



# YOGA: A COMPLEMENTARY TOOL FOR STRESS MANAGEMENT

Pratibha kaswan

Research Scholar, Business administration department, university of Rajasthan, Jaipur, India

**Abstract:** Yoga had a special place in Indian culture since ancient times. Yoga mentioned many times in ancient Vedas, Puran and The Holy book Geeta. Yoga has an important place in the management world. As a student of management, we know that human resource is the most important resources for any organization and the focus of the management is also more towards this area. Lawrence Appley said that “Management is the Development of people and not the direction of things”. Its seemed real. Where objectives of management is to develop individuals and get maximum benefits from them, the goal of Yoga is to develop physical and mental development of individuals. Both yoga and management consider human as talented, capable and both have done impressive work in this area. Yoga Create a stress free environment at work place. Employee work harder in a stress free work environment and the mutual relations between the employee are also strengthened. Yoga absolutely helpful in stress management in all organization. There can be internal and external causes of stress, due to which a person feels uncomfortable in the workplace. Yoga plays a very important role in reducing internal stress. It is a permanent way to relieve stress and the person faces all situation strongly.

**Index Terms-**Yoga, styles of Yoga, Meditations, Stress management

## I. INTRODUCTION

Yoga means union of mind, soul and body. Yoga he lays down a path for a person on which he walks from the body to the pure mind. Recently stress is common cause of every person. Yoga become important toll for managing stress. Maharishi Patanjali also considered yoga as a mean to stop the tendencies of the mind. Yoga is defined as the art of living life by which a healthy mind and a healthy body enables all individuals to achieve their goals of work.

Acharya Rajnish (OshO) said that “Yoga is an experimental science beyond religion, faith and superstition. Yoga is art of Living and complete medical system. it is a complete path of royal side.”

Definition given by all texts and scholars makes it clear that yoga changes the way of life a person contributes to his overall development. Yoga is considered by the individual as a means of physical development only, whereas a healthy body is only a base which helps in achieving the goal of life. Yoga has potential that it can provide a stress free life to a person. Stress can be reduced by yoga, Pranayam for just a few minutes and sometime. Regular exercise improves physical and mental health. New energy is transmitted in the person's body and he works with more efficiency. So that the person himself is motivated for the work in organization and undoubtedly the management gets the benefit of it. Employees have to do many such tasks in which risks and complications exist. There are many professional bodies that provide information on yoga to counter these risks, the yoga limits the side effects of hazardous work. Yoga connects the person with spirituality which is helpful in removing the stress arising out of work. At present, complete stress management is just a hypothesis, only yoga can reduce stress.

## II. REVIEW OF LITERATURE

**Catherin Woodyard (2011)** awareness of yoga has spread in western countries as well. They made yoga a means of living which improves their physical, mental and spiritual situations. Yoga also important in reducing stress, anxiety, depression. It has been found in many studies that yoga relieve various disorder.

**Manoj Sharma (2013)** stress is one of the major reason for decline in human health which can be overcome only through Yoga. They found in their research that there is a positive relationship between physical and mental outcomes related to stress. Stress practitioners should include yoga as a major stress management tool.

**Manish Dwivedi (2014)** told in his study that stress is a major cause of various diseases. Stress can increase, high blood pressure, heart disease, anxiety and depression. Yoga brings a state of balance in mind and body. Yoga is very helpful in human spiritual, mental, physical and emotional situations.

**Kristen E. Riley and Park (2014)** based on the findings, it has been ascertained that there is a need for a robust mechanism which best defines the relationship between yoga and stress. Define the difference between stress relief and stress reduction mechanism. There are far reaching and good effects of reducing stress through yoga.

**Sunil Kumar Yadav (2014)** studied about stress management through Yoga. Various techniques of yoga help in reducing stress. It can be used individually as well as collectively to reduce stress. Meditation is also a helpful stress reducing technique in which one sits focused and think about positive place.

**Josefien J.F.Breedvelt (2019)** found in their research study of yoga and meditation is needed to bring more improvement in results. Depression and stress reduction can have a positive effect through meditation and Yoga. Yoga techniques to protect mental health and prospect mom clinical solutions. Yoga acts as medicine to reduce the harmful side of stress and give pleasure to human body. **Neeru Devi and Sheetal (2020)** stress positively helps a person to overcome various obstacles and emerge victorious. Negatively stress can be harmful to the mental and physical health of a human body. Yoga is a great treatment to relieve stress at workplace. Yoga also helps in reducing the stress of the employee at workplace and keeps the employee away from various diseases caused due to stress. A stress free person works more and motivated internally. It has been vary famous since ancient time in the medical field.

**Pooja Swami Sahni (2021)** learned about the perception of illness in adults during covid-19 lockdown and the effect of relieving stress through continuous practice of yoga. During this pandemic, demographic variables like age, qualification, gender, work place etc were analyzed to check the stress level in human life. Stress full situation such as job losing, uncertainty, depression can harmed a person mentally or physically both. In all this yoga become as a very good therapy.

### 1.1 RESEARCH GAP

Over the years, the era has made strong mark of its own. Various studies have highlighted the importance of yoga, but yoga has been portray only a means of physical health activity. The benefits of yoga are not limited to physical health but it helps in the overall development of human. Yoga tells a person the way of life . in the present study , we have described the important role of yoga in stress management. Stress is the result of internal and external causes of man, it can be limited through yoga. Various asanas of yoga infuse a new energy in the person. Stress management enables everyone to achieve success in their career.

### 1.2 OBJECTIVES OF THE STUDY

Following are the objectives of this study-

1. To study about effects of stress on human life.
2. To know that yoga contributes to overall development of human.
3. To study the relationship between yoga postures and stress management.

### III. RESEARCH METHODOLOGY

This study based on explanatory facts and literary reviews. In this, views have been presented on the subject of research with the help of ancient texts, books and research paper. The data collection is totally based on secondary sources. The research area is limited so that the result obtained can be used as sampling. In this study , an attempt was made to express the importance of yoga in stress management.

### VI. HYPOTHESIS OF THE STUDY

This study aims to test the following hypothesis:

H0: There is significant relationship between yoga styles and stress management

H1: There is no significant relationship between yoga styles and stress management.

### 2.1 STRESS AND ITS SYMPTOMS

In general terms, stress is defined as the pressure that causes a person to remain in an anxious and unhappy state of mind. Scholars believe that stress is not always the cause of sorrow and anxiety, sometimes stress also motivates a person. Stress affects the person mentally in which the person remains immersed in long anxiety. The person does not behave normally and behaves differently physically and psychologically as well. Excess stress make4s a person physically weak and he is not able to complete any work efficiently. Stress is directly affected by the external environment. Stress is not always destructive. Its also brings good changes in the person at time which provides progress in human life.

There can be many symptoms for the stress which are as follows:-

Physiological	Psychological	Behavioural
1. Heart rate increase 2. Hypertension condition 3. Increase in respiratory rate 4. Digestive system Impaired 5. Gastrointestinal ulcer 6. Kidney disease 7. Heart attack 8. blood clotting	1. Deep concern 2. To be restless 3. Sleep Disturbance 4. Getting tired of work 5. Being dissatisfied with work 6. Decrease in decision Making 7. Constantly worried	1. Impatience 2. Absence from work 3. Hastiness 4. Non-cooperation of peers 5. Distance from social gathering 6. being drug abuse 7. Lack in efficiency

## 2.2 RELATIONSHIP BETWEEN YOGA STYLES AND STRESS MANAGEMENT

1. **Sukhasana:** In this yoga posture, sit with the back straight and inhale and exhale 1 to 2 minutes. Focus your attention on this. By doing this mind get peace. All anxiety is removed from body.
2. **Marjariasana (Cat pose):** Yoga started with get down on your knees and hands as if your body has been made a table. Keep in mind that the shoulder and palm should be in straight line, in the same way keep the hip and knee in the same way. It benefits the mind as well relief from stress and calm your all body.
3. **Salamba Sirsasana (Headstand):** Stand on your head and put the entire weight of the body on the shoulders and hands instead of on the neck or head. The flow of blood in the body gets reversed. it really helps the relieve stress and focus on your breath.
4. **Uttana Shishosana (Extended Puppy pose):** If you have stress, do this asana. Sitting on the knees and palms, slowly move your hands forward a little and turn the toes inwards. On exhalation, move the hips back towards the ankles. Do not let the elbow touch the ground. Relax the neck by blending the forehead down.
5. **Anjali Mudra (Salutation Seal):** In this Asana both hands place together in the center of the heart chakra, this mudra shows the balance between the two corners of the heart. It is done by sitting on the ground, stooping and closing the eyes. Its very helpful to calm your mind and get peace.
6. **Paschimottanasana (Seated Forward Bend pose):** Sitting on the ground, spread the legs straight forward and bring the head towards the knees. By doing this stress are removed from the body. And we can do every work efficiently.
7. **Janu Sirsasana (Forward Bend):** spreading the legs forward and try to touch the toes with both hands. Then bend one leg and do the same with other leg. It also provides relief from stress.
8. **Balāsana (Child Pose):** Sitting on your knees, your hands should be spread forward and with this, bend the body forward. Rest your head on the ground. Its give comfort to your body and keep stress free.
9. **Shvasana (Corpse Pose):** Lay down on the ground comfortably and keep your face straight and upwards. Keep the arms straight by the body and keep the palms open. stay in the posture for 2 to 5 minutes. Keeping the body completely calm for a few minutes and provides long term peace.

## 2.3 MEDIATION AND STRESS MANAGEMENT

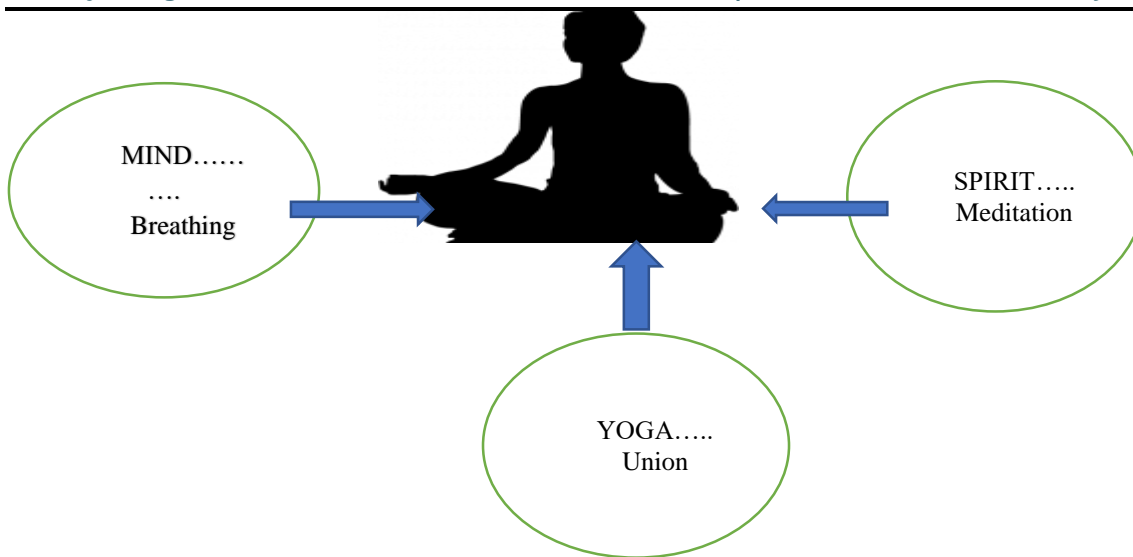
Meditation is an important part of the eight limbs of yoga and is used in the concentration of the mind. Meditation refers to the transformation of a person's personality in to the inner world from the outer world. by entering the inner world, he feels bliss. Meditation unites the mind and the soul. The human mind is unstable and fickle, meditation is helpful in bringing the same mind as a soul. Leads a person from immaturity to maturity. Meditation is a panacea for stress management. Some stress brings negativity, while some infuse new energy in the person. It brings new challenges in human life and motivate person to move forward. Stress is a personal condition. One condition can be stressful for one person and the same condition can be motivating for others. It completely depends on the physical and mental strength of a person.

Studying the various causes of stress, it is found that a person feels himself uncomfortable in different situations, there are two ways to solve it; external solution and internal solution. External solution included financial support, consolation, good counselling etc. all these measures are helpful in reducing stress, but all of them are incapable of removing stress because external changes have been made in it, not internal changes. In the second solution, with the continuous practice of meditation the person become internally focused, so that the person becomes comfortable in facing the adverse challenges of life. This is a permanent solution method, whose results are visible after a long time.

## 2.4 PRANAYAMA AND STRESS MANAGEMENT

“Pranayama” is made up of two words ‘PRANA’ and ‘AYAM’. ‘Prana’ means the organic energy of the body which represent the vital energy. ‘Ayam’ means control. Therefore, the meaning the meaning of Pranayama is to control the energy power of Prana and through this a healthy mind and body is obtained. Yogically speaking, pranayama is series of exercise to create a flow of oxygen in the blood and brain. It is not limited to blood circulation but also controls the directions of flow of thoughts. By the practice of this asana, all the obstacles in the flow of life are removed. It is helpful in providing motivation and strong will power to the person. Pranayama is an art in which the technique of conducting breathing deliberately in a rhythmic, intense.

The word ‘Prana’ means to relate with the mind and the mind directly related to the brain. The brain is related to the soul and concertation of the soul is understood up to the divine. In this way pranayama infusing new energy power in the body, controls emotions, thoughts and helps in removing stress. ‘Shitali Pranayama’ is important Pranayama in reducing stress, it keeps the whole body calm and mind peaceful and reduce hypertension, relaxes the nervous system.



## V. FINDINGS AND SUGESSTIONS

Following are some of suggestions can be found in this study:

1. Yoga is considered useful only for physical benefits, its continuous practice can also have the benefit of reducing mental stress, which includes spirituality, well-being and superiority.
2. There are also some asanas of yoga that can be done at the workplace, by practicing for a few minutes or hours, reduce the stress and boredom of work.
3. It is clear from the study that yoga is a very effective mechanism in reducing stress, which brings positive changes in the mental state of the person.
4. Yoga connects the person with spirituality and develops his entire personality and gives a good identity in the society.
5. When the amount of stress is reduced by yoga, a person works more efficiently by being motivated in his work.
6. Yoga is a major stress management treatment which is natural as well as beneficial for human life.

## VI. CONCLUSIONS

The main focus of this study to know about the contribution of Yoga in stress management. Various Asanas of yoga keep a person physically, mentally and spiritually healthy and help in reducing stress in different situations. Yoga is the best way to reduce stress at workplace. Therefore, it has been found in various studies that yoga is important at workplace. Continuous yoga practice also brings efficiency in work. In the progressive life, a person is, more busy in work, they are not able to give separate time for yoga, so there should be such a timely arrangement at the workplace itself which promotes yoga, due to which the employees remains healthy internally and externally.

In the corporate world, only yoga and meditation bring improvement in the functioning of the employees. A few minutes of yoga at workplace keeps happy and motivated. Yoga is the most helpful tool in relieving stress. The communication of new energy in the body makes a person mentally capable of working obstacles. Yoga, contemplation and Prekshadhyan are the main techniques which give peace and relaxation to the body and mind. Physically and psychological dissatisfaction keeps the person in deep worry, they remain dissatisfied with work and gets sick from various diseases, yoga plays an important role in removing all these causes and problems.

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