

THE INTERNATIONAL JOURNAL OF HUMANITIES & SOCIAL STUDIES

Mental Health & Stress – A Comparative Study Among Yoga Doer and Yoga Non Doer Executives

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Abstract:

The present study has been designed to investigate the difference of mental health and stress among Yoga doer and Yoga non doer executives. For this purpose 120 executives are selected from Aurangabad district in which executives from Yoga doer & Yoga non doer (60 yoga doer & 60 yoga non doer male executives). All the participants were administered the mental health inventory and stress inventory. Data was analyzed using 't' test. The result reported that there exists a significant difference in mental health among yoga doer and yoga non doer executives. Yoga doer executives had better mental health as compared to yoga non doer executives. Significant difference is also observed between yoga doer and yoga non doer executives as regarding to their level of stress scores.

Keywords: Yoga, Mental health, Stress, Yoga doer & Yoga non doer

1. Introduction

In every big organization there are several executives. Their jobs are to execute the system or the policy of the organization. The main purpose of appointing the executives is to execute the policy or the system in an effective manner, so that production by the officers will be increase or the efficiency of the workers will be enhanced. The executives are well qualified, but there is no guarantee that they will be satisfied in their job because of stress. Stress is ubiquitous in our society. It has become an integral part of everyday living. Stress is an unavoidable consequence of modern living. The growth of industries pressure in the urban areas quantitative growth in population and various problems in day-to-day life are some of the reasons for increase in stress is a condition of strain that has direct bearing on emotions thought process and physical condition of a person. Stress has become an important topic for study of organization behavior for several reasons. Stress has harmful Psychological and Physiological effect on employees.

2. Mental Health

Health is an indispensable quality in human beings. In general terms mental health is the fall and harmonious functioning of the involve personality. Mehinger (1945) writes, "Mental health as the adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness". Jahoda (1958), an advocate of the concept of positive mental health said that it means a successful synthesis of the factors, which the people are, where he is and what he wishes to be. There have been many attempts to describe mental health in ideal terms which have generally led to list of qualities which characterize the mature healthy, fully functioning, self actualization.

Many researchers found that yoga helps to reduce stress and mentally healthy.

3. Sample

The sample of the present study consists of 120 executives i.e.60 were doing yoga and meditation regularly and 60 were not doing the yoga and meditation.

4. Tools

1. Occupational Stress Index It was developed by Dr. A. K. Srivastava and Dr. A. P. Singh.
2. Mental Health Inventory

It was developed by Jagdish and Srivastava (1983). Reliability test is found at 0.75 levels.

5. Procedure

In this present study equal numbers of executives selected mediators and non mediators in Aurangabad district.

6. Result and Interpretation

	Stress mean	SD	't' value
Male			
Executive 1 (non mediators)	137.4	14.4	5.33**
Executive 2 (mediators)	118.2	12.2	

	Mental health	SD	't' value
Male			
Executive 1 (non mediators)	147.3	6.91	5.26**
Executive 2 (mediators)	118.2	6.8	

Table 1: Mean, SD and 't' ratio of executive mediators and non mediators on Occupational stress and mental health.

However the results indicate that executives doing the yoga & meditation and non mediator executives differed significantly. Results obtained by 't' test showed that mediator executives and non mediator executives differ significantly with one another on stress scores ($t = 5.33, p = 2.001$) as the executives doing the yoga & meditation have less stress than the non mediator executives . Mediator and non mediator executives differed significantly on mental health ($t = 5.26, p < 0.01$).

Results revealed that executives doing yoga regularly have less stress and good mental health than the non mediator executives. It mean Yoga and Meditation help us to reduce the stress. Each and every person has the time for yoga and meditation.

7. Conclusions

1. Executives doing yoga and meditation regularly have less stress than the non mediator executives.
2. Executives doing yoga and meditation regularly have good mental health than the non mediator executives.

The overall results of the present study suggest the need for stress management by Yoga and meditation.

8. References

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