

## Stress and Its Coping Strategies: with Special Focus on Yoga & Music as its Remedies



### Management

**KEYWORDS :** Stress, Resistance, Exhaustion, Problem Focused Curing, Chakras, Behavioral Symptoms

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#### ABSTRACT

*Productivity of any person purely depends on his well being both mentally and physically. Stress has emerged as a new disease in today's era, which is attacking people from all age groups rights from youngsters to old age people. Age is just a number and the problems created by this disease are many to pen down. It can affect health, social image, and relationships or to be precise can finish a person emotionally and physically also. Stress prepares us to fight and to flight. It brings us out from bad situations and can lead us to negative ones too. In the paper below we will be discussing about STRESS in and around and the problems it creates among people-how to deal with the problems and how to manage it.*

*The second half of the paper deals with the cures of STRESS, which have been sorted by the experts from the medical industry through an elaborate questionnaire. Statistical Tools have been used to finally come up with the two most talked about cures which are explained and dealt in detail in the paper. The purpose of writing this paper is to understand the consequences of Distress and what can be done to overcome this evil.*

#### Introduction: STRESS

The word stress is so often used by almost all of us that individually everybody is very well aware about what it is. It is not something, which is occurring to us, only now rather it was always there in our lives. It is only that now we are able to identify it and recognize it.

"HANS SELYE", who is also known as the father of Stress Research, originally identified the word "STRESS".

Now we are very well aware that what does stress actually means. For instance if someone says that "I am under stress" it certainly means that here stress is being used negatively and not positively. We all often experience stress, it can sometimes be motivating & encouraging and sometimes be discouraging and very harmful. STRESS when used negatively is called DISTRESS & EUSTRESS when used positively.

#### Stages of STRESS

##### ALARM :

In this stage the body releases certain adrenaline so that the body could be kept under control and this is called as Flight response. Their can be certain reactions of the body under this stage like fast beating of heart, stiffening of muscles etc. & after the threat is over the body is back to normal.

##### Resistance or Adaptation :

If the stress is not over in the first stage itself the body than automatically shifts

to the second stage which is Adaptation or Resistance stage. This is our body's response to protect itself from some forthcoming expected danger.

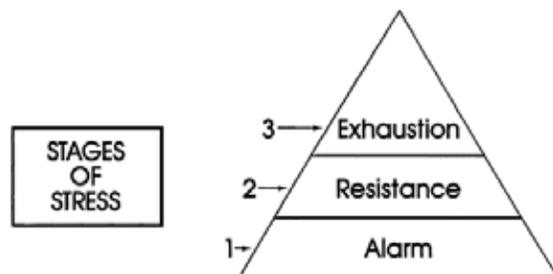
Under this stage the body releases more hormones so that the blood sugar increases and it further gives energy to our body to fight from danger. But if this stage further continues than it can become very dangerous for our body , it can further break down our body parts and lead to disease, the body can lead to various problems like Nausea or fatigue

##### Exhaustion :

This is the last stage of stress and under this stress the body has run out of its reserved energy and their their is no more

control on its functioning. Under this stage the body suffers heavily by all means mental , physical and emotionally.

The blood sugar levels go very low leading to decreased stress tolerance and the body becomes more prone to illness like physical exhaustion , illness and collapse.



#### Sources of STRESS

Their are various spheres where we face stress in day to day lives :

##### Work Life:

Causes of work stress could be as under.

- Job dissatisfaction
- work load
- long and tiring working hours
- Poor management
- working under life threatening situation
- Least job security
- facing discrimination or harassment of some sort in of- fice
- Salary Issues
- Lack of basic amenities at office premises
- Lack of motivation
- Lack of training modules
- Lack of surety of promotions
- Lack of sharing of responsibility with the staff

##### 2. Life stresses

- Death of a loved one
- Long illness
- Emotional problems
- Taking care of family members at home
- Loss of a job

- Taking up new responsibilities
- Some natural mis happening like natural disasters etc.

### 3. Group stress

- Group conflicts
- Lack of group cohesiveness
- Difference personality traits of group members
- Less interaction with group members
- Individual and group differences

### 3. Social Stress

- Personal beliefs about facts like religion , caste , creed , nationality also create stress
- Occupation
- Environment also leads to a positive or negative stress- unsafe neighborhood, terrorism leads to stress a lot of stress
- Money Income groups also bring the social stress
- Mind set of people living in the society
- orthodox principles

### 4. Financial stress

- Future financial insecurity
- Financial commitments about child's education etc.
- Loans & Advances

### Symptoms of STRESS:

#### Physical symptoms

- Lack of appetite
- Craving for food
- Frequent indigestion
- heartburn
- Constipation or diarrhea
- Constant tiredness
- Tendency to sweat for no good reason
- Headaches
- Cramps and muscle spasms
- Breathlessness without physical activity
- High blood pressure
- Inability to sit still without fidgeting
- High Heart beating rate
- Nausea
- Shivering
- Rising of blood sugar

#### Emotional symptoms

- Anger or rage
- Anxiety or fear ,Panic , Guilt, shame, humiliation
- Frustration
- Jealousy
- Insecurity ,Hopelessness ,Worry
- Upset
- Embarrassment

#### Behavioral symptoms

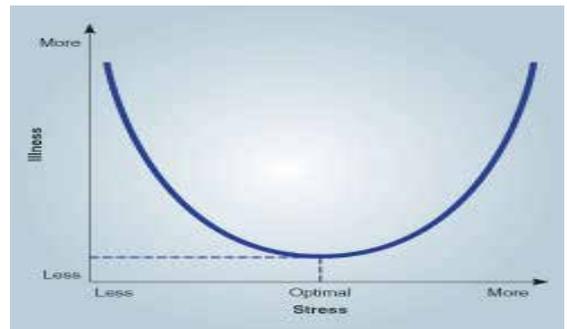
- Tense
- Dry mouth
- Feel like running away
- Poor concentration
- Withdrawal from people
- Feel like crying
- Loneliness

#### Psychological symptoms

- Constant irritability with people
- Feeling unable to cope
- Lack of interest in life
- Constant or recurrent fear of disease
- A feeling of being a failure A feeling of dislike for yourself

- Difficulty in making decisions
- Loss of interest in other people
- Awareness of suppressed anger
- Feeling neglected

**If STRESS is not cured at an initial stages there are chances that it will surely lead to illness and this illness can later become in curable**



### Relationship between STRESS & ILLNESS

#### Coping STRESS:

The 1980's and 1990's has witnessed a rapid change in the industrial sector & hence in workforce structure. Employees are faced with a lot of challenges and are usually under a lot of pressure because of this stressful work scenario .

Coping is an extremely important part of the stress process but their is a lot of confusion regarding the actual meaning of this term . This word is largely used and explained by the renowned LAZARUS (1966). He suggested that this word *Coping has three salient features*

It is a **process**, it is actually a phase a person goes through and what he thinks and does has a stressful encounter

It is always encountered by the appraisal that starts it and the **resources** which are readily **available to encounter** that stress

**Finally coping is not dependent on the final outcome** i.e it is absolutely independent i.e it is not a point of concern whether it was successful or not

Broadly speaking, Controlling work stress is about giving "too little stress" to employees.

Individually we can cope up with stress by focusing on the good things that we have after all life isn't as ugly as we think it is .Lets take a quick look on the point by which we can reduce stress and cope up with this necessary evil.

*In defining the ways of coping, Lazarus and Folkman (1984) identified two broad types of coping strategies, namely, **problem-focused coping and emotion-focused coping**. The primary aim of problem- focused coping is to confront the event, either by altering the situation (environment- directed) or by acquiring necessary information, skills or assistance (self-directed). In contrast, emotion-focused coping is a palliative response that aims to eliminate negative emotional reactions to the event.*

#### Coping strategies for our Body

- Diet
- Yoga
- Sound sleep
- Avoid Drugs
- Plenty of water drinking
- Avoid alcohol

- Exercise

**Coping strategies for our Mind**

- We need to give some time to ourselves. We need to talk to ourselves. Purpose of talking to ourselves is that it will give us an opportunity to us to be with us and understand our strengths and weaknesses. It will help us to keep us calm and relax in some any difficult situation.
- We should be Relaxed in our mind so that we can bear up with the contrast situation with Cool.
- There should be a clear boundary in our mind between our homes and offices. This line if drawn cleverly and distinctly can help us keep calm and be stress free.
- Using humor can also help us divert our mind from the stressful situation and make us feel relax.

In order to consider the problems created by STRESS we have tried to find out few practical solutions to the problems by interviewing experts who deal with the stress patients on a regular basis. **In this paper we have taken expert opinion of 31 experts and than come to the conclusion that there are various cures like:**

- Reading Books
- Listening Music
- Meditation
- Communication
- Dancing
- Sports
- Activity
- Yoga
- Universe – Lucknow City

**Data Analysis Tools**

Simple excel calculations & Pie chart to get a much detailed situation

Sr No. Respondents	Responses												
	Meditation	Yoga	Books	Medication	Exercise	Mus-ic	Hob-by	Fam-ily	Com-edy Shows	Com-muni-cation	Healthy Food	Sports	Lifestyle
1	Y	Y	Y	Y									
2		Y			Y								
3	Y	Y			Y	Y	Y						
4		Y				Y		Y					
5					Y			Y					
6				Y									Y
7		Y			Y	Y							
8	Y	Y				Y							
9		Y											
10		Y				Y					Y		
11		Y											
12	Y	Y		Y						Y			
13		Y				Y							Y
14	Y	Y		Y		Y							
15	Y	Y											
16	Y	Y				Y	Y						
17		Y			Y	Y					Y		
18		Y			Y	Y			Y			Y	
19	Y				Y	Y	Y				Y		

- Singing
- Hobby
- Medication

**There is no doubt that all these ways are very effective in curing the problem of STRESS but it is a tough task to focus on all these remedies in one paper, So in order to make our paper more and more productive we have Finalized upon the two most talked about remedies through pie chart and discussed these in elaborate manner .**

**Need & Scope of Study:**

- To Understand Stress and Stressors
- To make people aware of the evil called STRESS
- To come up with some positive remedies for STRESS

**Research Methodology**

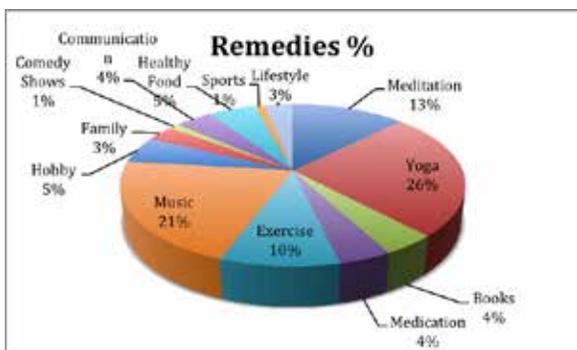
A good research design ensures collection of data and extraction of information from that data so that some worth analysis could be done. Extensive review of literature has been done to arrive at our research problem . Both primary and secondary data is collected to come to some conclusion. **Primary data is be obtained by survey method, Through Questionnaires where as the secondary data is fetched from some authentic source like books, research periodicals, newspaper and internet.**

**Research Design:** Descriptive & Exploratory

**Method of Sample selection**

- Simple Random Sampling
- Sample Size- 31

20	Y	Y	Y			Y				Y	Y		
21		Y				Y							
22			Y			Y							
23		Y					Y			Y			
24		Y			Y	Y		Y					
25	Y	Y			Y	Y							
26		Y				Y							
27	Y	Y											
28			Y			Y							
29							Y			Y			Y
30						Y					Y		
31	Y	Y				Y							
	12	24	4	4	9	20	5	3	1	4	5	1	3



With the help of this Pie chart we can very easily make out that the top two remedies talked by the experts are

Yoga with a total of 24% &

Music with a total vote share of 21%

In the second part of the paper we will be discussing these remedies in detail.

**YOGA**

**Origin**

Yoga is originated to date back to pre Vedic Indian Traditions as mentioned in Rig Veda. But it actually developed around sixth and fifth century in ancient India's movements.

Yoga is said to be derived from the Sanskrit word "Yuj" which means union of the individual consciousness or soul with the universal consciousness or Spirit.

People think that yoga is a physical form of exercise which includes twist, turn, breathe in the most complex ways but these are only the superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul.

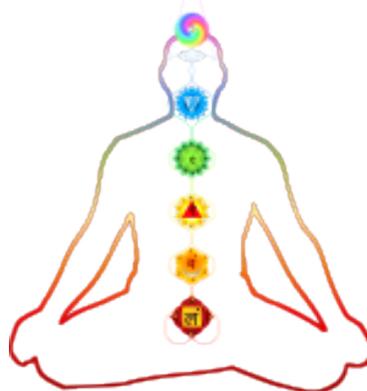
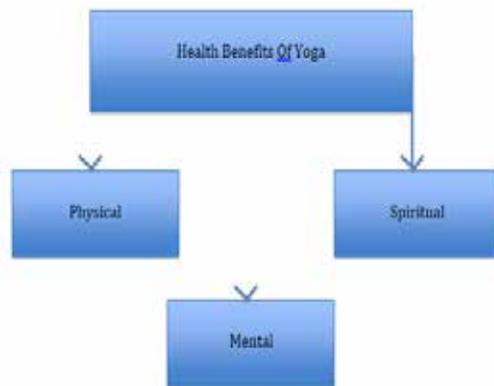
Yoga is 5000 Year old Indian body of knowledge.

**Yoga Introduction To the West**

Yoga Gurus like Vivekananda introduced Yoga to the west in the late 19<sup>th</sup> and 20<sup>th</sup> century. Though Yoga became more popular in the west as a form of physical exercise but in India it had more implication as a mental and meditative exercise.

**Potential Health Benefits Of Yoga**

Yoga is shown to improve mood and anxiety disorders. Studies of effects of yoga on heart disease suggest that yoga may reduce blood pressure, improve symptoms of heart failure, enhance cardiac rehabilitation and cardiovascular risk factors..



7 chakras of body which are said to have been enlightened by practising YOGA

**Physical Benefits Of Yoga**

- Improves posture
- Improves Immunity
- Creates Toned, flexible and strong body

- Helps maintaining a balance Metabolism
- Improves functioning of Lungs
- Improves Blood pressure
- Betters sleep
- Improves digestion
- Improves elimination and respiratory function
- Relieves Pain
- Promotes cardiovascular functioning of the body

#### Mental Benefits Of Yoga

- Relaxes the Mind
- Attunes the mind to the environment
- Improves the concentration
- **Reduces stress and Mentality**
- Encourages positive Thought

#### Spiritual Benefits Of Yoga

- Connection with the divine energy

#### International Yoga Day

On 11 December 2014, The 193-member United Nations General Assembly approved by consensus, a resolution establishing 21 June as 'International Day of Yoga'

#### MUSIC

**As per American Psychological Association** There's just something about music — particularly live music — that excites and activates the body," says Loewy, whose work is part of a growing movement of music therapists and psychologists who are investigating the use of music in medicine to help patients dealing with pain, depression and possibly even Alzheimer's disease. "Music very much has a way of enhancing quality of life and can, in addition, promote recovery."

Music has the ability to quickly shift our mood, affecting our subconscious mind where pesky negative thoughts feed on our fears and fuel the fires of stress.

Music is an extremely effective tool in eliminating stress from the mind of a person . it helps in shifting the thought process originating in a mind from a stressful situation towards a more free zone .

#### Music to treat pain and reduce stress

Music can help adult patients, too. Researchers at Khoo Teck Puat Hospital in Singapore found that patients in palliative care who took part in live music therapy sessions reported relief from persistent pain (Progress in Palliative Care, July, 2013). Music therapists worked closely with the patients to individually tailor the intervention, and patients took part in singing, instrument playing, lyric discussion and even song writing as they worked toward accepting an illness or weighed end-of-life issues. "Active music engagement allowed the patients to reconnect with the healthy parts of themselves, even in the face of a debilitating condition or disease-related suffering," says music therapist Melanie Kwan, co-author of the study and president of the Association for Music Therapy, Singapore. "When their acute pain symptoms were relieved, patients were finally able to rest."

#### How can we distress ourselves with Music ?

**Rise up with a beautiful Music:** One should try waking up with a beautiful note of music . Music pleasing to ears

helps us to start the day on a much motivating note.

**Singing:** Singing could probably be called as the next level of meditation. It helps us to deviate our mind from a stressed situation to a different much lighter level and distress ourselves.

**Playing with Music:** Playing with music helps us to shift thought process and moods. Its like multi vitamin for brain, engaging more areas of the human brain than any other activity.

**Reprogram with Music: Unfortunately,** We tend to hold onto those negative impressions longer and repeat them more often, either consciously or subconsciously, reinforcing those anxiety and fear producing vibrations. Although it takes more effort to trigger the part of our brain that reassures us it is okay to relax, music can help us do so. One of the keys to breaking repeating negative thought patterns that fuel stress is to create new and stronger positive ones. This is the reason for repeating positive affirmations, focusing on more self-assuring thoughts, or chanting mantra—to reprogram our brain, all the way down into our subconscious.

**Walk with Music:** Movement—whether walking, stretching, yoga, running, playing sports, or other kinds of workout—can also be one of the best ways to eliminate built-up tension and lactic acid that gets trapped in our bodies and creates stress and disease. Adding music can enhance the effect. A morning walk or run, or even yoga or stretching, can become easier and more enjoyable if you have music as your personal coach and companion.

**Transport yourself With Music:** Unfortunately, getting stressed or worrying about it doesn't make the time go slower nor the traffic move faster. Because a traffic jam is one situation where it is difficult to change the external circumstances, we must resort to changing our own internal state to avoid and relieve stress. If we have a regular commute, it can be a great time to listen to a variety of music to explore what works best for us and determine what we will want to add to our driving playlist.

**Work With Music:** Soothing music in the background can help avoiding background distractions at work. The right background music can help everyone work through routine tasks in a better mood, and listening to inspiring music on breaks can help us recharge our own systems.

**Enjoy with Music:** For a much relaxed mind we should cut ourselves from the outside world for some time and try and connect ourselves with our own selves and this is only possible if we make music our best friend or rather only friend for some part of the day. We should allow the sound to move through you and simply let go—of your thoughts, of your day, of your stress. Ease your transition from the challenging world outside, and slip into the healing world of sound.

**& Yes in the last we can say that  
Happiness = Life with Music**

#### Findings:

- Experts have approved of the fact that Stress has become a common problem in every household
- The Two most popular remedies apart from medication used to cure Stress could be Music & Yoga

**Conclusion:**

There are so many theories for stress so what do we do with that... and where do we go from here? All these theories reflect a number of perspectives from where we can look at our word STRESS, all these theories offer us a common strand a common lens from where stress can be explored.

Stress is a part and parcel of our day to day lives, it is a psychological state of mind which if not controlled at an early stage can often lead to a very disastrous ending. It is a broad process of interaction of an individual with his environment and should be taken care at the inception stage itself. There are many remedies to cure it and it is up to us, which one we want to take up to because healthy stress can lead to our growth but Eustress can lead to disasters.

**Future Prospects/Need for Research in this field**

It is no more hidden now that stress is killing many people silently and if this monster is not taken care of at a very early stage it may continue to take more and more life's. The worst problem with stress is that it does not only kills the person suffering from it but also creates problems for the families of people dealing with it .

With the help of this paper, It will be tried that people can know the solutions of the STRESS and how these remedies can help them come out of this evil and lead a normal life.

**Limitation:**

- This research is limited to the city of Lucknow and results may vary in different cities
- The total number of respondents are few, results may be varied if in case we would have taken more respondents
- The research basis was purely on the perceptions & the experience of the experts from the medical field

**Recommendation:**

- Bigger Sample size would have given better results
- Experts if interviewed from other cities and places would given us a much broader perspective

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