



Effect of Yoga and Meditation on Stress Management of Male Teachers

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ABSTRACT

Studies attest the fact that meditation enhances performance physiologically and psychologically. It can improve the mental well-being of the teachers. The present research focuses on the exploration of how the teachers, especially male, benefit from meditation. The studies used in the present research help in establishing how yoga can improve mood, reduce stress and control behavior in human beings as compared to those who lack meditation sessions in their routine, all the more in men in teachers, since men (and women) teachers need constant emotional and psychological therapies to guard their instincts in future. This paper traces the positive and encouraging changes in the health of male teachers in parbhani reported after practicing meditation, yoga and such techniques aiding stress management.

Keywords: Male Teachers, Meditation, Stress Management, Yoga.

INTRODUCTION

Education field is a enjoyment and it is highly likely during Education field more social life. In teachers field there is psychological and some time physical working. Further, heightened levels of distress, aggression and social behavior is significantly observed among teachers Stress management has to be dealt with through intervention of different stress management approaches. Within India, not much emphasis is given on the stress management programs, and thus it becomes all the more important to understand the importance of stress management tools with specific reference to yoga and meditation. The concept of meditation for stress

management dates back to early 1900s. Several psychosocial studies conducted in the past have reflected on the effectiveness of yoga and meditation on the overall reduction in stress levels of the teachers. Findings of these studies reflect that although yoga and meditation were being adopted as spiritual practice, however, they have been proven useful in managing social behaviors as well. The fact that yoga has not received any scientific attention it is probably the most less explored areas when it comes to stress management among the teachers. The research is considerably thin in Indian context and more specifically male teachers.

AIM OF THE PAPER

The paper aims to observe through study of how meditation can actually boost the quality of male teachers in terms of reduced stress levels and lesser anxiety among teachers. It studies how meditation and yoga can help teachers manage anger, aggression and social behavior at the time of education work and also in life and so how yoga shall enable the teachers to return back to a normal social life.

Strategies used for stress management:

Currently, teaches or representatives from different NGOs are deployed to determine and manage stress levels among teachers. These NGOs work towards the improvement of overall health of male teachers. Yoga according to research scholars is a complex and dynamic intervention which involves a set of asanas, breathing exercises which relaxes the stress in mind. Further, a number of studies have been conducted in the past to understand the importance of yoga and meditation. Among the studies conducted in the past, yoga and meditation have been found to improve the overall mood (Shapiro and Cline, 2008) of the person, helps in improving emotional wellbeing which ensures that people remain satisfied with their lives (Hartfiel et al., 2011). A number of studies conducted in the last decade indicate that with use of yoga and meditation, reduced levels of anxiety and depression (Streeter et al., 2010; Vadiraja and Raghavendra, 2009; Bekiari et al., 2006) have been observed. Further other than reducing the ill effects of the stress, the yoga and meditation has also been found to stimulate cognition, spatial recall and memory (Manjunath and Telles, 2004; (Rocha et al. 2012).Some studies have also

indicated that with the use of Yoga as a stress-management technique, indicated to improve the overall attention span (Rangan et al., 2009) of the individual and improved emotional wellbeing.

CONCLUSIONS

A number of studies indicate that stress is among the most common problem faced by teachers and thus the study was undertaken to review the importance of stress management tools like yoga and meditation. Research studies prove the importance of stress management tools like yoga and meditation for the betterment teachers and especially the male teachers. It can be concluded from the analysis that yoga and meditation has positive impact on improved mood, reduced stress, lesser psychological distress, improved concentration and decision making and an improved ability to override impulse for male teachers.

Yoga and meditation also help bringing in the positivity among the teachers which help them in positive thinking and motivate to concentrate on other things in which they are interested and in which they prove their actual identity, their real personality.

Further scope of study can be focused on collecting first hand data from the teachers. To determine the actual problems they face and what the stress management tools currently available to reduce their stress levels.

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