



A Study To Determine The Effectiveness Of Psychoneurobics On The Level Of Stress Among Women In The Age Group Of 20 Years To 50 Years In A Club At Bangalore; A Pilot Study

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ABSTRACT

The aim of this study is to find out the effectiveness of psychoneurobic practice on Stress Management. The Simplest definition of stress is a response to demands ¹ As per Survey Report of Manovikasa Psychological Institute, India, Indian women are suffering from severe stress. Hence this Research is focused towards decreasing the stress level in women group through psychoneurobic practice. Psychoneurobics is an Energy Therapy. In psychoneurobic, we inhale the Cosmic Energy through the power of mind and then transfer it to our body, neuro-system. The experimental approach is used for this pilot study and design was one group pre-test and post-test for women group aged between 20 to 50 years in a club. The women group were trained to practice psychoneurobics (peaceful neurobics) and the neurobic machine is used to measure stress level. Paired T-Test was used for statistical analysis. The Psyconeurobic practice revealed that there is a decrease in stress level among women, thereby improving the quality of life at the outset.

Keywords: Stress, Effectiveness, Psychoneurobics, Women, Neurobic Machine.

1. INTRODUCTION

Today is Stress Era. Stress is dominating the whole of mankind and as such we are succumbed to various decreases mainly because of stress. The Simplest definition of stress is a response to demands ^{1w} men, in particular, may have to juggle with a range of competing demands from family, partner, career, domestic and social commitments, etc³. Survey Report of Mano Vikasa Psychological Institute says that in India women are subject to severe stress. The Analysis of the report further reveals that stressors are Gents (50%), other ladies (27%) and personal reasons (23%) ⁴.

“Stress is the latest killer. It is the cause rather than the effect of several physicals, mental and emotional problems”⁶. The stressful persons are always under pressure, due to which they usually subject to the various ailments. But in most of the ailments, stress often goes unidentified before the ailing symptom. “Recognition thus could go a long way, in remedying the problem often it is said that RECOGNITION is half the solution”⁷ “Hence besides finding the stressors, the solution for decreasing the stress level is also the need of the hour.

Psychoneurobics is energy therapy. In Psychoneurobics we inhale the cosmic energy through the power of mind and then transfer it to our neuro system. It integrates Light Neurobics, Sound Neurobics, and Easy Neurobics⁵. It establishes a direct link between soul, mind activities and psychical well being⁶.

1.1. Objectives :

- To assess the level of stress among women aged 20 to 50 years
- To determine the effectiveness of psychoneurotics on the level of stress

2. METHODOLOGY

The research method was used experimental and pretest and post-test for women group was the design. The assessment was conducted for the effectiveness of psychoneurobics practice on the level of stress among women in the age group of 20 to 50 years. It was a mixed group of employees, Housewives, Married and unmarried women. The study was conducted at Dr.B.R.Ambedkarnagar Yuva Sene, Basaveshwaranagara, and Bengaluru. As per ICMR guidelines the informed consent forms, duly signed are obtained from all the participants before conducting the experiments.

All the participants' stress level was measured before the psychoneurobic practice session. (Pre-Test). All the participants were trained for psychoneurobics and instructed to practice. (Peaceful neurobics). After the practice of psychoneurobic exercise for ten minutes, the stress level is measured. (Post-Test). The tool used in the study was Neurobic Machine for the measurement of stress level. This machine is used and validated by the experts in the field of medicine and the authorities of various hospitals. T-Test is used for statistical analysis.

Table 1

Type	Stress Level as per Neurobic Machine Reading
The happiest State of Mind	1-20
Happy State of Mind	21-50
Mild Stress	51-60
Moderate Stress	61-75
Severe Stress (Chronic Stress or Depressed state)	76-100

Table-2

Stress Level among women in the pre-test				
Type	Reading	No. of women	%	Remarks
The happiest State of Mind	1-20	01	8.3	
Happy State of Mind	21-50	03	25	
Mild Stress	51-60	05	41.7	
Moderate Stress	61-75	01	8.3	
Severe Stress (Chronic Stress or Depressed state)	76-100	02	16.7	

Table-3

Stress Level among women in the pre-test				
Type	Reading	No. of women	%	Remarks
The happiest State of Mind	1-20	01	8.3	
Happy State of Mind	21-50	10	83.3	
Mild Stress	51-60	01	8.3	
Moderate Stress	61-75	-	-	
Severe Stress (Chronic Stress or Depressed state)	76-100	-	-	

Table -4

Comparison of Pre-Test and Post-Test Stress level among women.					
Stress Level	Mean	Standard deviation	t Value	p value	Remarks
Pre-Test	55.25	18.96	4.103	0.000875	The result is significant at P < 0.05
Post-Test	29.66	11.32			

3. RESULTS

The readings in Table 1 are used for analysis of the stress level.

The data presented in the table -2 shows the stress level before the psychoneurobic practice among women. Among the group, four members had a happy state of mind and 8 members had stress. The details of the type of stress and percentage are also mentioned in the table-2.

The data presented in the table-3 shows that after psychoneurotic practice among women, the findings of the post-test reveal that majority 11 (91.6%) was in a happy state of mind and 1 (8.3%) felt mild stress. It shows that psychoneurobic practice decreases the stress level among women.

The data present in the Table-4 shows that the total calculated t value is 4.103, which is statically significant. The value of p is 0.000875. The result is significant at $p < 0.05$. The result shows that psychoneurobic practice had an impact on the level of stress among women. The mean score and SD obtained in post-test were 29.66 and 11.32 as against 55.25 and SD 18.96 respectively in the pre-test. This clearly shows that there was a decrease in mean and SD after psychoneurobic practice session among women.

CONCLUSION

The study reveals that there was a significant decrease in the level of test among women in the post-test. The effectiveness of psychoneurobic practice on stress among women using paired t-test shows 4.10, significant at the level $p < 0.05$ ($p = 0.000875$). Finally, it was concluded that psychoneurobic practice is effective in reducing stress level. In the future researcher suggest increasing the sample size in order to magnify the effects of psychoneurobics and to prove psychoneurobic practice enhances the quality of life. Ultimately Research is needed to prove psychoneurobics is the way of life.

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