

A Study Of Stress Management Techniques Among The Academicians Of Indore City

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1. Stress Management
2. Academicians
3. Yoga
4. Meditation
5. Reflexology

Abstract

This paper aims to study the effect of gender on adoption of the stress management techniques and to compare which of the technique is best as per the views of the respondents from the academia. This quantitative study uses a questionnaire approach to assess the stress management views of academicians of Indore city. For this a sample of 33 academicians were taken. From the results we have found that gender does not affect the efficacy of stress management techniques. We have also conclude that the four stress management techniques have same effect and the difference which is appeared in data is due to chance or is due to fluctuations of sampling. It will be helpful to academicians to improve efficiency and maintain work life balance as well as minimize the stress on the workplace. Whilst a great deal of research has been conducted into the stress management and the techniques, little has examined the stress management of academic people, techniques used and the congruency of the techniques.

INTRODUCTION

What is Stress?

Stress is our natural way of responding to the demands of our ever-changing world. Although we all experience change and demands regularly, the way that we interpret these internal and external changes directly affects the degree to which we feel stress. As a result, not all individuals interpret the same events as stressful; what may seem stressful to you may not be the same for your best friend, and vice versa.

Stress can be a result of both positive and negative experiences, and it is a necessary part of our daily lives. From an evolutionary standpoint stress was necessary for survival and some stress continues to be a helpful part of our modern lives since it motivates us to accomplish tasks or make needed changes. We all feel the pressure of our environment during times of transition and in preparation for significant life events (i.e., in anticipation of a job interview). Although response to stress is often adaptive,

too much stress or an inability to cope with it can cause negative emotional and physical symptoms, including, but not limited to, anxiety, irritability, and increased heart rate.

Different People can tolerate different levels of stress. Each person needs to work on their own stress control techniques according to their tolerance levels.

EFFECT OF STRESS

Stress causes changes in our body. It also affects our emotions.

Common symptoms of stress include:

- A fast heartbeat.
- A headache.
- A stiff neck and/or tight shoulders.
- Back pain.
- Fast breathing.
- Sweating, and sweaty palms.
- An upset stomach, nausea, or diarrhea.

For Managing stress there are various Techniques of Stress Management, People should be proactive rather than reactive to avoid stress .so for be a pro-active personality people should adopt following techniques of stress management they are Meditation, Reflexology, Yoga, Holistic therapy, Message therapy, Aroma therapy, Nutrition therapy, Dance therapy, Music therapy and so on.

Meditation: Meditation is a form of stress management that will allow our mind to experience an oasis of peace and

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love within our heart and mind. Meditation gives back control over life of an individual so that no matter what is happening externally whether it is positive or negative one could still develop control over the thoughts and thus control the emotions and feeling in the mind. No one can eradicate adversity in life but we can master the way we respond in regards to our thinking processes. The aim of meditations is to bring inner peace within our self and the world in a positive and spiritual way. The world is not a peaceful place and within every soul there is some form of tension and stress. It is therefore essential to create positive and peaceful thoughts to bring peace to our mind. Meditation is one of the best methods to bring about transformation and nurture the natural qualities within. The best attitude towards meditation is to be very patient as the mind does not want to focus. By practicing meditation regularly the person gains a wonderful sense of the self.

Reflexology

Reflexology is an alternative treatment therapy which deals with the principle that there are reflex areas in the feet and hands which correspond to all of the glands, organs and parts of the body. According to practitioners, stimulating these reflexes properly can help to solve many health problems in a natural way.

The treatment consists of using different massage and pressure techniques to relax and loosen muscles in the feet and hands. Treatment is done with the patient lying down on a treatment bed with foot massage followed by hand massage. The concept behind is that illness, stress, injury or disease etc the body is in a state of "imbalance" and that vital energy pathways are blocked, preventing the body from functioning effectively. Reflexology may be used to restore and maintain the body's natural equilibrium and encourage healing.

A Reflexologist uses hands only to apply pressure to the feet. For each person the application and the effect of the therapy are unique. Sensitive, trained hands may detect imbalances in the feet, and by working on these points the Reflexologist can release blockages and restore the free flow of energy to the whole body. This gentle therapy encourages the body to heal itself.

Yoga

Yoga is another important stress reliever and tested since ancient times. It is not for body building. It simply focuses on gentle postures that improve circulation of blood to vital parts of the body. The increase in blood circulation rejuvenates the organs and releases stress. Yogic postures are simple combination of spinal stretches and breathing techniques. This practice reduces nervous tension and

mental stress. An ideal de-stressing program should be a combination of yogic postures and relaxation. The postures improve physical health and breathing techniques provide essential relaxation. Yogic relaxation induces in refreshing and energizing. This technique leads to calm state for the person. Yoga is of many types like deep breathing, Pranayama etc.

Holistic Therapy

It allows the body to heal naturally and have no side effects. Some popular holistic therapies are Massage Therapy, Aroma Therapy, Reflexology and Nutrition Therapy.

a. Massage therapy It is the oldest technique used for reducing stress. This technique, focused upon that parts of the body which are easily affected by stress. These parts include the fore head, neck, upper arms and shoulder. Massage encourages blood circulation, easy breathing and quick relaxation of muscles.

b. Aroma therapy It uses essential oils in the treatment process. These oils are derived from plants and flowers. They are popular for improving emotional and physical health e.g. Lavender and chamomile oils are used to sooth the mind and induced sleep.

c. Nutrition therapy Balanced nutrition is essential to maintaining overall good health, but it also can affect our capacity to cope with stress. When we are going through a period of stress, we need more of all nutrients, particularly the B vitamins, which affect the nervous system, and calcium, which is needed to counteract the lactic acid which our tense muscles produce. Likewise, if we are lacking nutrients, our body will not be equipped to handle stress effectively. It suggested to maintain a diet of mostly whole (unprocessed) foods. Stay away from caffeine (coffee, tea, cola and chocolate), which causes nervousness and inhibits sleep if too much is ingested. Caffeine causes a fight-or-flight response in our body and uses up your reserves of the B vitamins, which are important in coping with stress. Alcohol also depletes your body's B vitamins, and can disrupt sleep and impair our judgment or clarity of thought.

d. Dance therapy Dance therapy is one of the holistic approaches to release stress. Dance therapy is the psychotherapeutic use of movement and dance for emotional, cognitive, social, behavioral and physical conditions. This expressive therapy strengthens the body/mind connection through body movements to improve both the mental and physical well-being of individuals. For this reason, dance movement therapy is an excellent tool to use for stress management.

The ultimate purpose of dance movement therapy is to find

a healthy balance and sense of wholeness. It can bring about a renewal of body, mind and spirit, and integrate these parts of the person. It can also reduce stress, fear and anxiety, as well as lessen feelings of isolation, body tension, chronic pain, and depression. It can enhance the functioning of the body's circulatory and respiratory systems. All the hostility, anger and depression are released through the dance movements on music. Dance can reconnect you with your true personality, which can be greatly affected by stress.

e. Music therapy Listening to music does wonders to alleviate stress. Everyone has different tastes in music. Music has always been a great healer. In the Bible, we learn about how David played the harp to help ease his severe depression of King Saul. Music is a significant mood-changer and reliever of stress, working on many levels at once. Many experts suggest that it is the rhythm of the music or the beat that has the calming effect on us although we may not be very conscious about it. Among the first stress-fighting changes that take place when we hear a tune is an increase in deep breathing. The body's production of serotonin also accelerates. Music was found to reduce the pain during dental procedures. Playing music in the background while we are working, seemingly unaware of the music itself, has been found to reduce the stress. Music was found to reduce heart rates and to promote higher body temperature - an indication of the onset of relaxation. Combining music with relaxation therapy was more effective than doing relaxation therapy alone.

REVIEW OF LITERATURE

Chaplain (2008) reported that student-teachers optimism was dampened during their training, and they anticipated their levels of psychological distress would further increase when they began teaching. In that study, many student-teachers never commenced teaching. Others left very early in their careers, due to stress or mental health issues.

Student-teachers may also experience stress associated with job demands when they attend schools for practice teaching as found in a UK study with secondary school student teachers (Chaplain, 2008). In that study, 38% of student-teachers were psychologically distressed following their practicum experience. They identified behavior management, workload and lack of support as significant professional demands impacting on their stress levels. Overall, they felt that their teaching experience had been extremely stressful. The practicum may not be directly associated with distress. German student-teachers did not have a practicum, but 44% reported mental health issues

(Zimmermann, Wangler, Unterbrink, Pfeifer, Wirsching, & Bauer, 2008). They attributed their distress to role conflict, time commitments and a need for occupational mobility.

Australian student-teachers do engage in practice teaching in schools, and have reported stress associated with the practicum (Murray-Harvey, Silins, & Saebel, 1999).

Professional demands including time management, funding, technology, resources, student behavior management, administrative and collegiate support, managing a crowded curriculum, examinations, demands of the profession and career development are understood (Facchinetti, 2010).

Maguire (2001) found that young female student-teachers had been bullied to the extent that they had lost their confidence, and were considering leaving the profession. In this UK study, the female student-teachers were younger than 28 years. The bullies were either teacher(s) in the school where they were undertaking their practical experience, or their university tutor(s).

Kyriacou (2001) reported that 37% of teachers were stressed. Teacher distress has been reportedly greater than for the general population (Tuettemann & Punch, 1992). Their investigation, conducted with a large sample of teachers in Western Australia, revealed that 45% of Australian secondary-school teachers were psychologically distressed. Distress was related to whether or not the teachers perceived themselves to be effective, supported by their colleagues, and if they received recognition for their work. This proportion of psychological distress was "twice that for the general population, and perhaps four times as high as that for the professional population" (Tuettemann and Punch, 1992, p. 44).

Levels of psychological distress have been reported to be greater among the university students than among the general population, and were reported in various university faculties world-wide (Wong et al., 2006). In that study, the prevalence of psychological distress was of moderate severity (depression: 21%, anxiety: 41% and stress: 27%). It was expected to impact on the students' educational attainment and quality of life, and these students were likely to suffer impairment, and require attention from health-care professionals.

Well-being studies in the field of education have identified stress and job demands among teachers (Griva & Joekes, 2003; Pillay et al., 2005; Tuettemann & Punch, 1992). These professional demands impact on of teachers' psychological distress (Guglielmi & Tatrow, 1998; Schonfeld, 1992).

In the US, female teachers' work environment was highly

correlated with depression, job satisfaction and motivation (Schonfeld, 2000). In Finland, teaching was linked to burnout, and the ill health of teachers, whereas motivation and teacher well-being was linked to feeling engaged, and supported by the organization (Hakanen, Bakker, & Schaufeldi, 2006).

An Australian study across Primary Secondary schools in Queensland found an association between professional burnout, the impact of mastery, teaching workload, the requirement to learn new information and skills, technological innovations, and dealings with students, parents and the community (Pillay et al., 2005). The psychologically distressed teachers in that study saw themselves as less competent and their role as more demanding than other occupations.

Among teachers, professional demands may contribute to diminished performance (Maslach, Schaufeli, & Leiter, 2001), absence due to long-term sickness (Bultmann et al., 2005) or attrition from the teaching profession (Pillay et al., 2005).

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OBJECTIVE

To study the effect of gender on adoption of various stress management techniques

To find whether there is any congruency between the stress management techniques

HYPOTHESIS

H01: There is no significant difference between the female and male academicians as far as the stress management technique are concerned.

H11: There is significant difference between the female and male academicians as far as the stress management technique are concerned.

H02: There is no significant difference between four stress management techniques which are considered in the current study i.e. the four stress management techniques have same effect.

H12: There is significant difference between four considered stress management techniques i.e. the four stress management techniques which are considered in this study have different effect.

RESEARCH METHODOLOGY

The population of the study is academicians of Indore city. Convenient sampling procedure had been adopted to collect the data. The questionnaire was administered to 50 academicians working in different colleges of Indore. We received 38 complete responses. Out of total 38, 5 respondents are not aware of stress management techniques.

POPULATION AND SAMPLE

The population of the study is Indore city; with the convenient simple random sampling procedure we had collected data from 33 respondents. The reliability of the scale which we had used is (Cronbach's Alpha) 0.858.

DATA ANALYSIS

Table 1 frequency of respondents. It is clear from table 1 and Graph 1 that out of total 33 valid respondents 15 are female and 18 are male.

Table 2 gives the details of various techniques used by academicians. Maximum 11 respondents preferred Meditation as technique for managing their stress. After meditation other techniques like dance, aerobics, watching TV etc are considered by 30.3% of the respondents. Yoga and Reflexology techniques are preferred by 24.2% and 12.1% academicians respectively.

To test the first hypothesis i.e. H01 independent sample t test has been applied. The results are given in the table below:

Table 1 : Frequency Table

		Frequency	Percent	Cumulative Percent
Valid	Female	15	45.5	45.5
	Male	18	54.5	100.0
	Total	33	100.0	

Graph 1

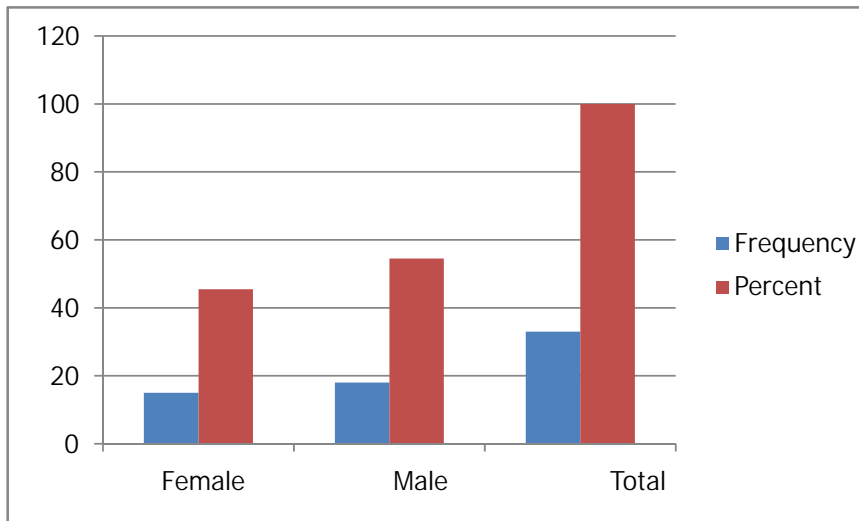
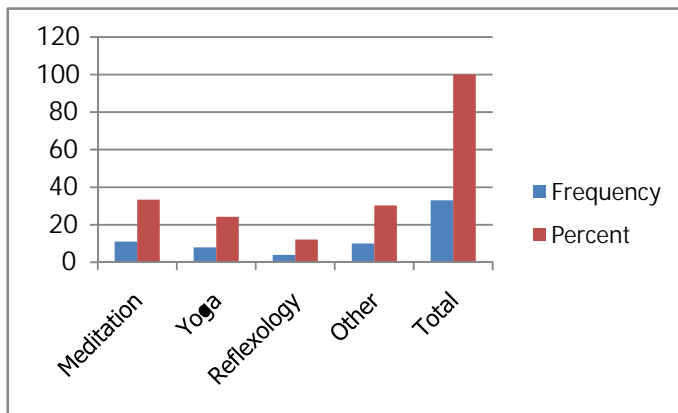


Table 2 : Technique preferred

		Frequency	Percent	Cumulative Percent
Valid	Meditation	11	33.3	33.3
	Yoga	8	24.2	57.6
	Reflexology	4	12.1	69.7
	Other	10	30.3	100.0
	Total	33	100.0	

Graph 2



CONCLUSION

Table 3 gives group statistics. It is evident from this table that the mean of female respondents is larger than that of the males although the standard deviation is almost same. Table 4 shows the results of Levene's Test for Equality of Variances, it is clear that value of F is significant at 5 % level of significance and hence equal variances cannot be assumed.

Main results of independent sample t test are given in Table 5. It is evident that p value in this case is 0.14 which is higher than 0.05 and hence at 5 % level of significance we have to retain the null hypothesis H₀₁ and it may be concluded that there is no significant difference between the female and male academicians as far as the stress management technique are concerned or we can say that sex does not affect the efficacy of stress management techniques.

T-Test

Table 3 : Group Statistics

Sex	N	Mean	Std. Deviation
Effectiveness Female	15	62.3333	10.16061
Male	18	57.0000	9.99412

Table 4 : Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
Effectiveness	Equal variances assumed	.010	.921	1.515	31
	Equal variances not assumed	1.513	29.750		

Table 5 : Independent Samples Test

		t-test for Equality of Means
		Sig. (2-tailed)
Effectiveness	Equal variances assumed	.140
	Equal variances not assumed	.141

Table 6 :Descriptive Statistics

Effectiveness of stress managing techniques

Technique	N	Mean	Std. Deviation
Meditation	11	58.4545	9.21264
Yoga	8	58.6250	11.92761
Reflexology	4	57.0000	9.83192
Other	10	62.1000	11.20962
Total	33	59.4242	10.27141

Table 7 : Test of Homogeneity of Variances Effectiveness

Levene's Statistic	df1	df2	Sig.
.537	3	29	.661

Table 8 : ANOVA

Effectiveness of stress managing techniques

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	110.558	3	36.853	.327	.806
Within Groups	3265.502	29	112.604		
Total	3376.061	32			

To test the second hypothesis H02 one way analysis of variance has been applied. Descriptive statistics are given in Table 6 above. Other techniques for managing stress have largest mean as 62.1 and reflexology has a minimum mean of 57.

Table 7 exhibits the results of Levene's test for homogeneity of variances. It can be seen that significant value in this case is 0.661 which is larger than 0.05, so at 5 % level of significance the hypothesis of equality of variances can be accepted. Therefore, there is no violation of assumption regarding equal variances, which is made in application of ANOVA.

Main ANOVA analysis is presented in Table 8, which indicate that variance ratio F in this case is not significant. So we fail to reject the null hypothesis H02 5% level of significance and we may conclude that there is no significant difference between four stress management techniques which are considered in this paper i.e. the four stress management techniques have same effect and the difference which is appeared in data is due to chance or is due to fluctuations of sampling.

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ANNEXURE

Research Instrument

“Evaluation of the techniques of Stress Management”

(With special reference to IT Industry)

The objective of this research instrument is to collect data pertaining to stress management techniques and see the impact of various stress management techniques.

We request you to please furnish the required information and oblige.

1. Do you know about Stress Management Techniques?

YES [] NO []

2. Which techniques you use for managing Stress. Please mention Below:

(i) Meditation []

(ii) yoga []

(iii) Reflexology Therapies (Aroma / Massage / Reflexology / Nutrition) []

(iv) Other Techniques (Dance/Music/Sports/Exercise/etc)

A –Meditation

Specify the option best suited to you for questions asked below as-

5: Strongly Agree 4: Agree 3: Neutral 2: Disagree 1: Strongly Disagree

1. Meditation helps in maintaining Physical Health.	5	4	3	2	1
2. Meditation helps in providing peace of mind.	5	4	3	2	1
3. Meditation improves working efficiency.	5	4	3	2	1
4. Meditation helps in maintaining balance.	5	4	3	2	1
between professional and personal life.	5	4	3	2	1
5. Meditation empowered to face any unavoidable circumstances.	5	4	3	2	1
6. Meditation helps to unit with all pervading power.	5	4	3	2	1
7. Meditation helps to attain state of self actualization.	5	4	3	2	1
8. Meditation improves the creativity of an individual.	5	4	3	2	1
9. Meditation is easy to use.	5	4	3	2	1
10. Meditation can be learned at nominal cost.	5	4	3	2	1
11. Meditation increase concentration of an individual.	5	4	3	2	1
12. Meditation improves decision making skill of an individual.	5	4	3	2	1
13. Meditation improves interpersonal relationship of an individual.	5	4	3	2	1
14. Through Meditation one can manage time effectively.	5	4	3	2	1
15. Meditation reduces absenteeism in the organization.	5	4	3	2	1
16. Meditation can develop thoughtless state of mind.	5	4	3	2	1

B –Yoga

17. Yoga helps in maintaining Physical Health.	5	4	3	2	1
18. Yoga helps in providing peace of mind.	5	4	3	2	1
19. Yoga improves working efficiency.	5	4	3	2	1
20. Yoga helps in maintaining balance.	5	4	3	2	1
21. between professional and personal life.	5	4	3	2	1
22. Yoga empowered to face any unavoidable circumstances.	5	4	3	2	1

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23. Yoga helps to unit with all pervading power.	5	4	3	2	1
24. Yoga helps to attain state of self actualization.	5	4	3	2	1
25. Yoga improves the creativity of an individual.	5	4	3	2	1
26. Yoga is easy to use.	5	4	3	2	1
27. Yoga can be learned at nominal cost.	5	4	3	2	1
28. Yoga increase concentration of an individual.	5	4	3	2	1
29. Yoga improves decision making skill of an individual.	5	4	3	2	1
30. Yoga improves interpersonal relationship of an individual.	5	4	3	2	1
31. Through Yoga one can manage time effectively.	5	4	3	2	1
32. Yoga reduces absenteeism in the organization.	5	4	3	2	1
33. Yoga can develop thoughtless state of mind.	5	4	3	2	1

C –Holistic Therapies(Aroma/Massage/Reflexology/Nutrition)

34. Holistic Therapies helps in maintaining Physical Health.	5	4	3	2	1
35. Holistic Therapies helps in providing peace of mind.	5	4	3	2	1
36. Holistic Therapies improves working efficiency.	5	4	3	2	1
37. Holistic Therapies helps in maintaining balance. between professional and personal life.	5	4	3	2	1
38. Holistic Therapies empowered to face any unavoidable circumstances.	5	4	3	2	1
39. Holistic Therapies helps to unit with all pervading power.	5	4	3	2	1
40. Holistic Therapies helps to attain state of self actualization.	5	4	3	2	1
41. Holistic Therapies improves the creativity of an individual.	5	4	3	2	1
42. Holistic Therapies is easy to use.	5	4	3	2	1
43. Holistic Therapies can be learned at nominal cost.	5	4	3	2	1
44. Holistic Therapies increase concentration of an individual.	5	4	3	2	1
45. Holistic Therapies improves decision making skills of an individual.	5	4	3	2	1
46. Holistic Therapies improves interpersonal relationship of an individual.	5	4	3	2	1
47. Through Holistic Therapies one can manage time effectively. 5	4	3	2	1	
48. Holistic Therapies reduces absenteeism in the organization.	5	4	3	2	1
49. Holistic Therapies can develop thoughtless state of mind.	5	4	3	2	1

D –Other Techniques(Listening music/Dance/sports/Exercise etc.)

50. Other Techniques helps in maintaining Physical Health.	5	4	3	2	1
51. Other Techniques helps in providing peace of mind.	5	4	3	2	1
52. Other Techniques improves working efficiency.	5	4	3	2	1
53. Other Techniques helps in maintaining balance.	5	4	3	2	1

between professional and personal life.

54. Other Techniques empowered to face any unavoidable circumstances.	5	4	3	2	1
55. Other Techniques helps to unit with all pervading power.	5	4	3	2	1
56. Other Techniques helps to attain state of self actualization.	5	4	3	2	1
57. Other Techniques improves the creativity of an individual.	5	4	3	2	1
58. Other Techniques is easy to use.	5	4	3	2	1
59. Other Techniques can be learned at nominal cost.	5	4	3	2	1
60. Other Techniques increase concentration of an individual.	5	4	3	2	1
61. Other Techniques improves decision making skills of an individual.	5	4	3	2	1
62. Other Techniques improves interpersonal relationship of an individual.	5	4	3	2	1
63. Through Other Techniques one can manage time effectively.	5	4	3	2	1
64. Other Techniques reduces absenteeism in the organization.	5	4	3	2	1
65. Other Techniques can develop thoughtless state of mind.	5	4	3	2	1

Personal Data :

1.NAME(Optional):-----

1.AGE:-----

2.GENDER : MALE [] FEMALE []

3.DESIGNATION:-----

4.ORGANIZATION:-----: