

## **Effectiveness of Workshop on “Stress reducing techniques among the Researchers of Uttarakhand”**

ARPITA SHARMA AND NARESH KUMAR KANDPAL<sup>1</sup>

*Dept. of Agril. Communication, College of Agriculture, GBPUA&T, Pantnagar, Uttarakhand*  
*Corresponding author email: sharmaarpita615@gmail.com*

### **Abstract**

*Stress is an emotional and bodily reaction to physical, psychological or emotional demands. Today's students are suffering from Stress problem. High Competition, Peer conflict, Poor results from Research Work, Late Job, Unsatisfied from Grade, Financial hazards, Problems in Married Life are some of the reasons of frustration among the Ph.D. students. Past researches have shown that majority of Ph.D. students were frustrated due to some reasons. Keeping the above fact in mind, a study was undertaken during 2017-18 at Golden Jubilee Hostel (Ph.D. students) of GBPUA&T, Pantnagar with the objective to study the socio-economic characteristics of students, to assess the stress level of students and to organize stress reducing workshop in the Hostel. Data was collected through well semi-structured interview schedule developed for the purpose from 50 randomly selected students. Results indicated that all the respondents reported that most of the days they felt that they have less interest or pleasure in doing things followed by felt down, depressed and hopeless. More than half per cent students reported that they have trouble in sleep followed by poor appetite or overeating. Total 44 per cent respondents reported that they were feeling bad about you due to high level of frustration and stress. Total 40 per cent respondents reported that they felt emotional distress, anxiety, depression, unmanageable anger followed by isolation and difficulty in adjustment. Total 30 per cent respondents were feeling high stress level and excessive worrying followed by elevated or decreased mood. Less than half per cent of the respondents were feeling peer conflict followed by fatigue or social withdrawal. Total 26 per cent respondents were feeling threatening/aggressive behaviour to self or others. Total 14 per cent respondents have inability to care for self. On the basis of these results a workshop on stress management was organized in the Hostel. The result showed that students stress was reduced at some extent after attending the workshop.*

Key words: Unsatisfied, emotional, frustration, depression, students

### **Introduction**

Stress management is a technique and Psychotherapy which aim is to control the person's level of stress. Generally Stress refers to negative consequences or distress. Stress produces numerous physical and mental symptoms which varies according to person's situation. According to the World Health Organization stress, especially that relating to work, is the second most frequent health problem, impacting one third of employed people in the European Union. Stress management provides a number of ways to

manage anxiety and maintain overall well-being. This is a time of High competition. Thus, Students were suffering from anxiety; Public Phobia and stress during research period. Today is 21th Century. Thus, many stress reducing techniques are available. Some techniques provide positive feelings of control over one's life and promote general well being. Varvogli and Darviri (2011) observed that stress management techniques are applicable not only to people who manifest a disease or disorder, but also to healthy people, when added to daily routine practice as an effective tool for health enhancement and protection over the life span, serving thus as a valuable intervention for

---

<sup>1</sup>Beauro Chief of Hindustan News paper, Pithoragarh, Uttarakhand.

the healthy population as well. Keeping the above facts in mind, a research investigation was undertaken with the objectives of [1] To study the socio-economic characteristics of students. [2] To assess the stress level of Ph.D. students. [2] To organize stress reducing workshop for students.

### Materials and Methods

Present research investigation was carried out in GBPUA&T, Pantnagar. Total 50 Ph.D respondents were selected randomly from Golden Jubilee Hostel for research investigation. Socio-Economic Characteristics of Students, Mental fitness and Psychological Problems related data was collected through Semi-structured interview schedule. Data related to feedback from the students was collected through Group Discussion.

### Results and Discussion

#### *Socio-Economic Characteristics of Students*

The results of the study on socio-personal and Communication characteristics of Ph.D. students are depicted in table 1.

1. Age: Data pertaining to age of Ph.D. students are presented in Table 1. Results revealed that majority of respondents (54 per cent) belonged to young age group category (23-25 year) followed by middle age group category (30 per cent) and remaining 16 per cent population falls under old age group category.
2. Education Qualification: All the students were Ph.D. holder.
3. Member of Professional societies: Data presented in Table 1 revealed that most of the students (70 per cent) were member of the Professional societies.
4. Participation in Seminar/Conference/Symposia: Result showed that total 80 per cent respondents reported that they have participated in National as well as International Seminars followed by Workshops (50 per cent) and Conferences (40 per cent).
5. Use of Social Media: All the students were using Gmail and Whatsapp (100 per cent) followed by Facebook (90 per cent). The findings were in concurrence with Hallikainen, 2015 that most of the people use of these social media platforms in daily routine.
6. Purpose of using social media: All the students were using Social media for latest update news as well as for email followed by official correspondence (78 per cent) and social contact (70 per cent). The findings gain support from Sharma (2018).
7. Use of Print media: Data revealed that all the respondents were reading newspaper. Total 100 per

Table 1: Socio-Economic Characteristics of Students

S. No.	Items	Respondents	%age
1.	Age		
	Young (23-25)	27	54
	Middle (25-27)	15	30
	Old (Above 27)	8	16
2.	Education		
	Ph.D.	50	100
3.	Member of Professional societies		
	Yes	35	70
	No	15	30
4.	Participation in Seminar/Conference/Symposia		
	Seminar	40	80
	Conference	20	40
	Symposia	15	30
	Workshop	25	50
5.	Use of Social Media		
	Gmail	50	100
	Facebook	45	90
	Whatsapp	50	100
6.	Purpose of using social media		
	Social Contact	35	70
	Latest Update News	50	100
	Email	50	100
	Official Correspondence	39	78
	Social Information	37	68
7.	Use of Print media		
	Times of India	50	100
	Hindustan Times	9	18
	Indian Express	39	78
	The Hindu	8	16
8.	Purpose of using print media		
	Information	13	26
	Latest updated News	17	34
	Knowledge and Awareness	25	50

cent respondents were reading Times of India followed by Indian Express (78 per cent) and Hindustan Times (18 per cent). Total 16 per cent respondents were reading The Hindu newspaper. The above observations were similar to the findings reported by Sharma and Hasan (2012).

8. Purpose of using print media: Total 50 per cent respondents were using print media for knowledge and awareness followed by latest updated News (34 per cent) and information (26 per cent). This finding supports the findings of Rathore and Sharma (2012).

*Mental fitness and Psychological Problems among Ph.D. Students*

**a) Mental fitness:**

Data in Table 2 clearly showed that all the respondents reported that most of the days they felt that they have less interest or pleasure in doing things followed by felt down, depressed and hopeless (60 per cent). More than half per cent students (64 per cent) reported that they have trouble in sleep followed by poor appetite or overeating (60 per cent). Total 44 per cent respondents reported that they were feeling bad about yourself due to high level of frustration and stress. Half per cent respondents reported that they felt trouble while concentrating on things such as reading the newspaper or watching television followed by restless (30 per cent). Total 34 per cent respondents reported that they thought that they would be better off dead or of hurting yourself in some way.

**b) Psychological Problems:**

Data in Table 3 clearly showed that total 40 per cent respondents reported that they felt emotional distress, anxiety, depression, unmanageable anger followed by isolation (60 per cent) and difficulty in adjustment (46 per cent). Total 30 per cent respondents were feeling high stress level and excessive worrying followed by elevated or decreased mood (20 per cent). Less than half per cent of the respondents (24 per cent) were feeling peer conflict followed by fatigue or social withdrawal (38 per cent). Total 26 per cent respondents were feeling threatening/aggressive behaviour to self or others. Total 14 per cent

respondents have inability to care for self.

*Organization of Workshop on “Stress management Techniques to overcome Stress and Anxiety”*

To overcome the stress and anxiety, a workshop on stress management and concentration development was organized at Golden Jubilee Hostel. All the students of the hostel participated in the Workshop. The aim behind this workshop was to guide the students how to overcome the stress during research work and to teach them stress management techniques to coping with the inevitable stress. Dignitaries of this workshop have expressed their views regarding stress and told them some techniques to overcome from stress.

[1] Technique 1: Strength of Positivity: The very first technique to relieve yourself from stress was Strength of Positivity in our life. Chief Guest well explained the importance of positive thinking and positive attitude in life. He said that students most of the time find it difficult to face the changes and to cope up with such variations. Hence, this leads to stress, anxiety and tension.

[2] Technique 2: Breathe. Breathe. Breathe: The other technique is take deep breathing. For Deep Breathing, we should Place our hand on the lower abdomen and take a few deep breaths through our nose and exhale through our mouth. Sighing audibly as we exhale can help relieve even more tension. This has a harmonizing effect on our entire system.

[3] Technique 3: Write down your thoughts: Writing is an Art. We should write our views and try to publish this view on journal or newspaper. This is one to avoid the

Table 2: Mental fitness among Ph.D. Students

S. No.	Statement	Not at all	Several days	More than half the days	Nearly every day
1	Little interest or pleasure in doing things.	-	50 (100%)		
2	Feeling down, depressed or hopeless	-	30 (60%)	10 (20%)	10 (20%)
3	Staying asleep or sleeping too much.	10 (20%)	32 (64%)	-	7 (14%)
4	Poor appetite or overeating	-	20 (40%)	30 (60%)	-
5	Feeling bad about yourself.	22(44%)	13 (26%)	12 (24%)	3 (6%)
6	Trouble concentrating on things such as reading the newspaper or watching television.	25 (50%)	12 (24%)	7 (14%)	3 (6%)
7	Moving or speaking so slowly that other people could have noticed or the opposite being so fidgety or restless	11 (22%)	19 (38%)	15 (30%)	9 (18%)
8	Thought that you would be better off dead or of hurting yourself in some way.	2 (4%)	3 (6%)	15 (30%)	17 (34%)

Table 3: Psychological Problems among Ph.D. Students

S. No.	Psychological Problems	Respondents	%age
1.	Emotional distress, Anxiety, Depression, Unmanageable Anger	20	40
2.	Isolation	30	60
3.	Difficulty Adjustment	23	46
4.	Unusually high stress level and excessive worrying	15	30
5.	Elevated or decreased mood	10	20
6.	Peer conflict	12	24
7.	Fatigue or social withdrawal	19	38
8.	Threatening/Aggressive behaviour to self or others	13	26
9.	Inability to care for self	12	24
10.	Indication of self destructive to self or others	6	12
11.	Inability to care for self	7	14

negative thought and give space to our positive feelings or thoughts.

[4] Technique 4: Yoga: A stress relaxation therapy: Anxiety is a part of human nature, but it is important to know how to overcome it. Self Realization has always been the ultimate goal of all religions and spiritual traditions of the world. Self Realization is one way to overcome from stress. This is possible only from the practice of yoga. Once, we feel that who am I, What is the goal of my life, What is the purpose of my life, automatically we feel ourselves and this is one of the effective way to overcome from stress.

[5] Technique 5: The power of sound : There are certain frequencies which provide relax to our body. These are a brainwave entrainment technology that can quickly put us into a kind of meditative state. There are certain other voices for eg: Relaxing Piano Music, Water sound music, Om powerful Mantra etc which relax our mind and soul.

[6] Technique 6: Acknowledge our accomplishments: As we all are researcher, so we should start giving ourself the credit we deserve. Take time to reflect on all of the things what we have accomplished and embrace it. We should give some time to write research article and papers etc so that we should have no time for frustration and anxiety.

Feedback: After 5 days of workshop, an interactive

session was held. The feedback of this workshop was collected from the students through Group Discussion. Majority of students reported that our Warden has organized this workshop so that we all students *can live a more stress free life. Majority of students reported that the meditation was very helpful to reduce our stress level and enhance the brain's capacity for perception, awareness, and efficiency in processing. Thus, this workshop was effective in term of overcome the stress level among the researchers.*

### References

- Hallikainen, P. (2015). Why People Use Social Media Platforms: Exploring the Motivations and Consequences of Use. Springer. <http://www.springer.com/978-3-319-09449-6>.
- Sharma A, (2018). Use of mobile app and information communication tools by undergraduate students: A study in Tarai region of Uttarakhand. *SKUAST Journal of Research* 20(1): 101-106.
- Rathore, S. and Sharma, A. [2012]. Impact of Mobile Phones on the life style of management students of Pantnagar University. *Journal of Communication Studies*. Vol. XXXI, No.2, pp.82-94. ISSN No.0970-554X
- Sharma, A. and Shamsul Hasan (2012). Information Communication Technologies Usage by Under graduate Students In Pantnagar University. *Journal of Communication Studies*. Vol. XXX, No. 1, pp.132-139. ISSN No.0970-554X