



Stress management through yoga in perspective of student

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Abstract

Collage students are vulnerable to a critical period in a developmental maturation, taking rigorous academic work and learning how to function independently. Physical activities like running and bicycling have been shown to improve mood and relative stress. However, collage students often have low level of physical activity. Mostly college students have more difficulties during their academic paths. The biggest challenge to student success is time management, balancing priorities, health conditions, social problems, relationships, sleep difficulties and depression. In fact, yoga means not only doing exercise, but helps to awareness expansion, improves intelligence and natural ability is improved. A piece of yoga practice every day will definitely make student community gain more physical strength and get rid of all physical difficulties and diseases. Mental strength gained in yoga helps students to fight against inconsistencies with increasing self-confidence which looks as more powerful. Yoga can empower in the following four ways like Physical Health Empowerment, Emotional Empowerment, Mental Health Empowerment and Spiritual Empowerment.

These can be achieved by yoga practices like Yogasana, Pranayama and Meditation. This helps students to begin again their sense of joy, spirit combination and communal kinship. "Sudarshan kriya yoga (SKY)" is an important yogic practice. The daily practice of SKY increases potentiality in the students in all aspects.

Keywords: vulnerable, management, maturation, independently

Introduction

Stress

Stress describes your physical or emotional response to demands or pressures that they may experience from time to time. Common causes of stress include work, money, relationships and illness. Symptoms may include irritability, difficulty sleeping or relaxing, headaches and muscle tension. Stress management approaches include lifestyle changes, relaxation and counseling.

Causes of Stress in Modern Life

Stress can be a positive thing - helping an individual to grow, develop, be stimulated and take action. However, if stress exceeds a person's ability to cope it can impact on their mental and physical health in a range of ways.

Modern day stresses are more likely to be psychological in origin and prolonged in nature.

But they can still set off the body's alarm mechanism and the associated hormone surge. Over-exposure to those stress hormones can, in turn, have a range of negative impacts on the body's systems - brain, cardiovascular, immune, digestive and so on.

People deal with stress in different ways and the capacity to deal with stress changes throughout life. Those who have developed effective strategies to deal with day-to-day stressors are less likely to develop physical and psychological symptoms.

Symptomes of Stress

Stress that is not controlled and continues for a long period of time can cause a number of psychological and physical symptoms. Psychological symptoms of stress can include:

- Sleep disturbances

- Difficulty concentrating
- Lack of confidence
- Depression
- Difficulty relaxing
- Difficulty with decision making
- Irritability
- Tearfulness.

Physical symptoms of stress can include

- Muscle tension and pain
- Low energy
- Headaches
- Nervous twitches or muscle spasms
- Changes in appetite
- Decreased sexual function
- Shortness of breath or difficulty breathing.

Long term, uncontrolled stress is associated with the development of a number of medical conditions. Primarily these occur as the result of biochemical imbalances that can weaken the immune system and over-stimulate the part of the nervous system that regulates heart rate, blood pressure and digestion.

Students and Stress

We all live with stress, the tension we feel when confronted with a new or threatening situation. College students are no different than anyone else, as they too, experience the stresses and strains of living in today's world. They are constantly facing new situations where the outcome is often uncertain. They may be living on their own for the first time and/or supporting themselves. Their sense of self-esteem and well-being is challenged by problems and managing

time.

Without really understanding why, they may become angry or anxious, sad or frustrated. When young adults become overwhelmed by stress, they sometimes withdraw or strike out at others. Parents often feel inadequate in responding to the stress experienced by their children.

While there are seldom easy answers to their life's problems, parents may find the following suggestions helpful in dealing with college stress.

Stress is not always bad. An appropriate level of stress can effectively motivate your student toward growth, achievement, and self-satisfaction.

Talking with a trusted adult helps students feel they do not carry the burden of stress alone. Encourage your children to discuss their feelings, but refrain from telling them how they should feel. Ask open-ended questions which require more than a yes or no response. Remember to listen. Parents who spend twice as much time listening as they do giving advice are more effective.

Teach problem-solving skills and constructive action. Stress is often the result of feeling trapped and overwhelmed by the problems in our lives. Students are sometimes immobilized by their inability to see a positive outcome for a difficult situation. By teaching them to solve problems one step at a time, we provide them with a useful resource to deal with stress.

Slow down. The fast pace of our complex lives is often stressful in itself. College students living at home need privacy and quiet time, and unstructured time when they can exercise their imagination and process the events of the day.

Set your standards high, but do not expect perfection. One of the most important gifts to give children is a sense of positive self-esteem. Attaining goals contributes significantly to the development of self-esteem. Having the unrealistic expectation that your children should be perfect sets them up to experience stress, self-doubt and failure.

Put life into perspective. College students often become obsessed with the present moment. They may feel overwhelmed because they cannot see beyond the immediate problem. They have difficulty identifying options and alternatives. Help your child understand that problems have solutions. Also help them to recognize temporary concerns and lasting values. Stress can often be reduced by reminding them that life goes on and tomorrow can be better than today.

Sometimes the stress experienced by college students is traumatizing and can be disruptive or dangerous. Parents do not always have the resources within the family to deal with stress, at a time when you should be letting go and allowing the young adult an opportunity to handle their own life.

The above-mentioned stress management techniques in today's students is effective but there is also a better technique to remove stress among the modern student's life and that technique is YOGA.

YOGA is a very beneficial technique to remove stress and anxiety among the young ones. So let's talk about brief in yoga and stress.

Yoga

Yoga is a practical aid, not a religion. Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment.

The practice of yoga makes the body strong and flexible; it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind.

Yoga is very helpful for all. If a person do continuous yoga he/she will be disease free and also his age will also increase. Yoga maintain the balance and functioning of all the parts of our body.

It also manages the good blood circulation in our body.

Yoga and Stress Management

Dating back over 5000 years, yoga is considered by many to be the oldest defined practice of self-development. The methods of classical yoga include ethical disciplines, physical postures, breathing control and meditation. Traditionally an Eastern practice, it's now becoming popular in the West. In fact, many companies, especially in Britain, are seeing the benefits of yoga, recognizing that relaxed workers are healthier and more creative, and are sponsoring yoga fitness programs.

Many studies have found that a little yoga in the morning, at night, or even on a lunch break, can minimize stress and increase productivity. It is believed that yoga is so effective for stress relief because, aside from the physical benefits that yoga brings, it encourages a good mood, an increase in mindfulness, and a healthy dose of self-compassion.

Stress Relief Techniques Involved in Yoga

Many of the popular techniques found to reduce stress derive from yoga:

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

Yoga, which derives its name from the word, "yoke"—to bring together—does just that, bringing together the mind, body, and spirit. But whether you use yoga for spiritual transformation or for stress management and physical well-being, the benefits are numerous.

Effects of Yoga on Our Body

The following is only a partial list of yoga's benefits:

- 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

What's Involved with Yoga?

The practice of yoga involves stretching the body and forming different poses while keeping breathing slow and controlled. The body becomes relaxed and energized at the same time.

There are various styles of yoga, some moving through the

poses more quickly, almost like an aerobic workout, and other styles relaxing deeply into each pose. Some have a more spiritual angle, while others are used purely as a form of exercise.

Benefits

Virtually everyone can see physical benefits from yoga, and its practice can also give psychological benefits, such as stress reduction and a sense of well-being, and spiritual benefits, such as a feeling of connectedness with God or Spirit, or a feeling of transcendence. Certain poses can be done just about anywhere, and a yoga program can go for hours or minutes, depending on one's schedule.

There are several mechanisms in yoga that have an effect on stress levels, meaning there are multiple ways that yoga can minimize your stress levels. Studies show that the most effective ways in which yoga targets stress are by lifting your mood (or positive effect), by allowing for increased mindfulness, and by increasing self-compassion.

By simultaneously getting us into better moods, enabling us to be more focused on the present moment, and by encouraging us to give ourselves a break, yoga is a very effective stress reliever.

Comparison to Stress Reduction Methods

As yoga combines several techniques used for stress reduction, it can be said to provide the combined benefits of breathing exercises, stretching exercises, fitness programs, meditation practice, and guided imagery, in one technique.

However, for those with great physical limitations, simple breathing exercises, meditation, or guided imagery might be a preferable option and provide similar benefits. Yoga also requires more effort and commitment than taking pills or herbs for stress reduction.

Rapidly emerging in the Western world as a discipline for integrating the mind and body into union and harmony, when adopted as a way of life, yoga improves physical, mental, intellectual, and spiritual health. Yoga offers an effective method of managing and reducing stress, anxiety, and depression, and numerous studies demonstrate the efficacy of yoga on mood-related disorders. Currently, treatment for anxiety and depression involves mostly psychological and pharmacological interventions; however, mind-body interventions are becoming increasingly popular as a means to reduce stress. Yoga, a form of mind-body exercise, has become an increasingly widespread therapy used to maintain wellness, and alleviate a range of health problems and ailments.

Effect of Yoga in Stress

Yoga significantly decreases heart rate and systolic and diastolic blood pressure. Studies suggest that yoga reverses the negative impact of stress on the immune system by increasing levels of immunoglobulin A as well as natural killer cells.

Yoga has been shown to have immediate psychological effects: decreasing anxiety and increasing feelings of emotional, social, and spiritual well-being. Several literature reviews have been conducted that examined the impact of yoga on specific health conditions, including cardiovascular disease, metabolic syndrome, diabetes, cancer, and anxiety. Another study has shown improvement of mental health of both the young and seniors by reducing stress through yoga. Yoga can be wisely applied in welfare programs to improve the quality of life in all age groups. Yoga helps to improve

mental health and to overcome routine stress. Both state anxiety and trait anxiety scores decreased after yoga practice.

Yoga has both an immediate as well as long-term effect on anxiety reduction and helps to bring even behavior changes or controlled response to any type of stress, if practiced regularly. It has been observed that a yoga-based relaxation technique decreases state anxiety more, in comparison to supine rest.

Conclusion

Yoga is said to be a complete science, as it fulfills the WHO's definition of health by addressing the individual at all physical, psychological, and social levels. Stress affects individuals of all age groups, and people of all sectors and occupations, including doctors. Though many modalities of treatments are available for reducing stress, people are trying to find an alternative to be relieved from stress without medications. Yogic science, having persisted for 5000 years and known to be spiritual for many years, is now being proven through scientific studies to have significant benefits on health.

Yogic science includes yogasanas (postures), pranayama (breathing practices), dhyana (meditation), and relaxation techniques which benefit human beings at every level. Through research studies, yoga has proven effective in many physical and psychological ailments. Apart from the management of diseased condition, it also has been proven to improve the positive health and quality of life of the healthy. Most importantly, yoga is also a strong practice for the prevention against painful ailments.

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