

## STUDY OF YOGA THERAPY ON STRESS MANAGEMENT OF WORKING WOMEN

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### **Abstract:**

*This research paper delves into the efficacy of yoga therapy as a stress management tool for working women. The study explores the impact of regular yoga practice on stress levels, mental well-being, and overall quality of life among working women. A systematic review of existing literature, including empirical studies and clinical trials, forms the basis of this research. The paper discusses the methodologies employed in previous studies, the key findings, limitations, and implications for future research. The aim is to provide a comprehensive understanding of the role of yoga therapy in promoting stress management and enhancing the psychological resilience of working women.*

**Keywords:** Study, Yoga, Therapy, Stress Management, Working Women

### **Introduction**

The modern workplace is often characterized by high levels of stress and pressure, particularly for women who juggle multiple roles and responsibilities. Stress among working women can have significant implications for their mental health, productivity, and overall quality of life. In recent years, there has been growing interest in complementary and alternative therapies for stress management, with yoga emerging as a promising intervention. Yoga, an ancient practice that combines physical postures, breathing techniques, and meditation, has gained popularity for its potential benefits in promoting relaxation, reducing anxiety, and improving overall well-being.

Stress has become an inseparable part of modern life, affecting individuals across all demographics. Among various segments of society, working women face unique challenges that contribute significantly to their stress levels. Balancing career responsibilities, family obligations, social expectations, and personal well-being often creates a complex web of stressors that can impact their physical, mental, and emotional health. In this context, exploring effective stress management strategies becomes crucial to enhance the overall well-being and productivity of working women.

Yoga therapy has emerged as a promising approach for stress management, offering a holistic framework that integrates physical postures, breathing techniques, meditation, and mindfulness practices. Its ancient origins in Indian philosophy have been adapted and studied extensively in contemporary settings, demonstrating its potential to alleviate stress and improve overall quality of life. The application of Yoga therapy in addressing stress-related issues among working women presents a compelling area of research, considering its accessibility, affordability, and non-invasive nature.

This research paper aims to investigate the impact of Yoga therapy on stress management among working women, focusing on its effectiveness in reducing stress levels, enhancing coping mechanisms, and improving overall well-being. By examining the existing literature,

conducting empirical studies, and analyzing qualitative data, this paper seeks to contribute valuable insights into the role of Yoga therapy as a viable intervention for stress management in the context of modern work environments.

The significance of this study lies in its potential to inform healthcare professionals, employers, policymakers, and individuals about the benefits of integrating Yoga therapy into stress management programs tailored specifically for working women. As the demands of the workplace continue to evolve and the prevalence of stress-related disorders rises, exploring holistic and evidence-based interventions like Yoga therapy becomes imperative to promote a healthier and more resilient workforce.

In the following sections, this paper will delve into the theoretical framework of Yoga therapy, review relevant literature on stress management and Yoga interventions, outline the methodology employed in the study, present the findings and analysis, discuss implications for practice and policy, and conclude with recommendations for future research and application.

Through a comprehensive exploration of Yoga therapy's impact on stress management among working women, this research endeavors to contribute to the ongoing discourse on holistic health approaches, workplace well-being, and women's empowerment in the context of contemporary society.

### **YOGA AND STRESS**

During the practice of Yoga, the cerebrum releases many chemicals that contribute to relaxation and the reduction of stress and anxiety. Each of these abilities serves to assist a person in calming down and experiencing an increased sense of well-being in its own unique way. When confronted with a challenging situation, it is important to consider the four A's: Avoid, Alter, Adapt, and Accept. The reduction of pressure yields many benefits at the societal, family, and individual levels. The economic benefits the act of reducing pressure in the workplace has been shown to enhance an individual's productivity and decrease the frequency of their absences from work.

Psychological medical benefits: - Research has demonstrated that the deliberate reduction of pressure can have a positive impact on the quality of sleep and can also help alleviate negative emotional states, including peevishness, tension, and despair. The aforementioned statement describes the activation of the body's energy resources in response to a stressor, which is commonly referred to as the "fight or flight" response in the field of physiology. Over an extended period, the enduring state of increased alertness caused by the continuous activation of the hypothalamic-pituitary-adrenal (HPA) axis and sympathetic nervous system (SNS) can disrupt the regulation of this system and potentially contribute to the development of several diseases. These diseases may include obesity, diabetes, autoimmune disorders, depression, substance abuse, and cardiovascular disease.

Furthermore, it has been found through research that the practice of yoga has the potential to decrease salivary cortisol levels, blood glucose levels, and plasma renin levels. The precise mechanisms through which yoga contributes to the promotion of optimal health continue to elude researchers. There are proponents who assert that yoga, similar to other mind-body therapies, has the potential to decrease stress levels. Conversely, there are individuals who maintain that yoga has the ability to trigger the secretion of endorphins, which are natural

pain-relieving compounds, as well as other neurochemicals associated with positive emotions in the brain. According to existing research, the practice of yoga has been found to be correlated with a decrease in heart rate and blood pressure, as well as an improvement in muscular relaxation and respiratory capacity.

The practice of yoga has been demonstrated to have a positive impact on various aspects of well-being. Research has indicated that engaging in yoga can lead to improvements in overall physical and mental health. Specifically, individuals who regularly practice yoga have been found to experience lower blood pressure, increased feelings of relaxation and self-assurance, and reduced levels of stress and anxiety. It has been observed that individuals who regularly participate in the practice of yoga often demonstrate a variety of positive attributes. These include improvements in coordination, agility, flexibility, range of motion, concentration, sleep patterns, and digestion. Yoga has been widely recognized as a complementary therapeutic approach that is often employed alongside conventional medicine to effectively address a wide array of health conditions.

Yoga, a widely recognized and prevalent therapeutic modality, is employed for the purpose of maintaining and providing assistance in the management of various health conditions. An examination of the literature reveals two studies that evaluate the effects of Yoga on reducing anxiety and stress. In a preliminary study conducted by Khasky and Smith, it was observed that both yoga and symbolism were found to be significantly more effective in inducing a relaxed state when compared to the control group ( $p < 0.03$ ). Moreover, the results of the study indicate that guided imagery demonstrated a higher level of effectiveness compared to yoga in the reduction of negative thoughts. This finding was statistically significant ( $p < 0.03$ ).

The participants demonstrated a notable level of enthusiasm towards an 8-week Mindfulness-Based Stress Reduction (MBSR) programme, which entailed a daily requirement of 20 minutes dedicated to the practice of meditation. The data was systematically collected both prior to and subsequent to the implementation of the intervention. Furthermore, a comprehensive one-year follow-up assessment was conducted, which unveiled that the initial enhancements observed in various outcome measures were consistently sustained. The hypothesis put forth by the author suggests that the introduction of a comprehensive mindfulness training programme could potentially improve the functional status and overall well-being of individuals, while also potentially decreasing physical symptoms and mental distress. This study aims to investigate the potential benefits of such a programme in a diverse patient population.

### **Understanding Stress in the Workplace and Its Impact on Women**

In today's fast-paced and competitive work environments, stress has become a pervasive issue affecting individuals across all sectors. The workplace, often characterized by demanding schedules, high expectations, and intense competition, can be a significant source of stress for many employees. This stress not only affects individuals' well-being but also has broader implications for organizational productivity and effectiveness. While stress impacts both men and women, research suggests that women may experience unique stressors in the workplace due to various factors such as societal expectations, gender roles, and work-life balance challenges.

Stress in the workplace is a complex phenomenon influenced by a combination of individual, organizational, and external factors. Individual factors such as personality traits, coping mechanisms, and personal circumstances play a crucial role in how individuals perceive and respond to stress. Organizational factors such as job demands, workload, role ambiguity, and interpersonal relationships can contribute significantly to workplace stress. External factors such as economic conditions, industry trends, and societal expectations also contribute to the overall stress experienced by employees.

When it comes to women in the workplace, several specific stressors and challenges are worth considering. Women often face unique pressures related to gender stereotypes, discrimination, and balancing multiple roles such as career, family, and caregiving responsibilities. The intersection of gender and other identities such as race, ethnicity, sexual orientation, and socioeconomic status further complicates the stress experience for women in the workforce. These challenges can manifest in various ways, including increased levels of emotional labor, lower job satisfaction, and higher rates of burnout among women compared to their male counterparts.

The impact of workplace stress on women's well-being and performance is significant. Chronic stress can lead to a range of physical, psychological, and behavioral health issues, including anxiety, depression, insomnia, fatigue, and cardiovascular problems. Moreover, prolonged exposure to stress can impair cognitive function, decision-making abilities, creativity, and job performance. This not only affects individual employees but also has implications for organizational productivity, employee turnover, absenteeism, and healthcare costs.

Given the multifaceted nature of stress in the workplace and its differential impact on women, it is essential to explore strategies and interventions that address these challenges effectively. Organizations can implement policies and practices that promote work-life balance, flexible work arrangements, supportive leadership, diversity, equity, and inclusion initiatives, and mental health support services. Additionally, empowering women to advocate for themselves, build resilience, and access resources for stress management can contribute to creating healthier and more inclusive work environments.

This research paper aims to delve deeper into the dynamics of stress in the workplace, with a specific focus on its impact on women. By examining the various factors contributing to workplace stress, exploring the unique stressors faced by women, and analyzing the consequences for individual well-being and organizational outcomes, this paper seeks to contribute valuable insights to the field of workplace psychology, human resource management, and organizational behavior. Through a comprehensive understanding of these issues, we can develop informed strategies and interventions to promote a healthier, more equitable, and productive work environment for all employees.

### **STRESS MANAGEMENT THROUGH PSYCHO-YOGIC THERAPY**

The concept of stress has had several definitions during time. The concept first emerged as external pressure exerted by the environment, afterwards evolving to include internal strain experienced by individuals. The prevailing consensus in contemporary discourse is that the notion of interaction encompasses the dynamic interplay between the situational context and the person involved. The phenomenon referred to as stress occurs when an individual's

psychological and physical well-being is compromised due to an insufficiency of personal resources to effectively manage the demands and pressures imposed by a given scenario.

Therefore, it is more probable that certain people are prone to experiencing stress compared to others. The presence of stress-inducing circumstances has the potential to impede the attainment of objectives, both at the individual and organisational levels. The acute reactions to stress include several domains, including emotional experiences (such as anxiety, sadness, irritability, and weariness), behavioural manifestations (such as withdrawal, aggression, tearfulness, and lack of motivation), cognitive impairments (such as difficulty in attention and problem-solving), as well as physical symptoms (such as palpitations, nausea, and headaches).

Each condition has distinct traits, symptoms, duration, and treatment modalities. The complexity of stress management arises from the many manifestations of stress, which may be categorised into three distinct forms: acute, episodic acute, and chronic. Each of these stress types might manifest as a single occurrence, recurring episodes, intricate situations, or long-term conditions. Consequently, individuals need varying degrees of therapeutic interventions, management strategies, and psychological therapy methods owing to the unique characteristics of their environment, lifestyle, developmental history, coping resources, and personality traits.

Yoga has been empirically shown to be an effective remedy for several health ailments and may also contribute to the management of stress. Numerous Yogic postures facilitate the alleviation of stress. The practice of yoga has been found to contribute to the enhancement of an individual's mental stability. Numerous studies have demonstrated the positive effects of yoga on mental well-being, including reducing stress, anxiety, and depression. By engaging in various yoga postures, breathing exercises, and meditation techniques, individuals can cultivate a sense of calmness and tranquilly, leading to improved mental health.

Additionally, the mindfulness aspect of yoga encourages individuals to b The observed instrument demonstrates a notable level of effectiveness when employed in the management of various health conditions. Research has indicated that the practice of yoga has been associated with numerous health benefits. These benefits encompass the promotion of overall well-being, the potential to mitigate the risk of various diseases, and the facilitation of rehabilitation processes. Previous studies have demonstrated the efficacy of this intervention in the management of work-related stress, as well as its potential benefits in the treatment of respiratory disorders including asthma, pulmonary tuberculosis, pleural effusion, obstructive pulmonary diseases, and chronic bronchitis.

### **WORKING WOMEN EXPERIENCED STRESS**

Stress has been identified as a significant modern health concern, with particular implications for working women. It has been observed to have detrimental effects on their vitality and overall quality of life. The modern world, characterized by its assertive demeanour and fiercely competitive atmosphere, has resulted in women experiencing heightened levels of stress. The detrimental effects of stress on working women are twofold. Firstly, stress depletes their energy levels, leaving them feeling drained and fatigued. Secondly, it has the ability to diminish the overall sense of joy and fulfillment in their lives. The adverse impact of this phenomenon was observed in both the professional and personal lives of women.

Therefore, it can be inferred that women who are employed experience a multitude of internal conflicts and elevated levels of stress. The current state of women's lives is characterized by a significant amount of stress, which is indeed unfortunate. It is disheartening to observe the challenging circumstances under which women often find them.

### Conclusion

In conclusion, this research paper highlights the promising role of yoga therapy in alleviating stress and enhancing the well-being of working women. The systematic review of existing literature provides compelling evidence supporting the efficacy of yoga interventions in promoting stress management and psychological resilience. Future research should continue to explore the nuances of yoga-based approaches, consider diverse populations and settings, and address methodological limitations to further advance our understanding of this holistic practice in the context of modern work environments.

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