

THE EFFECT OF COUNSELING AND YOGA THERAPY ON PSYCHOLOGICAL PROBLEMS FACED BY THE WORKING WOMEN IN HARYANA

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Abstract- The present study is oriented towards finding out effect of counseling (Rational Emotive Behavioral Therapy) and Yoga therapy on working women to cope up with Role Conflict, Occupational Stress, Depression and Adjustment problem being faced by them. Tests were administered in three session on 210 working women in the age group of 30-45 years of Govt. sector of Haryana. The women employees with identified problem were administered the Rational Emotive Behavioral Therapy and Yoga therapy for one month. The effect of counseling (Rational Emotive Behavioral Therapy) and Yoga therapy was found to be positive and significant at 0.05 level of significance with respect to Emotional Intelligence, Role Conflict, Occupational Stress, Depression and Personality Factor I. In case of Personality Factor A, B and Q2, effect of counseling and Yoga therapy was non-significant.

Keywords: Psychological counseling, Rational Emotive Behavior Therapy, Yoga Therapy, Working women, Haryana

1. INTRODUCTION

Working women experience interference arising from both professional and domestic settings simultaneously and they also lack unwinding. With the increasing number of women getting into employment in India, there has been explicit changes observed with regard to the conventional norms regarding the position and status assigned to them in the family and in society. Women globally belonging to any class or creed have progressed and reached a new paradigm. They are moving out of their domestic sphere more and more in search of employment in the jobs like teaching, nursing, medicine, family welfare and administration etc. They have established their freedom, self autonomy and personal growth, are better able to express themselves, and are striving hard to achieve their objectives. Employment of women in the organized sector in India (both public and private) constituted 25.6 percent of the total organized sector employment in the country. These new roles are the additional to traditional roles and responsibilities of bearing and rearing children and management of domestic and household. The major problems for working women arise out of their dual responsibilities - house work and the office work. Even though the employment of women is accepted, most of the relatives, in-laws of working women and majority of husbands have not accepted the changing life pattern. Being simultaneously confronted with dual responsibilities or demands of home and work, they are liable to face occupation stress, depression and adjustment problems.

The word "yoga" comes from a Sanskrit root "yuj" which means union, or yoke, to join, and to direct and concentrate one's attention. (Lasater J. 1997; . Raub JA.2002). It can play a vital role in helping to cope effectively with the inner changes and adjust with the external forces by enabling them to develop an integrated, harmonious and balanced personality. It helps in developing positive personality traits like self- confidence, strong will power, mental calmness, poised and balanced attitude, emotional stability and social tolerance. Yogic practices create an urge to work, capacity to handle diverse situations with calmness, maintain mental balance and impart peace and tolerance. Yoga techniques enhance well-being, mood, attention, mental focus, and stress tolerance (Richard et al., 2005). One attains a fine degree of physical, physiological, mental, moral and emotional health in Yoga through self-discipline. Yoga, which has its roots in India, uses exercises (asanas) to relax and tone the muscles and to massage the organs, breathing techniques (pranayama) to regulate the body's energy levels, meditations to calm the mind, and relaxation postures to reduce and eliminate stress and anxiety. It has been found that combine pranayama (yogic breathing) asanas (yoga postures), and meditation, to be a beneficial, low-risk, low-cost adjunct to the treatment of stress, anxiety, post-traumatic stress disorder (PTSD), depression, stress-related medical illnesses, substance abuse, and rehabilitation of criminal offenders. The Yoga therapy has also been proved effective in

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correcting stress disorder (Udupa, 1985; Sharma and Singh, 1989 and Brown et al, 2005). Similarly, the findings of Fillo, Dacosta and Ribeiro (1998) reported that yoga could be considered as a tool to reduce occupational stress among female workers. Sustained practice also leads to important outcomes such as changes in life perspective, self-awareness and an improved sense of energy to live life fully and with genuine enjoyment (Desikachar K, Bragdon L, Bossart C. 2005; Atkinson NL, Permuth-Levine R2009).The practice of yoga produces a physiological state opposite to that of the flight-or-flight stress response and with that interruption in the stress response, a sense of balance and union between the mind and body can be achieved. (Arora S, Bhattacharjee J.2008)

2. RESEARCH METHODOLOGY

The study comprised of 210 working women (70 Administrators, 70 lecturers, 70 Doctors) in age group 30-45 years selected from different Government departments-Haryana Secretariat , Haryana Women Development Corporation, ICDS department, Education department, Health departments (State TB & leprosy Cell , Haryana, State TB Cell, Panjab, Haryana AIDS Control Society , Directorate office of Health department, Haryana), Govt Colleges (Bahadugarh, Sonapat, Karnal, Jhajjar, Panchkula), General Hospitals & Civil Dispensaries (Karnal, Panchkula, Bhadurgarh, Sonapat). They were divided into three groups- Lecturer, Administrator, Doctor. First, the tests of Personality, Emotional Intelligence, Role Conflict, Occupational Stress, Depression and Adjustment were administered on the women employees. Test were administered in three session.

In first session: First of all three tests were administered namely Emotional Intelligence, Role Conflicts, Beck Depression Inventory. Total time taken by them was approximately one hour.

In second session : Two tests were administered namely 16 P.F, Occupational Stress Index. Total time taken was approximately one hour.

In third session : One test was administered namely, Bell Adjust Inventory. Total time taken by subjects was approximately 40 minutes.

Then on the basis of the scores obtained on the above mentioned tests, subjects were divided into two groups. The first group comprised of the subjects scoring Emotional Quotient, Role Conflict, Occupational Stress, Depression and Adjustment level. The second group comprised of the subjects who were having none of these variables. Out of the total sample, 17 employees who were observed as having problems were identified. Rational Emotive Behavior Therapy and Yoga therapy was given to the subjects of the first group for the period of one month and the relevant observations were recorded.

3. ANALYTICAL TOOLS

As the data came from distributions which are bounded on one end, there was good chance, the distributions will not be normal. The procedures used to test the hypothesis about data which are non-normal are called non- parametric tests as these tests do not depend upon population parameters. The Paired - Sample Sign Test was used while to study the effect of psychological counseling and yoga therapy on psychological well-being of the subjects as it involved the paired data.

Paired - Sample Sign Test

The Sign Test is based on the direction (or signs for pluses or minuses) of a pair of observations and not on their numerical magnitude. Here the numbers of + signs, numbers of – signs, and numbers of 0s were counted.

Ho : $p= 0.5$ (Null hypothesis)

If the difference is due to chance effects the probability of a + sign for any particular pair is $1/2$, as is the probability of a – sign. If S is the number of times the less frequent sign occurs, then S has the binomial distribution with $p=1/2$.

The critical values for a two-sided alternative at $\alpha =0.05$ can be conveniently founded by the expression.

$$K = [(n-1)/2] - [(0.98) * \sqrt{n}]$$

Ho is rejected if $S < K$ for the sign test.

4. RESULTS AND DISCUSSION

The effect of Psychological Counseling and Yoga therapy on variables of Personality, Emotional Intelligence, Role Conflict, Occupational Stress, Depression and Adjustment.

To study the effect of Psychological Counseling Therapy and Yoga therapy on the variables of Personality, Emotional Intelligence, Role Conflict, Occupational Stress, Depression and Adjustment, out of the total sample, 17 employees who were observed as having problems were identified. They were administered the Rational Emotive Behavioral Therapy and Yoga therapy for one month as planned and then differences in the scores of the variables before and after the intervention were tested using Paired - Sample Sign Test.

Table 1. Effect of Psychological Counseling and Yoga Therapy on psychological well-being of women employees.

Paired - Sample Sign Test							
Variable	N	+	-	0	S	K	Significance
EQ	17		17		0	3.96	*
RC	14	13	1	3	1	2.83	*
OS	16	16		1	0	3.58	*
Dep	16	16		1	0	3.58	*
Adj	16	16		1	0	3.58	*
A	7	1	6	10	1	0.41	NS
B	9	2	7	8	2	1.06	NS
I	11	11		6	0	1.75	*
Q2	12	4	8	5	4	2.11	NS

* - Significant at 0.05 level, NS – Non significant

As indicated in the table 1, effect of Rational Emotive Behavioral Therapy and Yoga therapy was found to be positive and significant at 0.05 level of significance with respect to Emotional Intelligence, Role Conflict, Occupational Stress, Depression and Personality Factor I. In case of Personality Factor A, B and Q2, effect of Rational Emotive Behavioral Therapy and Yoga therapy was non-significant. Hence, the hypothesis that there was no impact of psychological counseling and Yogic therapy on the variables of Personality Factors, Emotional Intelligence, Role Conflict, Occupational Stress, Depression and Adjustment stands rejected.

The effect of yoga on body, mind and soul has been found to be positive and harmonious (Flagg, 1898; Hewitt, 1960; Lyengar, 1966 and Kochar, 1976). The study of Vinod et al. (1984) reported that yogic practices helped decrease emotional disturbances. Similarly, the findings of Fillo, Dacosta and Ribeiro (1998) reported that yoga could be considered as a tool to reduce occupational stress among female workers. The study of Kumar and Murty (1998) reported that physical exercise/Yoga/meditation reduced the conflict between work and home among employees. The studies of Cunningham (2000), Campbell et al (2004) and Michalsen et al (2005) indicate that both yoga and psychotherapy are wonderful techniques for dealing with depression. The study of Granath et al (2006) reported that both cognitive behaviour therapy and yoga were promising stress management techniques among women employees.

5. CONCLUSION

The effect of counseling (Rational Emotive Behavioral Therapy) and Yoga therapy was found to be positive and significant at 0.05 level of significance with respect to Emotional Intelligence, Role Conflict, Occupational Stress, Depression and Personality Factor I. In case of Personality Factor A, B and Q2, effect of counseling and Yoga therapy was non-significant.

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