

**Full Length Research Paper****Stress-Induced Problems and their Management in Bank Employees Using Yoga**

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*This study was undertaken to analyze the effect of stress-induced problems and their management using yoga as a tool among the bank employees who work throughout the clock. Research on this aspect is sparse. Hundred (100) Bank Employees were randomly selected from different banks of Gulbarga city. The employees were asked to write down their food habits, life-style and the information were maintained as confidential and analysis of this information revealed that they were leading a stressful life, off which they were either not aware or neglected in their busy schedule. Therefore they were asked to attend a yoga program for four months for which they easily agreed. The results clearly revealed that the yoga program improved the health of bank employees with a relaxed life style and better health.*

**Keywords:** *Stress management, Bank Employees, Yoga, Instant relaxation technique, Deep relaxation technique*

**Introduction**

Today man is subjected to a large number of stressful situations in the modern fast way of life and his balance is frequently disturbed due to his unlimited search for happiness and desire to increase living standards by acquiring more and more comfort-giving objects and experiencing sensual pleasures which result in stressful life. Selye and Levi (1) have defined stress as a non-specific, conventional and phylogenetic based response pattern, the primary function of which is to prepare the body for physical activity such as fight or flight. If, however the subject lacks the means of restoring either to fight or flight i.e. of relieving the stress reaction, stress gives rise to distress which manifests itself in the form of psychosomatic symptoms or disorders. Stress according to yoga is imbalance. At the mental and physical levels, it is excessive speed and thus demanding situations which causes pain and leads to ailments and disease (2). Therefore, this study was undertaken to analyze the effect of stress-induced problems and their management using yoga as a tool among the bank employees who work throughout the clock.

**Materials and Methods**

Hundred (100) Bank Employees were randomly selected from different banks of Gulbarga city. The employees were asked to write down their food habits, life-style and the information were maintained as confidential and analysis of this information revealed that they were leading a stressful life, off which they were either not aware or neglected in their busy schedule. Therefore they were asked to attend a yoga program for four months for which they easily agreed. The yoga for Bank Employees stress management was performed under guidance as:

- 1. Instant Relaxation Technique (IRT):** stretch and relax in *savasana* which was done in phases for 1 minute in which tightening (stretch) for 20seconds and relaxation for 40 seconds.
- 2. Quick Relaxation Technique (QRT):** *Savasana* done in 3 phases. Each phase is for 1 minute in which (a) Observation of abdominal muscle movement is done for 1 minutes (5 round), (b) In association with breathing for 1 minute (6 times), (c) With feeling for 1 minute
- 3. Deep Relaxation Technique (DRT):** *Savasana* done in 6 phases. Part by part relaxation is done by directing the attention of the mind on different parts of the body starting from toes and ending with the head, a feeling of relaxation is propagated. They are done as: (1) Toes to waist for 45-50 seconds (2) Waist to neck for 1.25 minutes (3) Complete head for 1 minute (4) Complete body from toes to head 50 seconds (5) Body apartness for 45 seconds (6) Tuning to the infinite for 1.20minutes.
- 4. Self Management of Excessive Tension (SMET):** The session starts with the prayer in *savasana* by lying down on back, in *savasana* posture. Relax –legs apart, hands by the side of the body, slightly away. Palms facing the ceiling, eyes gently closed, face smiling. The back part of the body is in contact with the ground and all the bank employees' prayer along with the researcher who is guiding them.

## Results

Before the Yoga program the Bank Employees has either not recognized or had ignored manifestations of tension and stress in them. They reported their experiences as follows:

- *High muscle tone evidenced by stiff muscles in several parts of the body (neck, arms, back legs).*
- *Increased pulse rate and high Blood Pressure.*
- *High breathing rate*
- *Haphazard and imbalanced breathing between the two nostrils*
- *Periodic outburst of anger, fear, depression etc over juniors*
- *Restlessness, lack of concentration, decreasing clarity in thinking.*

Since the Bank employees explained their problems, they were able to recognize that they were leading a tensed and stressful life.

The Bank employees undertook the yoga program for four months with interest and they reported their experiences as:

- *They had relaxed body*
- *Normal B P*
- *Normal pulse rate*
- *Normal breathing*
- *They were more friendly with their juniors*
- *And were able to work more efficiently with any breaks for tea or cigar. And had clear vision in their mind and execute their project effectively.*

## Discussion

In irritating stress we have been looking at one segment of the population of the world namely the highly developed sector, for whom issues such as the usefulness, advantages as well as the problems and the challenges of scientific progress and technological advancements, are at the fore-front. The fast, sensitive, sharp mind of modern man is demanding its physical system to cope with rush. Unable to meet the challenge, the physical system is collapsing and problems of hypersensitivity and stress are on the ascent.

Yoga, far from being a mere physical or breathing acrobatics or a demonstration of magic or supernatural powers, is a science of the future, with a holistic vision relevant to a progressive society. Yoga not only works to bring fitness and vigor to the physical body, but harnesses our will and emotions and expands our power of insight, vision and analysis. Such a science to harness the will, calm the mind and steady the emotions, without losing the sharpness of intellect is the key to human progress.

The stress accumulated at the body level as stiffness of joints and spasms of muscles can be released by the practice of yogasanas which are congenial postures of the body to help in calming down the mind. Slow movements help in combating the rush from within. This study has revealed the same results. Rhythmic breathing and the breath-slowness process of Pranayama bring a balance at the pranic level. Retaining awareness and relaxation throughout the practice helps to gain mastery over the mental processes and thus eliminate imbalances.

The yogic way of management of stress, is totally holistic, and is based on an understanding of the concept of stress. It is not enough, if we work at the physical level alone to reduce stress, it is mandatory to bring a balance at all the other levels too. This is the total approach used in yoga.

As observed in this study, smoking increases the heart beat and stimulates the system. Tobacco produces more carbon monoxide and then increases the load on the heart, obviously increasing risk factor for coronary diseases. And more percent of Bank employees indulged themselves in alcohol, which indeed was not a solution for stress. As evident from the data collected from Bank Employees medical history, the blood pressure was stable and reduced when compared to BP before the practice of yoga (Bank Employees medical history collected for three months before and after the yoga program). The control over breathing also improved after the yoga program. However, the BP treatment of the BP Bank employee continued with lower dosages as prescribed by their physicians.

## Conclusion

The challenge of stress is thus the drive for a progressive move from the matter-based approach to a mind-based approach; from the economic based to a health-based measure of progress. Yoga is the right science for such a transformation which is in the offing.

## References

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