

## EFFECTIVENESS OF PSYCHONEUROBICS ON THE LEVEL OF STRESS AMONG WOMEN

Lalita Singh<sup>1</sup>, Dr Chandra Shekhar<sup>2</sup>

1. Research Scholar, Yoga Samskrutham University, Florida, USA

2. Yoga Samskrutham University, Florida, USA

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### Abstract

The point of this study is to discover the adequacy of psychoneurobic practice on Stress Management. The Simplest meaning of stress is a reaction to requests 1 according to Survey Report of Manovikasa Psychological Institute, India, Indian ladies are experiencing extreme stress. Consequently, this Research is engaged towards diminishing the stress level in ladies a mass through psychoneurobic practice. Psychoneurobics is an Energy Therapy. In psychoneurobic, we breathe in the Cosmic Energy through the intensity of brain and after that exchange it to our body, neuro-framework. The test approach is utilized for this pilot study and configuration was one gathering pretest and post-test for ladies aggregate matured between 20 to 50 years in a club. The ladies gather were prepared to rehearse psychoneurobics (quiet neurobics) and the neurobic machine is utilized to quantify the stress level. Combined T-Test was utilized for factual examination. The Psyconeurobic practice uncovered that there is abatement in stress level among ladies, accordingly enhancing the personal satisfaction at the beginning.

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

### 1. Introduction

Today is Stress Era. Stress is overwhelming the entire of humankind and thusly we are surrendered to different abatements chiefly in view of stress. The Simplest meaning of stress is a reaction to requests 1w men, specifically, may need to juggle with a scope of contending requests from family, accomplice, profession, household and social responsibilities, etc3. Survey Report of Mano Vikasa Psychological Institute says that in India ladies are liable to serious stress. The

Analysis of the report further uncovers that stressors are Gents (half), different women (27%) and individual reasons (23%) 4.

"Stress is the most recent executioner. It is the reason instead of the impact of a few physicals, mental and passionate issues". 6 The stressful people are constantly under strain, because of which they normally subject to the different sicknesses. Be that as it may, in the vast majority of the diseases, stress regularly goes unidentified before the sickly manifestation. "Acknowledgment in this way could go far, in curing the issue

frequently it is said that 'Recognition' is a large portion of the arrangement" 7 "Consequently close to finding the stressors, the answer for diminishing the stress level is additionally the need of great importance.

Psychoneurobics is vitality treatment. In Psychoneurobics we breathe in the enormous vitality through the intensity of brain and afterward exchange it to our neuro framework. It coordinates Light Neurobics, Sound Neurobics, and Easy Neurobics<sup>5</sup>. It sets up an immediate connection between soul, mental exercises and psychical well being<sup>6</sup>.

### Objectives:

1. To evaluate the dimension of stress among ladies matured 20 to 50 years
2. To decide the viability of psychoneurotics on the dimension of stress

### 2. Methodology

The examination technique was utilized test and pretest and post-test for ladies assemble was the plan. The evaluation was directed for the viability of psychoneurobics practice on the dimension

of stress among ladies in the age gathering of 20 to 50 years. It was a blended gathering of workers, Housewives, Married and unmarried ladies. The study was directed at Dr. B. R. Ambedkarnagar Yuva Sene, Basaveshwaranagara, and Bengaluru. According to ICMR rules the educated assent frames, properly marked are acquired from every one of the members previously leading the examinations.

Every one of the members' stress level was estimated before the psychoneurobic practice session. (Pre-Test). Every one of the members was prepared for psychoneurobics and educated to rehearse. (Quiet neurobics). After the act of psychoneurobic practice for ten minutes, the stress level is estimated. (Post-Test). The instrument utilized in the study was Neurobic Machine for the estimation of stress level. This machine is utilized and approved by the specialists in the field of drug and the experts of different doctor's facilities. The t-test is utilized for factual investigation.

**Table 1:** Stress Level as per Neurobic Machine Reading

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	%
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	%
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 utilized for examination of the stress level. The information displayed in the table - 2 demonstrates the stress level before the psychoneurobic practice among ladies. Among the gathering, four individuals had a cheerful perspective and 8 individuals had stress. The subtleties of the kind of stress and rate are additionally referenced in the table-2.

The information introduced in the table-3 demonstrates that after psychoneurotic practice among ladies, the discoveries of the post-test uncover that greater part 11 (91.6%) was in a glad perspective and 1 (8.3%) felt mellow stress. It demonstrates that psychoneurobic practice diminishes the stress level among ladies.

The information present in the Table-4 demonstrates that the aggregate determined t esteem is 4.103, which is statically huge. The estimation of p is 0.000875. The outcome is noteworthy at  $p < 0.05$ . The outcome demonstrates that psychoneurobic practice affected the dimension of stress among ladies. The mean score and SD got in post-test were 29.66 and 11.32 as against 55.25 and SD 18.96 separately in the pre-test. This plainly demonstrates there was an abatement in

mean and SD after psychoneurobic practice session among ladies.

### 4. Conclusion

The study uncovers that there was a critical decline in the dimension of test among ladies in the post-test. The adequacy of psychoneurobic practice on stress among ladies utilizing matched t-test indicates 4.10, noteworthy at the dimension  $p < 0.05$  ( $p = 0.000875$ ). At long last, it was presumed that psychoneurobic practice is viable in lessening stress level. Later on, analyst propose expanding the example measure so as to amplify the effects of psychoneurobics and to demonstrate psychoneurobic practice upgrades the personal satisfaction. At last, Research is expected to demonstrate psychoneurobics is the lifestyle.

### References

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