CHAPTER 3

AIM AND OBJECTIVES

RESEARCH AT A GLANCE

The magnitude of change in the total and net scores of six letter cancellation task (SLCT) of was more after SMET practice (CM) than after Supine Rest (SR) showing improvement in sustained attention, concentration, visual scanning, and motor speed.

AIM AND OBJECTIVES

3.1 Aim
The aim of the study is to give an in-depth analysis of SMET module and to assess the efficacy of it for ME.

3.2 Objectives
The objectives of this study are to explore the efficacy of SMET module for the ME through the assessment of BWC, EQ, GHQ, PI and correlations between BWC, EQ, GHQ and PI.

3.3 Research Questions
a. Can a short residential SMET module (a lifestyle modification program of stress management based on Yogic wisdom) bring about significant changes in ME through the assessment of BWC, EQ, GHQ and PI in managers?
b. Are there any correlations between BWC, EQ, GHQ and PI in managers?

3.4 Hypothesis
a. SMET program brings about changes in BWC, EQ, GHQ and PI for ME.
b. There exist some correlations between BWC, EQ, GHQ and PI in managers.

3.5 Null Hypothesis
a. No change will take place in BWC, EQ, GHQ and PI in managers.
b. There exist no correlations between BWC, EQ, GHQ and PI in managers.
3.6 Rationale

Earlier investigations have shown the usefulness of SMET and CM program in reducing stress, providing deeper rest than good sleep, improved sleep structure, cognitive responses as well as brain functioning.

This study is to further understand the effect of SMET module as a short residential program of 5 days for the middle line executives in developing ME through the pre and post measurements of BWC, EQ, GHQ and PI.

The rationale for the study is that an integrated approach of Yoga module, the basis for SMET program works at all levels of human system- physical, mental, emotional, intellectual and spiritual to build a total personality development for compete and holistic ME.

“IN THE SMET PROGRAM, WE WILL BE MOVING FROM ONE STRESS LEVEL TO ANOTHER LOWER ONE AS WE PROGRESS”

-NAGENDRA AND NAGARATHANA