Chapter IV

Relevant Literature review
Introduction:

During seventeenth century, the word stress means “hardship”. During the eighteenth century, the meaning implied “force, “pressure” and “strong effort”. The concept that stress also implies long term ill effect than short-term discomfort is the recent trend in understanding stress.

The concept of stress has been around for centuries, but only recently has it been systematically conceptualized as a subject of research. World War II and the Korean War gave an impetus to stress research because of its significance for military combat. Later it was recognized that stress is an inevitable aspect of life and that what made the difference in human functioning was how people coped with it. Development in psychosomatic, behavioral medicine, health psychology and clinical intervention, growing interest in stressful transitions of aging and concern with the physical environment and how it affects us, all have had a stimulating effect on the study of stress and on individual differences in stress reactions.

Most often stress has been defined as either something that rouses or incites to activity or a reaction, something constituting a reply or a reaction. Here the emphasis is on the activity such as natural calamities, harmful situations, ill health or jobless. There are many situations in our day to day life which can be said to be stressful. The entire above description have a very little application to define stress and again it changes from situation to situation. What was the reason for a person to act or react in a given situation and what is the cause and effect situation can explain stress in any given situation.

Here the stress can be defined by highlighting on the association between the people involved in the given situation and the personality of the person himself. This parallels the modern medical concept of illness, which is no longer seen as caused solely by an external organism; whether or not illness occurs depends also on the organism’s susceptibility. Hence stress is an outcome between the association between the person and the situation which he is not comfortable to be in, here the person has to stretch his limits and tries to adjust with the situation. Early recognition of stress symptoms are difficulty in thinking rationally, rigidity of views, out of place, aggression, withdrawal from relationships, excessive smoking, inability to relax.
Chronic stress symptoms would reveal the following – Type ‘A’ behavior, hypersensitivity, emotional reaction to situation and things, somatic problems like hyperacidity, blood pleasure and migraine, loosing of reality orientation, “tunnel view” of things, authoritative behavior, gloomy view of life. We need to learn how we can apply it to our own situation. We should learn to deal with change. (Johnson, 1999)

Modern understanding of stress according to Xavier (2002) is that stress is the general terminology used for all kinds of feelings and emotions.

According to Markham (2003) the meanings of stress to some people are mysterious surges of panic, added by feelings of breathlessness or racing of the heart. They often come and go quickly but nonetheless while they are with you, they are both frightening and unpleasant. They are also clear indication that you are suffering from stress.
**Literature Review:**

(Marinescu) The natural emotional reaction to stress or to difficulties is a powerful stimulation caused by adrenalin. The focusing is intense, the reflexes are rapid. The attitude is severe. Sleep and relaxation are impossible. Facing a crisis, such stimulation is benefic; a difficult task can be solved much quickly and more efficient.

By applying simple co-relation analysis it was found that people who wants to control and are high on the desire to control are also high on their self esteem. A desire to control can be linked to good well-being. People with high desire to control are found to be healthier, happier, and more achieving than the average people. Such people also feel good about themselves.

(Courtney and Escobedo, 1990) For diagnosis purpose many methods are used to assess the patients admitted in the hospital for their remedy. This remedy may include variety of treatments such as doing a lot of activity, calming down work like doing yoga, meditation, listening to music, being proactive in life and being trained on that and stress management program. Once the patient is discharged treatment continues to focus on techniques which have been used during their stay in the hospital earlier and also personalized individual treatments are scheduled.

(Srivastava, 1991) This study shows new authentic knowledge about stress by considering some variables and parameters in the field of psychology. The target audiences in this study are the police personnel. This article brings in the sufferings of the police personnel which have been neglected all along so far. This study has become a source of inspiration and motivation for all the students and the teacher community. This study also helps us to understand the sufferings undergone by the police force and guide us to solve them. It is observed that the female police forces are more stressed as compared to the male police force.

(Terry, 1992) In an organization there are new challenges as far as performance is considered and the level of stress is bound to increase over a variety of issues. The situation being complex the counseling interventions are bound to happen and also increase in number. One has to be creative in devising these new benefits.
A lot of work has been done on how to handle stress arising out of work. In UK a responsible government organization working on health of the people specifically related to safety issues at work conducted a survey to find out views on how stress related to work can be handled. The authority concluded that control was not required. The other thought process recommends that the systems existing in the organizations should bring out the best in the individual so that stress can be handled properly.

The objective was to understand how many students drink more liquor in their highly stressed out period compared to the low stressed out period and is there any relationship between the stress and drinking. Total sample size was 137. It was observed that the respondents absorbed more liquor in their highly stressed out period. The results also declared the differences in various associations in daily stress coping methods and drinking habits. To conclude we say that stress and drinking is a very complex process and positive as well as negative outcome of daily liquor consumptions.

It was observed and concluded that there is an element of stress among the occupational therapy students. 69% of the students were found to having score equal to or above 40 on the depression scale of Zung’s scale. Stress was more prominently found in the 1st year UG students followed by 3rd, 4th, & 2nd year in descending order. In UG student’s academic area was more significant to cause stress which was followed by emotional domain, physical and social domain. The stress levels were high for the 1st year UG students and there were many reasons for that and some of the reasons are shift from junior college to a professional college, new syllabus, new environment, adjusting with the other students in the class, expectation of the faculty members and their behavior and more prominently the fear of academic failure. It was observed that physical and social factors contributed to stress in the PG students and male students were more stressed compared to female students. The reasons for the same were increased work load, project work & dissertation. Stress levels in male PG students may be due to difficulty in adjusting to the different culture of institution, communication problem with the staff and patients and uncertainty of jobs as most of the PG students were not from Mumbai.
The conclusion drawn was that there is considerable amount of stress in OT students and stress level is high in UG than PG. Among them the 1st year UG students were more under stress and the academic’s was the major reason for the same.

(Damiani.et.al, 2006) It has been shown that the job stress has a remarkable impact on the health of workers, being related to depression, anxiety, nervousness, fatigue and cardiac diseases. Stress can negatively influence work organization, creativity and competitiveness and it may be responsible for the loss of productivity, healthcare consumption and absenteeism. The methodology followed by the author was to search electronic databases for relevant articles assisted by hand searching for references. The focus was on the studies that had an experimental or quasi- experimental design, describing an intervention focused either on the work organization or on workers characteristics as well as reporting a measure of absenteeism.

(Suri, 2006) As per the Indian scriptures every soul is divine and every human being should evolve himself/herself to experience that state of divinity.

To achieve this goal there are four ways which can be explained in yogic parlance. In raja yoga we use meditation as a tool to reach our goals and here we try to calm down our mind and experience the nature. The 5 senses are the gate way thru which all the information reaches our mind and thru these 5 senses we communicate to the world. Our mind is nothing but bundle of thoughts and desires.

Our ancient yogis discovered the importance of breath as a tool to be used in meditation. There is a co-relation between the mind and the breath. When a person is angry his breath becomes faster and when the person is clam and tranquil, cool and collected the breath is slower. By controlling the breath one can control the mind also. One can experience this by doing meditation, the mind becomes calmer and the heart rate also becomes slower.

(Suri, 2007) In today’s world stress is a part and parcel of our life. The amount of stress one undergoes is different for different people. Stress has been faced by all the people who have various powers and position in the society and even the common man has to encounter stress.
Stress can be physical, emotional, and mental or even a combination of two or more than two. People who do laborious work experience physical stress, people associated with computers experience mental stress. A person suffering with physical stress can manage it by taking rest and rejuvenate himself totally. People commit suicide when they are under mental stress. There is a direct connection between the mind and the body and most of the diseases are psychosomatic in nature. Ability to cope with the stress changes from person to person but in general if learned carefully one can manage stress in an effective way.

(Capotescu, 2008) Stress is a dynamic issue and quite complicated and cannot be scripted in a very specific reference. Stress is not only associated with yourself but with people around you also. Environment around you also affects you and creates stress. The primary intention of handling stress is to teach people by making them learn on their own, make them introspect, make them understand who they are and develop skills for managing self and situation.

There is always a high cost associated with the high pressure work associated issues and there is a need to do some research associated with the high pressure work. The outcome of this research needs to be published in various magazines and newspaper in the form of articles so that many other institutions can get access to this data and make use of the same. It is argued that an evidence based approach will lead to advances in intervention practices.

The author has also outlined recommendations regarding planning and interpreting occupational stress management research in order to improve stress management interventions.

(Arun and Chavan, 2009) Students going to the schools in various part of the country encounter a huge amount of stress and eventually harm themselves. This percentage is pretty big. Current research was focused to understand if any relationship existed between the variables such as stress which could affect the health of the students or is there any suicidal tendency among the school going students. The sample size of 2402 from the city of Chandigarh was collected. 46% had psychological problems, 50% of the respondents viewed issues with the self while playing the role of a student, 45% of the respondents registered educational drop, 9 % of the respondents felt that their existence itself was a big area of concern, 6% of the respondents had a suicidal
tendency and less than 1% reported suicidal attempt. Conclusion is that the respondents with weak educational background and non encouragement in the house had an issue with their existence itself and were linked to their huge percentage of being committing suicide.

(Ramya and Parthasarathy, 2009) The purpose of this research was to find out various stress related methods used by the junior level students from the Christ College, Bangalore. The study also focused on the gender differences in coping strategy used by the students. The target audience was from 1st and 2nd year students of pre-university studying in either of the branches (BA, BSc or BCom). The sample size was 120 nos.; 40 each from the 3 faculty mentioned above including both the sexes. The findings revealed that majority of the respondents adopted emotion based and problem based stress coping strategies. Most of the female respondents used emotion based stress coping strategies and the male respondents followed problem based stress coping strategies.

(Desai, 2010) In Mumbai city 20 suicides were recorded in a span of 30 days which created a lot of turmoil amongst the educationist and in the hearts of billion people and these suicides were due to exam stress. Of late these numbers have increased and there are 3 reasons attributed and they are: deprivation of sunshine, exam results, and the copycat syndrome. This is due to the flaws in the education system where the most successful student in the class is found to be chasing numbers by coping to be in the system which does not give any practical exposure on the subjects. Everything is theoretical, mechanical and with an out dated curriculum. The entire scenario has become more competitive without any real value addition and only the academic success decides the future of the students. Our education system has become another rat race and the fun of learning has boiled down to number games. Every child gets into this rut and his education destiny is sealed even before he learns to walk or talk properly. We eventually have to compromise on our dreams as we become a part of this rat race. As a society, we have failed to do our bit for our own loved ones.
(Madhukar.et.al, 2010) Stress is a very vast subject and in this article the author has focused on PERIODONTIST. It has basically to do with child Dentistry. The author has tossed a question about can a periodontist handle it?

It has been observed that 75% of the diseases are psychosomatic in nature. Normal healthy functioning of an individual body or the mental aspect of his being is disturbed due to any stretching of the normal and natural resources because of uncalled for distortion at various levels of being may be at a physical level, or may be caused at an intellectual or mental level or due to the emotional issues caused by interpersonal relationship which will eventually and in totality change the behavior of an individual should be avoided to live a healthy life.

(Stoica, 2010) The issues, concerns and the shortcomings arising out of the stress at the individual level due to the job, career and the occupation one is associated with has been widely researched and its negative impact on the people working in the organization has been studied. Life style management is a healthy way of managing and sustaining a good health may be physical or mental part in sustaining a good interpersonal relationship with others. This piece of information shows us some ways to avoid and decline stress at an individual level and also at an institutional level. Many times stress management schedule of activities has not been a success because of the attitudinal problem. This is a universal problem faced by most of the corporate which needs to be solved.

(Antigoni.et.al, 2011) This article intends to describe and examine carefully and in detail the essential characters on important stress factors on nursing. A methodically executed structured method was used in four different levels of information gathering on pinpointing the important stress factors on nursing.

It was understood that there is no conclusion on a right way in identifying and handling of the stress arising out of job, career or occupation.
The resolution and in particular the act of solving a problem should have a different level approach starting from recruitment of staff members to training them from within the faculty members in the organization or hiring a professional expert consultants to help the individual.

(Augustine.et.al, 2011) The objective was to assess stress among students at the age group of 16-17 years and also between private and government institutes in stress appraisal and coping. A total of 75 normal students’ data was studied for finding out the result. The respondents from both the organization displayed same stress understanding with the respondents from government organizations having a higher mean score. It was concluded that the respondents from the later schools had a very big numbers on escape coping which adhered to the systematic study on prolonged stress for early attention and rescue action.

(Bazgan and Bazgan, 2011) The author has conducted a research on stress management and work performance in the country of Romania. More and more organizations in Romania begin to understand and be increasingly concerned to obtain benefits from implementation of coherent human resource management, as a result of a modern management and professional focused especially on employees in order to maximize the performance during their remaining within the organization. Work is now no longer just a way of satisfying individual necessity but also as an opportunity that contribute to shaping a favorable self-image. This article aims to capture the relationship between stress management and work performance. The emphasis on this article has been on human resources, stress management and professional performance.

(Dhanpal.et.al, 2011) The data and the facts furnished here gives a clear understanding about the stress experienced by an Indian staff working in an IT industry. This information is due to the recent study and the survey made on HR M stress management with emphasis on Indian IT industry The study beautifully shows the issues a staff member encounters in his work due to stress. The study also navigates how he overcomes the issues and also how his company helps him to do the same.

(Fisher, 2011) For long the teaching profession has been described as an occupation which drains your energy at an emotional level and gives you no satisfaction at the end of the job
specifically the monetary aspect. The speed with which people change this career is categorically higher compared to the other fields and work area. The shift in other area of work other than teaching is 11% every year, whereas 16% of public school teachers change their work every year. This is even higher for the teachers who are beginners or are on probation period.

There is a huge turnover in this profession where they leave this profession and join some other industry. It is said that within first 5 years the shift in the job is in the range of $\frac{1}{3}$rd to half. This is a very volatile situation and because of this out fluxes in the teaching community the entire education system becomes weak and is unhealthy situation and needs to be stopped.

This volatile situation can be linked to the exposure and the transformation from a student to a teacher community and this will explain eventually what kind of educators they eventually will be. A lot of research has been done and it has shown that teaching is a very stressful profession and this eventually will culminate into a frustrating experience leading to fatigue, depression and total breakdown. This is a national loss.

(Jorfi.et.al, 2011) The article focuses on the key areas such as Emotional Intelligence of a staff member from a leading bank of Iran. It correlates between communication effectiveness and job satisfaction of the employees.

Change is the only constant in life and all the organizations whether public or private need to learn to handle change in the most competent way. One needs to understand his own emotions and the mood swings of his colleague in an organization for a better and effective interpersonal relationship. This understanding will help them to cope up with the changes happening in the business situation with an alarming speed.

The outcome of this research shows that there is a consequential change and a very good interpersonal relationship between the two members in the organization. There is a direct correlation between stress management and effective communication with respect to the job satisfaction. The research was conducted in a Agricultural bank and Educational Administration of Iran. The author concluded that the members of the working community should learn to take stress management seriously and emphasized of increasing the communication effectiveness
there by leading to job satisfaction and eventually retention of the job. This also contributes to the individual productivity and personal effectiveness.

(Mohanty.et.al, 2011) The process of medical education in India can be at times stressful. It can have a very bad effect on student’s health, life style and academic performance. The main objective of the author is to identify the respondent’s level of stress, stress coping methods and strategies, life styles, health risk behavior, family support, hostel stay etc. Four previously validated instruments were used for evaluating various parameters of more than 300 medical students (MBBS) from all the levels i.e. from 1\text{st} year to final year including internship. It was observed that the degree of stress was significantly high among the interns compared to the rest of the students. For the 1\text{st} & 2\text{nd} year students along with academic stress, social and emotional stress played a very vital role where as physical stress was prominent among the internship students as compared to the others. To alleviate stress the avoidance type coping was more prominently used by the interns. Social support had a positive impact on the respondents.

(Pathak, 2011) Stress can be expressed in an accounting language as an expensive business cost or even can be termed as expensive business expenditure which directly affects the health of the staff and also the health of the company by affecting the profits of the company. With this as the base for discussion this research analysis explores and analyses the findings of the research studies which have been concluded in resolving and managing conflicts arising through variances in stress level at the organizational hierarchy.

Stress can accelerate lot of physical and mental changes in the human body. With that a person changes his behavior and is unaware of the change in him which could be very harmful and life threatening. Your palpitation can go up and eventually may get a heart attack.

The need of the hour is for work life balance where the employee can maintain an optimum balance in work as well in his personal life. We want to enjoy our life and eventually lead a happy, satisfied and contented life. This can be achieved by using work as an important resource.
(Varvogli and Darviri, 2011) Information based stress elimination procedure can reduce stress levels of the individual, which results in elimination of a disorder symptoms. This will further reduce the various biological signals of the disorders which help in prevention of the disorder and in turn refinement of patient’s quality of life. For preventing all the disease associated with stress and improving overall health a proper knowledge of stress management procedure is required. This technique should be assimilated into all levels of prevention, taking care of different people in various environments.

(Yasin and Dzulkifli, 2011) Work and execution in the field of education depends on the individual’s health, wealth, prosperity, happiness, satisfaction and contentment which can be linked to the physical well being, social status of the individual, emotional bearing and stability of the individual, spiritual quotient and overall mental state of an individual. All the pupil who are physically fit and mentally stable are found to be executing in a better fashion with respect to those who are not physically fit and mentally stable. Mental steadiness is off course a crucial foundation for any student to have a high level of accomplishment in the field of education. In order to realize the association between the mental stability, happiness, satisfaction and the educational performance, the level of depression, anxiety and stress of the respondents are quantified. For this the respondents were grouped into high performers and low performers and each of their depression level, anxiety level and stress level were quantified and analyzed.

(Hamdan, 2012) Concern for the people should be the top most priority of any organization. As they are the prime center of any organization caring about the individual issues is the foundation for success. So as a policy the belief of the organization should be individual’s health is the overall health of the organization. The employee’s different life aspects should not be treated as a separate issue. Once all the aspects of the employee’s issues are treated in a whole some way by the organization then the stress level reduces and the productivity of the individual goes up.

(Islam et al., 2012) The research communicates that everybody is under stress and few of them can me under marginal stress where as the other chunk could be highly stressed out. Handling of stress in any organization is basically a team effort that helps an individual to overcome the obstacles in more organized and structured way. The purpose of this research is not only to
eradicate the stress but to also take prevention measures for the negative stress not occurring again and again there by helping the individuals and team performance. Among a lot of option available to avoid stress, care should be taken to use the best available option to avoid getting stressed. One should be in awareness that the negative stress can cause a lot of harm and one should be serious about the necessary preventive steps to be taken and if required one should not hesitate in taking a professional help.

(Mujtaba.et.al, 2012) All the students perceiving management education from the business schools are future corporate executives, managers and business leaders of the corporate world. Their services will be required in all the industries whether manufacturing or service industries. They will be a part of small sale industries, private companies, multinational’s or even the public sectors. For the success of any organization they are all very precious human resource assets. Their contribution cannot be underestimated and undervalued in the growth of the individual as well as that of the organizations as compared to the other physical assets like machine, money and raw material. These human resources are the driving force behind any organization’s success and growth.

(Rumbold.et.al, 2012) The purpose of this review was to systematically identify and evaluate the psychosocial interventions used to manage a component of the stress process in competitive sport performers. Inclusion criteria were devised to select research relevant to the topic area. The results indicate that, in general, a variety of stress management interventions are associated with athletes’ optimized stress experience and enhanced performance. The findings suggest that the effectiveness of stress management is moderated by a number of diverse design features (e.g., treatment adopted, stress component outcome measured). These design features are important to consider when designing interventions for athletes of varying sports, ages, and competitive standards.

(Sikander.et.al, 2012) Stress is a natural ingredient at the workplace and it is associated with the kind of activities an individual is involved with and also the kind of interpersonal relationship he or she shares with the colleagues, subordinates and all the bosses around. The common findings
observed is that they have similar ranking about the activities to be performed and stress awareness, but the Australians are more focused and inclined towards interpersonal relationship.

Among many factors associated, one can relate to the cultural affinity and association of an individual as an indicator of his behavior. Your communication skills are very important in your interpersonal relationship. Pakistan has a very aggressive way of communication culture where as Australia has a non-aggressive way of communication culture. In the very aggressive culture of Pakistan there is an understanding on the things that gets communicated beyond the words, where as in the reference with the Australians communicate the focus is more on the words used which can be in the spoken format or written format as they are more expressive. Knowing the cultural differences between the two countries the business relationship can be more effective with all the stake holders and the functioning among the various groups becomes easy and effective there by reducing the stress.

*(Zeinalian, 2012)* Management of stress is a method for discovering different reasons creating stress and providing remedy for them. There are different methods to reduce stress and some of them are Awareness, Forecasting, Prevention, Stress assessment and Assertiveness.

There are studies indicating that when teacher’s abilities and teaching skills increase student’s learning will also increase, subsequently.

The results clearly indicated that it was quite possible to make significant change on student’s personal characteristics.

*(Hosseinkhanzadeh.et.al, 2013)* During the last two decades movements of institutions has been changed focusing of primary care from psychiatry hospitals into community mental health centres, and because of budget, resources and facility limitations, families of patients had to take responsibilities such as being practical assistance or emotional supports.

The data collected was analyzed using t-test. There were no major differences between the two groups in pre-test. However by using the stress management training with the style of cognitive-behaviour in the practical and active group the numerical results showed decrease in the anxiety
and depression level. The result showed that the anxiety level and depression level gets reduced in comparison with the controlled group.

(Jain, 2013) As per the various factors creating work-life imbalances an attempt is made to evaluate satisfaction level of Doctors, CA and teachers of India. To create work-life balance among professionals the working condition, Time management and family support is the most Influencing factor along with Role Expectation. The work-life Imbalances impact job satisfaction level and stress levels of Professionals.

(Mosadeghrad, 2013) It was concluded that the management of the hospitals should incorporate appropriate policies and methodologies to reduce stress related to the hospital environment and in turn helping the nurses to cope with stress. This approach will also help the shift of the nurses from looking for a change may be in terms of shift in the hospital or shift in the industry.

The management of the hospital should activate many new methods and steps to decrease the stress during the working hours and beyond but more categorically in the work culture and ambience. The management of the hospital should provide more support in handling stress by giving them training on how to deal with a stress arising out of long working hours and all such similar issues arising out of the work ambience. Professional counseling also can be provided to manage stress.

(Pandey, 2013) Stress is a outcome in a very volatile situation where an individual gets an opportunity to grow, stumbles across obstacles in the process of fulfilling his or her desire, demand, requirements where the outcome or the end result is important but at the same time there is no assurance in terms of achieving the same. Stress may not always be negative. From this study it is quite clear that though slight stress is helpful for growth and development among employees. It is needed to be careful for all the employees and the organization both becomes a victim of stress. If one can learn to manage stress effectively, stress cannot harm him/her.

(Pradhan and Tomar, 2013) In the Indian commercial banks the existing knowledge of stress management strategies among the employees is investigated.
Different issues related to occupational stress were reviewed and various factors causing stress were explored. The employees of three different banks were used to understand the factors leading to stress. If the employees learn what stress is, what the consequences of stressors are and how to control it effectively then the stress can be managed effectively and inexpensively. If the employee understands the implications of stress in an organization then it will increase employee satisfaction and performance.

(Sharma, 2013) Stress is a part of every individual’s life. To achieve your desired goals stress helps to some extent. Managing of the various types of stressors in an optimal manner is the key to Critical Success. Otherwise it affects your academic performance and affects you on psychological level, physical level and social level. There are many symptoms of stress not managed properly such as fatigue, sleep disorders, eating disorders and other unhealthy symptoms.

(Shendarkar and Patil, 2013) Although many stressors are present in the journey of a student to transforming into a doctor, it is important to nurture the child grow up as a individual and the parents need to play an important role in the development of the child from a person to a full fledge doctor. Hence, so as to make a person an effective stress manager, the growth of the person and factors affecting it must be taken into consideration. A good parenting will undoubtedly try sorting out such problems.

The families of students should be taken into confidence. A comprehensive program needs to be initiated for the strong mental and emotional built up of medical students with significant involvement of their families. We feel, it is the need of current time. A more detailed investigation of these factors using larger sample size and in various medical colleges throughout universities will undoubtedly help tackling of these problems.

A physician is like a flower in the society. For spreading its fragrance into the society, it needs to be nurtured healthily providing a sound mental built up from the curricular activities supported adequately by their families.
(Shukla and Garg, 2013) Banking industry is a service industry which is one of the highly demanding in nature as far as services are concerned in our country. Off late for almost a decade the banking institutions in India have been exposed to bigger challenges due to changes in the technology that has come up in doing the business such as internet banking, services have become more personalized and the global players participating ruthlessly in the Indian market. People working in these institutions cannot run away from stress due to the structures which are getting in place, the business procedures and methodology which are getting more complicated with the involvement of the latest technology. It is very difficult for all the staff members to adapt to the fast changing situation in the industry there by in the process getting stressed out. The efforts have been made through this study to understand the criteria of stress with all the staff members and the methods followed by them to overcome them the stress in their offices and work environment. It is observed that almost all the members of the staff gets stressed out. Most of the staff members try to work out a solution to be out of stressful situation. A lot of measures are used to overcome stress which hampers their physical and mental health.

(Waghachavare et.al, 2013) Stress is a part of student’s community from all the faculties but more specifically with the students from the professional education programs. Students from the medical and dental colleges undergo a higher level of stress and can lead to mental issues like depression, fatigue and anxiety. The purpose of this study was to estimate the level of stress pupil undergo in many professional colleges in India with respect to its association with education, social well-being and health issues. Total sample size of 1200 students from medical, dental and engineering colleges in Sangali district, Maharashtra was chosen. Various statistical tools were used to analyze the data. It was observed that more than 24% of the respondents experienced stress. To summaries we can say students from all 3 fields were affected by stress. Academic factors were stressors number 1. The introduction of stress management as a part of curriculum was suggested as useful in handling the stress.

(Goldberg, 2014) The human body can cope up with stress and can respond to it accordingly in a positive or a negative way. If we act in a positive way then stress can be positive and keeps us alert and we can face any danger. Stress becomes negative when we do not manage our stress
We need to relax in between all the challenges one faces. If we are unable to cope up with the situations then we build up tensions and get overworked. A situation that continues without relief can be called as distress. The physical symptoms of this can be headaches, stomach upset, high blood pressure, chest pain, and insomnia. Stress can aggravate the situation from bad to worst. Stress gets further aggravated when people try to take external support in the form of alcohol, tobacco or drugs. Instead of getting relief from these supports the body gets further aggravated due to the consumption of the same.

75% to 90% of all the illness is psychosomatic and this is evident from the number of people visiting the doctors for the stress-related problems. Stress is directly linked to issues such as severe headache, depression, abnormal increase in the blood pressure, asthma, irregularities in the functioning of heart, arthritis, skin irritation, anxiety and change in blood sugar level. In America it’s a more than $300 billion business annually. Emotional disorder contributes to the 50% problems due to chronic problems.

(Mathew, 2014) Students face a lot of challenges in late adolescence and create more stress with a variety of reasons such as responsibility, adjusting with the surroundings, new faculties, food habits, academic achievement and thinking about the future. There are various symptoms of stress and the suggestion to manage them by all the stake holders.

Many students go for unrealistic goals and getting stressed out in the process which could result in serious disease. Students take support of smoking, drinking, tea, coffee, drugs to run away from the pressure created by these unrealistic goals. This in long run damages the body. Stress demands change in a person specifically in his behavior, academic performance, his career and values. There is always resistance to change which causes stress. Stress is an internal state of mind which can be due to Physical factors, Academic factors, Social factors and Economical factors.

One of the stress relief tips and tools for students to follow is on good time management. Setting up a proper scheduling for studies is an important issue in time management. Visualization using your creativity is another proven stress management technique which helps in achieving one
Another important technique to manage stress is by being optimistic in life. One needs to take good rest and sleep to perform better. Student can do well in their own stress management by eating a balanced diet and getting sufficient sleep. They can add regular exercise regime to manage stress.

(Walker and Stephens, 2014) The objective is to examine the non practical alliance with the coping methods, protective behavioural strategies, consumption of alcohol as one of the stress coping methods, and use of alcohol by the respondents. The sample size was 327 college students. It was observed that protective behavioural strategies partially associated with the puzzle centric approach and association with the alcohol. Behaviourally oriented problem-focused coping strategies had a better association with the puzzle centric approach and protective behavioural strategies. Cognitively oriented puzzle centric approach were linked with protective conduct and increased alcohol use. We conclude that protective behavioural strategies are more likely to be used by college students who endorse using a puzzle centric approach, especially if they tend to use behaviourally oriented puzzle centric approach. All that has been found to extend all the information perceived on this subject on protective behavioural strategies and indicate that students are less likely to use puzzle centric approach to manage stress and may need additional interventions to increase their use of protective behavioural strategies.

Relevant Literature Review

(A) MANAGING STRESS THRU LAUGHTER THERAPY

“Hasya Yoga” has been an ancient Indian therapy-technique to manage the stress. It was reinvented or restarted by Dr. Madan Kataria. The same old technique is now referred as Laughter Therapy.
Almost 19 years back this technique was reinvented and since then it is being practiced at all over the world. There is a necessity to start such activities in India and abroad. We started our laughter club of Hindu Colony; Dadar, Mumbai on 11th October 1997. A lot of people these days are taking these activities seriously as they see a lot of health benefits. (Kataria, 1995) The benefits can be credited to the positive thought process, trust curing, suggestion to sub-conscious mind and leading a life full of positivity. There are more than 8000 clubs in the world spread across 65 countries.

Please Note: A lot of members from my club have seen the fruits of using this therapy and they have claimed to have been cured from their respective diseases. Here we don’t claim laughter as a solution or a direct remedy to all your diseases but it can be seen as a complimentary therapy. At the most it can be used as a preventive solution than a full fledge therapy. A lot of scientific exercise and field work has gone into this area in our country and it has concluded that this therapy has been a great help to most of the people in many ways directly or indirectly.

Why take this seriously?
Laughter has profound health benefits which have been proven with a scientific approach and to take the advantage of the same we need to laugh for a minimum period of 10 minutes. In this therapy as it is activity based we can change the duration, increase or decrease the way we want it. This is an induced laughter where as the natural laughter that we come across last for few seconds and it is not sufficient to bring in the desired changes in our body.

ADVANTAGES OF THE THERAPY

Recognition of welfare
Daily you do around 35 to 40 minutes of laughter therapy in the beginning of the day and that sets the tone for the day. You start the day by feeling good, healthy and positive.

This therapy works immediately for you and shows a lot of change. You feel lighter and active immediately. Many people have experienced positive changes as you start your day on a positive
note. Smt. Anapurna Banarjee member of our club never felt irritated in the day and her outlook towards life changed.

**Mental Disorders**

Our life is very hectic and due to the pressure on us we succumb to mental disturbance. Due to this all the diseases associated with our mind are increasing day by day. This therapy has been of immense benefit for all the people who were on heavy drugs associated with insomnia. Many people who had a suicidal orientation have started living with hope.

**Meditation**

This therapy is one of the types of meditation and is a great stress buster. It is a timely solution for all our modern lifestyle situations. In this laughter therapy either you laugh or think. You cannot do both simultaneously. When you do the laughter then for those particular seconds of laughter you are cut off from the rest of the world by cutting off your thought process and for those seconds you are said to be in meditation.

There are many types of meditation techniques in practice and in all of them you either concentrate on something, to shift your mind away from all types of thoughts that emerges in your mind and it is not that easy. Whereas in this therapy the laughter which is a very natural form of human act can be executed with a ease and is the easiest form of meditation which gives you instantaneous relaxation.

**High BP and Cardiac Problem**

Many reasons exists for high BP such as obsessive, passed on from fore fathers, our smoking habits, eating fats more than our body needs, but over and above all stress is the prima fascia reason for a high blood pressure and heart disease.

High BP gets under control because of the hormones released due to laughter. Scientifically it has proved that there is a mark able drop in your BP after exercising the therapy for 10 minutes.
Of course with this we do not claim complete elimination of your BP tablets but for sure your doses get reduced. The border line high BP patient may not require any medicines.

Your high BP gets developed over a long period of time and it cannot be changed with a few days or months therapy. But for sure laughter will bring control and growth on your high BP tendencies.

Similarly laughter is the best preventive medicine for the people having cardiac problems. These patients after stabilizing on medication find the laughter very beneficial as it improves the circulation of the blood in the heart muscles along with the oxygen levels. All the people having a cardiac problem can participate in the laughter therapy after getting the approval from their family doctor or cardiologist.

**Psycho Neuro-Immunologists**

Our body has a system which produces cells and cell forming tissues which protects our body from all types of diseases, infections and cancer. It is called a sour Immune system.

The psycho neuro-immunologists have proved that all the negative thoughts and emotions deplete our immune system which in turn losses it’s fighting capacity against diseases. Laughter helps to increase the white blood cells there by increasing the resistance to fight the diseases.

There are many members of the laughter club who have reported that the occurrence of cold and cough has drastically gone down due to the laughter therapy.

**Endorphins**

During laughter sessions our brain emits a hormone which reduces the sensation of pain which functions as a natural pain killer. They are called ENDORPHINS. These hormones reduce pain in the body due to stressful activities specifically at the bottom of the back and on the neck.

**Blowing balloons**
In laughter therapy your lung capacity increases with daily practice of hearty laughter where you just blast from the bottom of your heart. People suffering from asthma and bronchitis have a breathing problem. Laughter therapy is one of the best treatments for these patients. These patients have the problem of mucous in the respiratory system. For these patients the clinical treatment is to blow forcefully a instrument or a the popular treatment for these patients is blowing of the balloons. In the clinical treatment the patient pays for these exercises whereas the same exercise is done in the laughter clubs and of course free of cost.

City like Mumbai have a huge number of asthmatic and bronchitis patients due to the climatic conditions and the high level of pollutions. Many members from various clubs across the city have registered a drop in the frequency of their attacks. In some aggravated case of asthmatic patients they need to take permission from the doctors before taking up laughter therapy but by large all the people suffering from asthma and bronchitis can make use of this therapy and relieve themselves from all the discomfort the undergo.

**Sports**

The biggest tool for any sport personality and specifically athletes is the lung capacity to hold on the oxygen from the air. This is associated with your breathing capacity and linked to your stamina, laughter therapy immensely improves the same and your stamina is directly proportionate to your performance.

In all sorts of competitive performances there is an element of strain involved before getting into it. When you do Laughter therapy before and during the sports your relaxation levels goes up and hence your performance also goes up. Laughter therapy can be practiced anytime, anywhere and should be introduced to enhance your performance.

**Massage to your organs**

Our body muscles gets toned up with a variety of exercises but what about our internal organs? During laughter therapy there is a rigorous movement within our internal body there by generating massage to our internal organs. This helps in increase in blood supply to all the organs and hence increases the performance of each and every organ.
**Acting Academy**
These days a lot of educational institutions are using laughter therapy as a part of curriculum. Many management colleges are using them as a stress buster. A lot of acting institutes are using the laughter therapy to drop the inhibition. This is also beneficial from giving a public speech. It also helps in overcoming stage fear and boosting your confidence.

**Youth Look**
There are a lot of exercises for various parts of your body but for facial muscles there is hardly any exercise except for in yoga. There is one etiquette laughter which is an excellent laughter from the development of the facial muscles. In this you don’t open your mouth, keep your lips together, and blow your cheeks in and out to the left and right side and at the same time making a humming sound like that of a pigeon. After this laughter exercise there is an excess amount of blood flow to the checks and all the facial muscles gets toned up. This excess amount of blood supply to the checks helps nurture the skin to glow.

People with laughter look happier and bright. Due to heavy laughter the lacrimal glands are squeezed thus moistening the eyes making them glow and shine. Laughter exercises help strengthen the core muscles thus helping reduce those pot bellies.

**Snorting sounds**
This is a common problem with most of the senior citizens. Due to the age factor the soft palate muscles losses its strength. The laughter therapy helps to strengthen the soft palate and throat muscles. Many people have recorded the improvement.

**Social networking**
You connect with different people instantaneously due to this laughter therapy including the strangers. Laughter enhances your interpersonal association. Every person in the club greets
every one with an open mind and shares a caring attitude. They help each other in their daily chores. You will see all the like minded people who are the members of this laughter club with a positive frame of mind. I being the founder of my club all the members of the club are like a family to me.

Every year we go out for a long picnic of over 5 nights, one short picnic, we have a annual gathering where most of the senior citizens participate their talents on the stage, we celebrate all the festivals, every single persons birthday is celebrated, they support each other in their bad times, illness, hospitalization. We organize, workshops, seminars, promote laughter therapy from time to time. People from all walks of life come together on the platform created by the laughter clubs and welcome each other with a smiling face.

**Global Peace**
This is a perfect platform to express brotherhood and establish love, peace and harmony among all human beings promoting global peace. Laughter has no communication hindrance. We can promote laughter therapy to bring all the people under one umbrella by contesting various laughter contests at national and international levels to make this globe a better place to stay.

**Personality Enhancement**
The practice of laughter therapy in a group helps you to remove all your inhibitions and you become an extrovert. It adds to your self confidence. It requires some courage to join the laughter group because many people are afraid of being branded as mad. The act of joining the laughter club makes you an open minded personality and over a period of time you will achieve confidence.

In the laughter club there are many people who are developed as anchors who conduct the daily exercises and the laughter therapy in turn developing their personalities and eventually becoming a leader. Here it was observed that people who were quite became more talkative, introverts became extroverts, and people who hardly uttered a word in front of others became a very effective speaker. With time people develop their overall personalities and eventually you become the go to person.
**Laughter Therapy in Industries**

In many industries people come together before starting their work for prayers. In Japan, staff from all the levels assemble together and conduct some physical activity in the company premises before the commencement of the work. People from all grades, all levels from the chairman to the officer, worker participate together in some activity or the other.

Why not introduce laughter therapy in corporate houses? It will improve interpersonal relationships and employee’s performance. They will start each day on a positive note. All the staff members work in a team and increase their productivity. With laughter therapy introduced in the industries and the corporate world all the staff members whether the subordinates or the bosses will function with an open mind creating a positive ambience eliminating fear factor which will help in increasing the profitability of the organization.
(Kimura, 2008) The researcher has an interesting thing to say that laughter is the best medicine and an effective weapon to stop the wars worldwide. They have invented a machine to chart out laughter and “aH” is the unit to calculate.

They observed that when children laugh more freely, they release 10 aH/second and when the adults laugh they release 5 aH/second. Adults units are less because they think before they laugh calculate whether to laugh or not and eventually forget to laugh. One must laugh freely to evolve in life. The research was conducted in Osaka, the hub of Japan’s stand-up comedy scene.

Human laughter is produced in four successive emotional stages: --

1. letting loose, then
2. deviating from the norm,
3. followed by freely laughing and then
4. having the laughter overflow.

In all these four stages of laughter there is a circuit in the human brain.

To measure laughter, sensors are attached on the skin of a person, specifically the stomach and in particular the diaphragm and the muscle movements are monitored. There is a co-relation between the humor detected in the brains and the diaphragm. By monitoring the movements of the diaphragm various types of laughter can be observed. Very soon a small device will be produced in the market to monitor the laughter under health and amusement gadget in the entertainment industry.
Laughter Therapy Effectiveness at School – A case study

SCHOOL STUDENTS PRACTICE LAUGHTER YOGA TO OVERCOME STRESS

(Chowdhury, 2007) In order to overcome anger 2000 students along with their teachers from a public school in Greater Noida start their day with a laughter therapy. The school authorities viewed this unique technique of yoga and laughter therapy as a technique to help their students to overcome their traits of aggressive behavior. The school authorities felt the need of such sessions to be introduced among the school children because of the increase in the cases of depression among the school going children. The principal thought of including the laughter as a part of the children’s personality.

These days there is hardly any physical activity which a student undergoes in the school and is more focused on getting good marks there by getting more involved in unwanted competition to climb the hierarchy thus the stress level is increasing among them. Most of the time the students are in the process of fulfilling their parents and teachers dreams and as a result they lead a very hectic and stressful life style. To get the right balance in their life the principal feel that an effort at a conscious level is a must.

Due to the hectic pressures of getting good mark and setting up high targets to achieve the children have forgotten to laugh. Laughter should be used as a stress reliever and should be induced in their daily life. Children should not resist implementing the same. For better management and proper handling of stress a stress management program needs to be introduced in the school curriculum was concluded by the principal.

Recently in one of those rare incidents that happened at a Gurgaon school where two students killed their classmate has set an alarm in the education circle to take a serious note off the incident and the stress the children are undergoing. The future is scary if not acted immediately.
Laughter Therapy Effectiveness at Work Place – A case study

**Humor in the work place and Productivity**

*(Klein, 2007)* People have forgotten to laugh and to get back their natural essence of life lot of corporate executives in Australia are joining the laughter classes with the intention of increasing their productivity at the work place. People are joining these classes’ en masses.

As per the knowledge acquired by the practitioners’ of this laughter therapy laughter can reduce stress hormones by releasing the endorphins to lower the pain faced by the executives. These endorphins are emitted by the brain. Elevating cheerfulness in the work culture fosters a fair and just work life and in the process releasing the child within.

When the staff members in the office eases up, relaxes a bit and cools down, simultaneously they improvise their attitude towards everything and specifically towards their work and life, in turn enhancing and leading a happy stress free life. There is a meaning in their laughter. You need not use words to express or communicate but your laughter does it all. This is something that is naturally available with us.

Initially there is a tremendous resistance to participate in the laughter because of lot of mental blocks but eventually they mingle and subsequently enhance the morale of the staff and increase the happiness at the workplace. For many people they find it difficult to laugh because they are thinking of what others will think when they laugh, probably are scared to make a fool out of themselves. Initially to make others laugh we have to do something irrational, funny, absurd, and unique to make others laugh.

The investment made in terms of money and time in the laughter classes gets its return immediately when the workers claim reduction of stress, become more productive and are having all the tools to sell their ideas to the customers. The laughter classes ensure that all the staff members originate a fun loving ambience and that will help affect their productivity and creativity in a positively in turn increasing the profitability.
The laughter therapy drive encourages wit and fun at the office which is the motive of the management and the staff to make a purpose out of the day to day contribution. All the members are provided with a huge collection of activities that fosters fun and laughter.

Here to create an ambience of fun and laughter the author recommends few suggestions that for a minute a break is given to all the members in the office and they make a paper planes and flies them across then in the office. Other suggestion was to display a light-hearted statement on the table which creates fun throughout the day. The last suggestion is to provide molding clay to all the officers and managers during meeting time so that the heat and the arguments during the meetings get reduced with the play full approach.

Laughter is very robust and to maintain that, periodically a dose of silly behavior is required. This will ensure a better interpersonal relationship at the end of the day when everybody laughs together.
MANAGING STRESS THRU MUSIC THERAPY

(Katti, 2013) Stress is tension; mental or physical. Germless diseases are disorders e.g.: diabetes, hyper tension, depression, aggression etc. (Psychosomatic Diseases)
Every disorder is connected to stress. Stress increases the disorder. Reducing stress will not cure disorder but can be controlled. Stress which ends creating positive things is called positive stress or Eu-stress. E.g.: Function at home, crossing the full traffic road etc. Some stress is always necessary to complete a task. So the stress that gets created in the routine activities of the day can be relaxed by listening to music liked by you. Slow music helps in calming down relaxing totally. A little fast music helps you to continue the work and helps you going.

Dis-stress or negative stress is generated when unwanted feelings attack us and thus tension is created. E.g.: anxiety, anger, aggression, fear etc. The negative stress when increases; gets converted into disorders or germless diseases or psychosomatic disorders. E.g.: diabetes, hypertension, depression etc.

Brain nervous system is always doing healing job on its own. Melatonin is neuro-hormone secreted more due to music therapy. General tranquillity of brain is achieved due to music therapy thus improving the efficiency of the brain.

It is an alternative method of healing given in an additional format as a part of medicine in a very sophisticated way by a person who has a deep understanding of the diseases and how music can help the patient to overcome the disorder. The treatments are scheduled in such a way that it helps patients to deal with the issues related to the physical health, mental issues, and intellectual disorders. This therapy can be used for various purposes such as helping people to overcome stress, helping a pregnant woman to deliver a child without any complications, people with mental disorders etc.
It is effective in many surroundings and environment like schools, treating patients in the hospitals, shelter houses, religious places, and even in the house.
Music can be helpful to one and all. Music can be helping patients overcome physical defects, cure emotional disturbances, help to get social stability also all the healthy people can make use of music to refresh, relax, chill out, lower the level of strains in life, change and uplift your mood and also entertains you during the your exercise. Music is prominently used during acrobatic exercise. In medical treatments there is a possibility of side effect of the drugs used for treatment but that is not the case with the music therapy. Music therapy helps people achieve their various goals, may be in studies, work, healing, resolve memory issues, and improvise interpersonal relationship and overcome severe pain.

**Impact of Music therapy**

**At Physical level**
At a physical level the functioning of the brain changes due to the music stimuli. The pulse that gets generated creates a soothing effect and this is due to the slower and deeper breathing response. Our heart rate and BP also reacts to the kind of music we listen to and the heart rate increases or decreases with the change in the volume and speed. If the music that we listen is loud and the beats are fast then our heart rates goes up while we listen to the softer music where the tone and pitch is low and less then the impact is different. In the rehabilitation centers music is used to relax the muscles, helps in the co-ordination activity of the brain and mind, the endorphins released by the brains is used as a pain killer, and eventually stress hormones are reduced. The end result is the immunity system of the body is heightened.

**At Mental level**
The kind of music we listen to the mental response will vary, either it becomes sharp or relaxed. A school student with mental disability shows a positive response in increase in memory and learns quickly due to the music. Another benefit of listing to music is the concentration level increases and hence productivity. The classical music has a peculiar positive impact on the math’s solving ability among the students community.

**At Emotional level**
The music has a great impact on the swinging of the emotions and is seen vastly used by all the effective film makers to create feelings of calmness during romantic scenes, tension during the
suspense scenes, excitement during comic scene etc. Variation in the music in the films can also communicate non verbal messages.

A specified methodology for curing all types of ailments and is based on new science, which involves Ayurvedic principals, modern medical inventions and the traditions in Indian classical music. It has been established now that after hearing certain modified Ragas at specific timings regularly for a period of about a month patients get substantial relief. This is a supplementary therapy and is to be given along with the regular medicines.

One of the purposes of Music therapy is to deviate the attention of the mind from pain or anxiety and allow the musical stimulus for rhythmic breathing, systematic release of body tension and focus on positive thoughts and feelings.

Music therapy is more scientific in approach and is used to fulfill and accomplish the individual’s goals done in a scheduled music therapy program performed by trained and skilled personnel’s.

One can be associated with music therapy in many ways to enjoy the benefits of the same. First by composing music, another a common method is by listening and the last one is by talking about the music.

Along with mental and emotional health, music therapy also enhances the quality of life. Firstly the attention is drawn towards the relaxation factor. It is understood that music is relaxing but it should be realized that any music couldn’t be relaxing to everybody. It is totally subjective that which music is relaxing for a person. It can be very easily accepted that the music, which is liked by a person can only relax him or her.

A music liked by a person can be relaxing but not always curing as only particular music which affects the body in a particular way can help the body in curing procedure. It is like taking a medicine even if you do not like it.
**Basics of Music Therapy**

Indian classical music is an ancient cultural property of our country based on ‘Ragas’ known for its healing properties. Various ragas are used which activates the brain in an apt way, reduces the tension and eradicates the fatigue. The impact of the music therapy on the patient can be instantaneous or periodic and this varies from patient to patient, his mental state, surrounding and the music category, the expected outcome of the treatment and the needs and the liking towards the music. The treatment is scientific in approach and needs to be done in a clinical set up for better results and the therapist has to take extra caution while designing the musical treatment associating properly and going to the root cause of the illness.

Music Therapy is applicable and effective when used on individuals from a child’s age to senior citizens with a lot of variances in the disorder which could be psychiatric problem, medical concern, physically disabled, sensory injuries, maturing handicap, communication issues, interpersonal relationship issues and old age problems.

Music Therapy is a good tool to overhaul the human machine and all types of disorders can be brought to harmonious level of being. Depending on the ailments all the appropriate notes are formulated that stimulates the right chord of the patients and restores various disorders.

**Generation of Brain Wave’s**

Our brain emits electrical waves which can be measured by a machine called Electroencephalograph and the frequency starts from 0.5Hz to 30Hz. There are four types of frequencies being generated and they are Beta, Alpha, Theta and Delta.

Beta waves are generated when you are at an alert, normal attentive state of mind and the frequency range is from 14 to 30 Hz.

When you are in a relaxed state of mind, calm and cool, serine and tranquil then Alpha waves are generated and the frequency range is from 8 to 14 Hz.
When you meditate further you reach the Theta level which is the most creative state of being. This is the state you reach when you are just about to sleep and the frequency range is from 4 to 8 Hz.

Delta is deep sleep and the frequency range is from 0.5 to 4 Hz.

**Utility and Application of Brain waves**

There are four main types of waves being generated by the brain and each brain wave has its utility and application.

**Beta** Brain waves moves with the maximum speed among all the waves. These waves are generated when you are very focused on some activity with high alertness of your mind. This brain wave is helpful in rational thought process.

**Alpha** Brain waves are generated when you are in a relax state of mind. These waves are good to arouse the mind for doing unusual activity and absorbing data fast. This is a very thoughtful mind and helps to reach your inner qualities, develop visions, generate empowering ideas, creates something unimaginable and can relate to minute sensation in your body.

**Theta** Brain waves are generated when you are in deep meditation. You reach this level of brain waves by having an inward focus, observe your thoughts, and travel further and is a high level of focused mind. These brain waves create a magical mind, helps internally in creating pictures and visualize things. This also helps in developing Intuition, inner guidance. This is also associated to images.

**Delta** Brain waves gets generated when you are in a deep sleep. It is also associated with feeling light, fresh, calm, tranquil, being one with the nature etc.

The research shows that the student’s community increases their learning abilities being in the Alpha state thereby enhancing their results. Students also increase the level of interest and persuade studies as compared to the tense situation. A break of 2-3 minutes after studying for
half an hour relaxes the mind and alpha Waves get created increasing the efficiency of the mind. The best learning happens with the shift of mind between Beta, Alpha and Theta. This also enhances your creativity and helps you in learning better in a relaxed state of mind.