Table-I COMPUTATION OF "t" RATIO ON STRESS LEVEL OF WORKING WOMEN ON EXPERIMENTAL GROUP AND CONTROL GROUP (SCORES IN POINTS)

Group	Variables	Test	Mean	N	Std. Deviation	Std. Error Mean	t ratio
Experimental Group	Stress	Pre	21.76	15	5.12	0.62	5.80*
		Post	20.57	15	5.08		
Control Group	Stress	Pre	18.92	15	2.65	0.54	1.63
		Post	18.90	15	2.86		

Table I reveals the computation of mean, standard deviation and 't' ratio on Stress of experimental group. The obtained 't' ratio on Stress were 5.8 respectively. The required table value was 2.09, it was found to be statistically significant for the degree of freedom 1 and 14 at 0.05 level of confidence. Since the obtained 't' values were greater than the table value it was found to be statistically significant. Further the table reveals the computation of mean, standard deviation and 't' ratio on selected psychological parameters namely stress of control group. Since the obtained 't' values were greater than the table value it was found to be statistically not significant.



Bar diagram showing the mean value of Stress pre and post test of Experimental and Control group

5 Results

The result of the study proved the different beneficial asanas and meditation practices on stress. The post readings of parameters such as Stress extended notably (<0.05) following asanas and Meditation practices. This suggests that some asanas help them to come out of stress. The meditation practice readings of stress level would possibly reduce their stress level and are also statistically significant results shown in table I.

6 Discussion on Findings

The Psychology Variables exhibit statistically enormous improvement with regular practice of Asanas and Meditation Practices. These effects can be explained on the following basis: Effects of a single session of large-group meditation and progressive muscle relaxation training on stress reduction, reactivity, and recovery (Rausch, Sarah M et al 2012). Meditation is a bellows kind Journal of International Journal of Stress Management Volume 13(3), Page No: 273–290 in which exposed to 20 min of either meditation, progressive muscle relaxation (PMR), or a control condition, followed by 1 min of stress induction.

7 Conclusion

COVID-19 has changed the way the economy will function for the foreseeable future. The people are facing problem both financially and mentally. For this purpose the study is created and after six weeks of Asanas and Meditation practices the readings of Stress showed improvement in mental health. From the present study we may additionally conclude that asanas and meditation can be recommended to enhance the IT professionals and humans working mechanically and subsequently maintain their family situation to prevent their mental health in future. These really useful effects of different asanas and Meditation practices can be used as a stress level. The daily practice should also be components of mentally health and life style changing applications in conserving better intellectual health. asanas and Meditation practices improves the stress level.

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