
Chapter 8

**Effectiveness of Yoga in reduction
of Stress Level of Employees**

EFFECTIVENESS OF YOGA IN REDUCTION OF STRESS LEVEL OF EMPLOYEES

This chapter analyses the stress level of respondents of the experimental and control group, before and after Yoga training. Every employee in the industry experiences certain level of stress, irrespective of his or her position. The level of stress may be normal, moderate or high level. Researcher hypothesed that whatever be the level, Yoga practice may reduce the existing level of stress up to a certain extent. Effectiveness of Yoga in reducing the stress level is verified in this chapter.

Effectiveness of Yoga in reduction of stress level can be verified by comparing the pre and post training stress level scores of the experimental and control group. The table 8.1 shows the analysis of levels of stress experienced by the employees of the both groups before and after Yoga training.

Table 8.1

Effectiveness of Yoga in reduction of stress level

	Experimental Group		Control Group	
	Pre-training Stress Level	Post- training Stress Level	Pre-training Stress Level	Post-training Stress Level
Mean	72.40	61.10	69.57	69.87
S.D.	11.770	11.961	11.884	11.392
Difference Pre & Post Training	11.30		-.30	
t-value	4.455		-.512	
Significance	.000		.612	

From the table it is clear that, stress level of experimental group is reduced significantly ($t = 4.455$, $p = .000$). The control group has not shown any significant difference ($t = -.512$, $p = .612$) in the stress level. This proves that Yoga practices among the experimental group causes the reduction of stress level in the experimental group. Most of the respondents of the experimental group were suffering from various negative stress effects, which is being analyzed in chapter seven. They got great relief from all that. The findings of chapter seven also support that stress level of the experimental group has come down considerably.

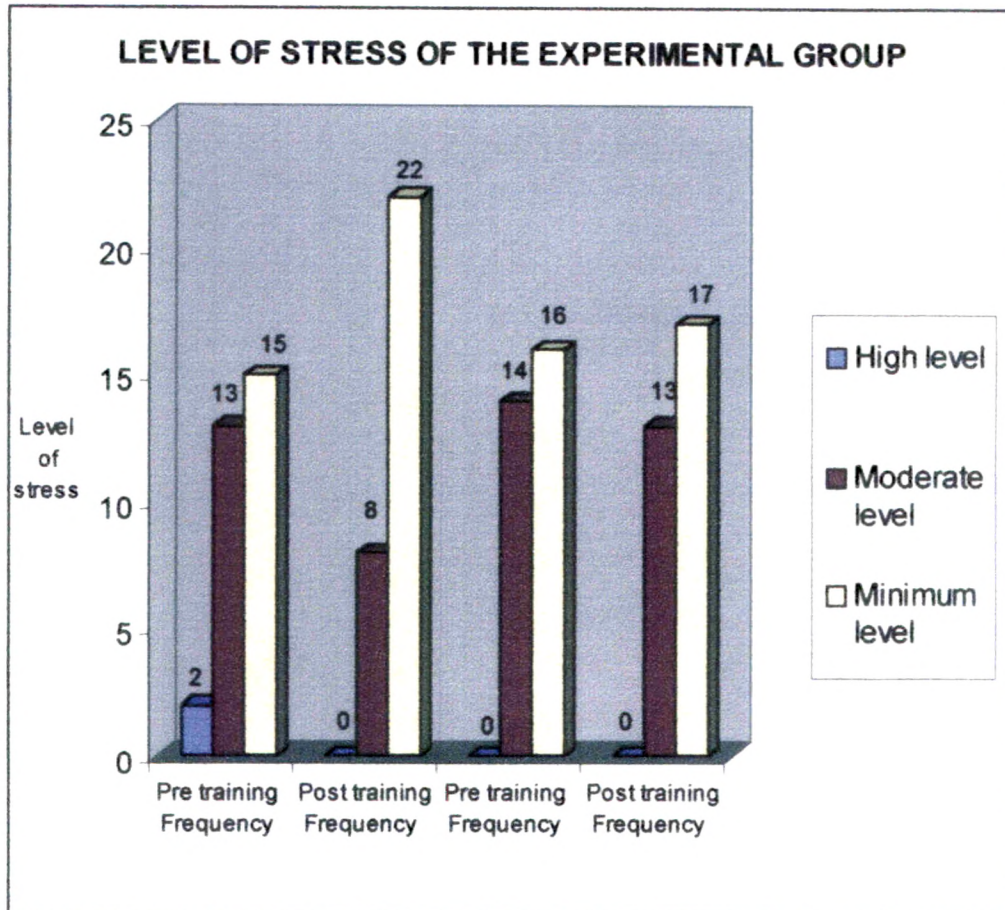
As per the amount of stress experienced by the respondents, they are categorized in to three different levels. Analysis of the same based on the pre and post training stress level score is presented in Table 8.2

Table 8.2

Level of stress of the Experimental and Control group

Level of stress	Experimental group		Control group	
	Pre training Frequency	Post training Frequency	Pre training Frequency	Post training Frequency
High level	2(6.66%)	-	-	
Moderate level	13(43.33%)	8(26.66%)	14(46.66%)	13(43.33%)
Minimum level	15(50%)	22(73.33%)	16(53.33%)	17(56.66%)
Total	30(100%)	30 (100%)	30(100%)	30(100%)

Figure: 14



According to the score obtained by the respondents, they were divided into three categories namely high level, moderate level and minimum level of stress. It is clear from the table that before Yoga training two respondents from the experimental group were having high level of stress and thirteen of them were having moderate level of stress. Fifteen respondents belong to the group of minimum level of stress. Above data indicate that majority of the respondents do not have high level of stress. Those who are having moderate level of stress can control their stress and try to not become highly stressed. After the Yoga training number of respondents in the minimum level of stress (22) and moderate level of stress (8) increased. There is nobody in the group of high level

moderate level of stress (8) increased. There is nobody in the group of high level of stress. This proves that the experimental group considerably benefited from yoga by reducing their stress level. The number respondents in the three stress level group of the control group remain more or less same in the pre and post measurement

Stress level has been measured in terms of different behavior and thinking pattern of the respondents. Thus it is essential to analyze the details of each factor based on the pre-training scores of stress level. Fore going table analyses the same.

Table-8.3
Respondents rating on stress level

	Sum	Mean	Std. Deviation
Work life tends to take priority over family life	101	3.37	.999
Become impatient if something does not happen at once	97	3.23	.898
Feel like to finish all outstanding work each day	96	3.20	.961
Feel guilty if I sit down and do nothing for an hour or so	86	2.87	.900
Concern a lot	81	2.70	1.179
Responding negatively to personal criticism	80	2.67	1.028
Finding it difficult to say no to requests and demands	80	2.67	1.295
Miss out on hobbies and interests because work takes up all time	78	2.60	1.976
Blaming others	74	2.47	.730

I concentrate on my work to forget about personal problems	74	2.47	.900
Resistance to take advice from colleagues and superiors	74	2.47	.860
Demanding attention or service immediately	73	2.43	1.073
Bottle up problems	72	2.40	.855
Insufficient time to read newspaper as often	66	2.20	.714
Undertake more task than can handle	66	2.20	1.186
Fear of failure stops from taking action	65	2.17	1.020
People take advantage of when do not act assertively	63	2.10	1.029
Embarrassed to say no when overloaded with work	62	2.07	.828
Feel rushed even not under pressure	62	2.07	.907
Putting off confronting and resolving difficult situations when they arise	60	2.00	1.017
Thinking not be able to cope with my workload	60	2.00	1.083
Ignoring my own professional or physical limitation	60	2.00	.830
Feel uncomfortable when experiencing new situations	60	2.00	.643
Tackle situation before thinking them through thoroughly	59	1.97	.765
Avoid delegating tasks to other people	58	1.93	.907
Too busy to have lunch with my friends and colleagues during the week	58	1.93	.785

Notice negative changes in my behavior pattern when I am under pressure	56	1.87	1.008
Deal with tasks before prioritizing my work load	55	1.83	1.053
Feel that the role play within the organization is worthless	55	1.83	.986
Focus on the negative rather than the positive aspects of my life	50	1.67	.959
Take out anger and frustration on those nearest to me	50	1.67	.758
Arriving late for work or important meetings	41	1.37	.809

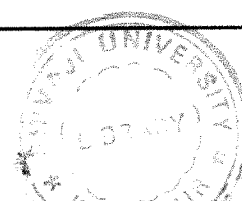
Above table reveals the stress level on various behavior patterns, feelings, thinking and the way of doing work. Highest score among these factors is regarding work and family adjustment (101) followed by impatience (97), hurriedness to complete the work (96). All these factors are the result of the requirement of the work, which may be unavoidable. The way out is to withstand with it. Lowest score is shown in late arrival. As majority of the respondents are workers, meetings are rare for them to attend. Hence score on this factor might be less.

As per table 7.1 experimental group shown a reduction in the stress level after Yoga training. It is required to analyze which components of stress level have reduced significantly. Descriptions of reduction in each component experienced by the respondents experimental group is given in table-

Table 3.4
Experimental group respondents rating on reduction of stress level

STRESS LEVEL STATEMENTS	DIFFERENCE BETWEEN PRE AND POST TRAINING STRESS LEVEL	RANK
Feel to finish all outstanding work each day	26	1
Miss out on my hobbies and interests because my work takes up all my time	25	2
Resist taking advice from colleagues and superiors	20	3
Respond negatively to personal criticism	19	4
Work life tends to take priority over family and home life	18	5
Become impatient if something does not happen at once	17	6
Feel guilty if sit down and do nothing for an hour or so	16	7
Concentrate on work to forget about personal problems	14	8
Feel that the role play within the organization is worthless	14	8
Feel rushed even if I am not under pressure	14	8
Demand attention or service	13	9

immediately		
Too busy to have lunch with friends and colleagues during the week	13	9
Fear of failure stops me from taking action	12	10
I bottle up my problems, then feel like I want to explode	11	11
Thinking that I will not be able to cope with workload	11	11
Notice negative changes in own behavior pattern when under pressure	10	12
Embarrassed to say no when I feel overloaded with work	10	12
Finding difficult to say no to requests and demands	10	12
Focusing on the negative rather than the positive aspects of my life	9	13
Take out anger and frustration on those nearest to me	8	14
Feeling uncomfortable when experiencing new situations	7	15
Have insufficient time to read newspaper as often	7	15
People take advantage of when I do not act assertively	7	15
Dealing with tasks before prioritizing the work load	7	15



I blame myself when things go wrong at work	7	15
Concern a lot	6	16
Undertake more task than can handle	6	16
Tackling situation before thinking them through thoroughly	6	16
Avoid delegating tasks to other people	4	17
Arriving late for work or important meetings	0	18
Putting off confronting and resolving difficult situations when they arise	-8	19
Ignoring own professional or physical limitation	-14	20

Above table depict the reduction in various factors. No difference is noted about the factor, arriving late for the meetings (0). This may not be relevant for the participants, as. A high score is reported in putting off confronting and resolving difficult situation when they arise (-8) and ignoring professional or physical limitation (-14). Highest reduction was observed regarding Feel to finish all outstanding work each day (26) and Miss out on hobbies and interests because work takes up all time(25).Overall there is a reduction in all these factors due to the Yoga training.

Above analyses shown that Yoga training reduces the overall stress level of the respondents of the experimental group. Certainly various Asanas, Pranyam, Shavasana meditation and Kriyas contributed towards achieving this reduction. This finding is supporting to the finding of Naspor(1993) that yoga is useful

treatment system in managing psychosomatic diseases. Of course none of the respondents were suffering from any major physical or mental diseases. They were all normal employees with minor problems. Even this minor level of stress can be decreased to a greater extent and they have become more energetic and got relief from various minor ailments like head ache, back pain, emotional disturbances etc. With this finding the hypothesis that Yoga is effective in reducing the stress level is proved significantly.