Chapter VII

Recommendations and Summary Gains,
Limitations, Scope for further works
**Recommendation and Summary Gains:**

It is important to include stress coping mechanism in our academic curriculum.

Few of the stress coping strategies used by the respondents which were found to be effective was evident by using chi square analysis it is seen from the data that the following are significant: - Flexible attitude with faculty, Assertive behavior with faculty, Proactive with gender, Functional strategies with faculty, Anxiety with faculty, Depression with gender and Physical ill health and gender.

The study is suggesting that Flexible attitude with faculty is significant. It is evident from the fact that Chi square value is 0.000 which is less than 0.05 which means the data is significant. The data indicates that medical students are showing more flexible attitude as compared to other 3 categories which means that they are more capable of coping with stress.

The study is suggesting that Assertive behavior with faculty is significant. It is evident from the fact that Chi square value is 0.010 which is less than 0.05 which means the data is significant. The data indicates that engineering students are showing assertive behavior most of the times and all the times as compared to other 3 faculties which mean that they are more capable of coping with stress.

The study is suggesting that Proactive with gender is significant. It is evident from the fact that Chi square value is 0.030 which is less than 0.05 which means the data is significant. The data indicates that females have been showing more proactive behavior as compared to male which mean that they are more capable of coping with stress.

The study is suggesting that Functional strategies with faculty are significant. It is evident from the fact that Chi square value is 0.029 which is less than 0.05 which means the data is significant. The data indicates that engineering students are showing more functional strategies as compared to other 3 {general qualification (BA, BCom, BSc), MBBS & BPth} which means that they are more capable of coping with stress.
The study is suggesting that Anxiety with faculty is significant. It is evident from the fact that Chi square value is 0.039 which is less than 0.05 which means the data is significant. The data indicates that general graduates as well as engineering students are showing high anxiety levels as compared to the other 2 categories.

The study is suggesting that Depression with gender is significant. It is evident from the fact that Chi square value is 0.018 which is less than 0.05 which means the data is significant. The data indicates that females are more prone to depression as compared to male respondents.

The study is suggesting that Physical ill health and gender is significant. It is evident from the fact that Chi square value is 0.000 which is less than 0.05 which means the data is significant. Many findings, case studies in this research reveal the following prominent ways and suggestions for managing the stress.

**Strategies/Measures for Stress Management**

**MANAGING STRESS THRU MIND MANAGEMENT**

Management of mind in managing stress is very important and one needs to go to the core of the mind. A proper orientation of mind in life helps and a few of the thought process are given as below:-

a) **Orientation of mind**

**Desire to Change**
Having a goal in life is the first step towards a positive change. Having a purpose in life will empower us, will motivate us to achieve our goals and will give us tremendous energy to move forwards. It is important to have goals in life. The goals should be SMART. The goals should be specific in nature, they should be measured as you progress, all of them should be achievable or the efforts required could be de-motivating, all the goals should be realistic and time bound.
Along with the goals we also need to have a purpose of life which makes sense to our existence and there is no tunnel vision. All the goals should have values incorporated in it.

If you do not have a purpose in life then you have a tunnel vision and you function like a robot doing and achieving all your goals in a mechanical ways. If you are not having the right purpose of life in place or are not aware of your purpose of life or there is confusion around your purpose then you will not be motivated in your life and will not put in any efforts to change.

Many people who are not clear or are confused then they think of purpose of life as only existence and the terms used to describe that are

- It’s a tough life and ruthless
- You must grab whatever opportunity you get

Many people are not aware of their purpose of life, and whatever they do they think that itself is their purpose of life and with this they make their moves to grab everything that comes their way, also brings in a lot of barrier to protect themselves and get into competition with others when not required.

**Declaration of the Statement Positively**

A positive declaration of a statement is called affirmations. This helps us in raising our self-esteem high which has happened because of negative thinking. These negative habits are due to our bad attitude. A positive reinforcement of our thoughts makes us a person with strong personality, healthy mind and we need to have that belief in the declaration of the statement in a positive way. We can start by experimenting with the declaration of the positive statement and subsequently we can make changes in our declaration to increase its effectiveness and suit the individuals.

The following are few examples:

- From now onwards I shall encounter peace through positive thinking. In my dealings with others I shall focus on what is good in others and will not relate to what is negative
or weaknesses of others. The others will be observed in such a way that they have the same perspective of me when they think of me.

- I will stop being judgmental of others.
- From now onwards I shall create harmonious relationship with everybody around me and maintain peace. I must be as polite as I can while I communicate.
- I shall drop the past, all the bad experiences and start a life fresh with new vision.
- From now onwards I shall act but not react. I shall maintain my cool and maintain peace and will not compromise on this under any circumstances. I shall protect myself and not allow anyone to create any kind of disharmony there by losing my own peace.

To improve the effectiveness of the declarations of our positive statements we must repeat these statements to our self so that these statements are engraved on our subconscious mind. All these declarations must be loaded with emotions, feelings to empower them by changing the pitch and tone of our voice. All this can easily happen when you believe in your own statement. As a practice every day in the morning we should keep repeating these statements five times to our self in a day. The subconscious mind is open and believes in something when told repeatedly. This is how our belief systems were formed since our childhood when told something repeatedly by our parents. This concept has been nicely explored by the advertising agencies on a regular basis. A phrase or a jargon is created and repeated in the media to such an extent that the entire world starts talking and believing about it. To flourish and prosper in life you must know how to change and control your beliefs. One way of doing this is through affirmations, by declaring your statements in appositive way.

**Conscious Disassociation**

A practice of changing your habits by being in awareness at a conscious level of being is called conscious disassociation. In this system all that happens in an automatic state of being is stopped. It is like to stop smoking, if your conditioning of your mind is to smoke after a coffee then the best way to handle this is by not having coffee in first place. So here the automatic response of having a smoke is curbed by not having the coffee in first place and with this the craving for smoke can be reduced or eliminated. There can be a paradigm shift by not having a coffee in first
place and shifting totally to a herbal tea followed by a new pattern of either thinking creatively or getting into a new habit of reading than to smoke.

**Visualization**
Visualization consists of creating positive images by means of the ability to imagine, and in this way reinforce positive thoughts and strengthen your will to achieve positively what you affirm for yourself in your mind. With visualization you manage to intensify experiences of positive affirmations and self-motivation, and it also helps you to specify and clarify your goals. The basic principle of using images in our mind is to act as if the desire we have in our mind has already been achieved. If we place images of success, health, wellbeing or inner peace in our mind, these will materialize in positive situations and experience, and this image of success will become real in our lives.

**Exercises of Silence**
By remaining in a state of calmness helps you to focus within and connect with the positive and permanent energies which exist within. With the apt stillness of the mind towards your creative internal energies of peace and harmony you can increase your mental strength. Being strong also indicates and implies to be positive in a situation which can be totally negative, calm and serene when there is a chaos around you. In other words not getting affected in a negative way but in turn taking control of the situation and changing the existing situation in a very positive way without losing your strength. When you stay calm in your inner power of peace, you can transmit this to others and help them to calm themselves. When you begin exercises of silence, concentrate primarily on peace. This is the basis of the practice, as when there is inner balance and harmony it is easier to build over these the other values love, happiness, truth and sincerity. The experience of deep peace calms you, clarifies you and fills you with energy to think and act positively and achieve your purpose that you have set for yourself.

b) **The Art of Observing**
It is strategically positioning you in any given situation as a third party and observes things objectively. It is a skill that needs to be implemented calmly to look within to find out what new changes are required to be done within to improvise a situation or the interpersonal relationship.
If we do not master this art of observing then there are chances of us focusing on the negative qualities of a person or the situation and reflect negatively. As we connect to the negative of the other person or the situation we lose our originality and also our creativity. We get negatively grounded and loose all the access to the higher self of being. This negative energy does not allow us to raise our access beyond a particular level and in turn loose the reality. Eventually we lose the perspective and react in a negative way.

To understand this art of observing in the right perspective let us understand how observation is linked and associated with the story of the bird and the ant. If you observe nature carefully, you will notice how the ant functions. The entire ant keeps moving one after the other in a straight line following the ant in front in search of food will look only straight instead of looking here there. Now when the bird flies and as it moves higher leaving the ground far off will have a different picture of the ground compared to what it had when it was on the ground and flying closer to ground. As the bird flies higher the total picture becomes bigger and different and the bird gets a different perspective of the entire situation. At this position of being and observing you have more clarity of the direction to take and do things accordingly. When we connect negatively to a person or a situation, we lose track of the situation and reality and our behaviour is like that of an ant. We unnecessarily get involved in unwanted activities, losing the contact with the reality and missing the obvious and further not able to see the real possibilities.

So take bird’s view to analysis the bigger picture before concluding a decision.

c) Clarity of Thoughts
Clarity of thoughts gives you a mental strength. This can be achieved by having the right amount of thoughts, being always happy; there is no pain or misery, there is clarity in decision making, all the mistrust and suspicion is eradicated at the grass root level, there are no negative thoughts coming to our mind and all kinds of weak and unproductive thoughts are removed and filled with positive energy.
Mental strength comes from the concentration and can be achieved by having the right direction of the thought process, having the right kind of thoughts conducive to increase the mental
strength, think from higher level of being and these thoughts will have higher amount of energy which can be implemented with higher success rate.

The clarity of thoughts gives you self-control. To achieve this you need to introspect and learn more about self. You need to look within, maintain calmness, and ensure that your mind is empty and not full with innumerable thoughts making a big noise within.

Along with this there are other people who channelize your thought process and multiply your thoughts further. Along with this there are many other ways of adding to your problems. Your inner voice keeps communicating to you. There are many other voices that keeps talking to you may be your apprehension, thoughts of self importance, voice of your ambition, the negative conditioning of the past, thoughts associated with your worth, effects of your environment, our family members, all the stake holders in the office, your teachers, friends etc.

All the above inner and outer voices that communicate to you can affect your thought process in a positive or negative way. If your mind is weak then these thought process will affect your mind and you lose your clarity of thoughts. Keeping all this in mind one has to learn the art of strengthening the mind and this can be achieved by keeping our mind blank, having clarity of thoughts, a purpose of life and making it more productive and meaningful, having a healthy positive thoughts and staying motivated. Here there is no room for negative thoughts. Once you reach this level of your being then all the thoughts that comes to your mind are like ammunition for success.

Clarity of Thoughts is very important for our success – whether in our professional or personal life!

d) Habit Formations

To work on a negative habit, the foundation of the mind has to be strong and the clarity of thoughts should move the mind with the facts and logic. This change is permanent and gives complete contentment and increases your self-esteem. The feel good factor goes up. Our mind which responds negatively due to the previous conditioning creates confusion and mental tussle when the ego comes up. To overcome this we need to be highly committed to generate new
thought patterns, in our memory data base. We have a memory file system in our mind and both the old and the new thought pattern exists simultaneously.

To accomplish a permanent positive change, we should act immediately and remove all the negative habits to which the mind has been conditioned. In this process there will be tremendous resistance to change and the mind will try and create all types of discomfort and now if we are relaxed on our principles and ignore the signals then the old habits will crop up and make our mind move religiously towards mechanical thoughts and actions leading us to the old habits without our active realization.

Now the other option is of creating a positive thought process that need to get created from a higher level of being. By creating these positive thoughts which are full of energies, fun, love, happiness, and creativity, harmony the mind will start reforming itself in a very natural way and talking a purest form. The positive thought process and patterns create positive actions and eventually a positive habit. Earlier the mind is conscious of our positive thoughts, but over a period of time it takes a back seat and our action repeatedly becomes positive eventually making it into a habit full of positive action.

e) Detached Observation
Attachment creates emotional bonding which creates problems in decision making as there is no clarity of thoughts because the thinking is not clear and biased. Being detached means observing in a very objective manner as a third person, staying aloof and it depends on our skills to stay positively tuned and interacting lovingly with the people around. This can be termed as commitment in the association of detachment and one need to be having a highly spiritually inclined mind set to become a detached observer.

We need to be detached in two areas; one when we are observing inward i.e. self and the other is outward i.e. surrounding us. In the detached inward observation we basically try to stay away from our own thoughts by not getting involved in the thought process, we do not associate self with the emotions generated within, we observe with what attitude we have dealt with others and finally we analyze our behavior. In the detached outward observation we watch the environment, the situation and mark the facts without associating self. When we observe in a detached way
towards self and the surroundings as it unfolds without getting involved in an active manner then our perspective changes and things are more clear and brighter. This gives us an insight to carry on various responsibility and what value addition we need to do to achieve the desired results to fulfill our purpose of life.

Detached observation is the beginning of strengthening of our mind making it healthier and upright. If we do not learn the art of detached observation then our own thoughts and emotions will work on us and drain us out by consuming our own energy.

f) **Using Creativity and Positive Thinking to Overcome Dependencies**

The correct use of creativity and positive thinking helps us to overcome any type of dependencies or negative tendencies that we may have. Often we live under the illusion (false belief) that we can only be happy thanks to objects, people and places, but happiness is something that we experience when we put our heart into something, and our intention is of giving and not of taking. In the creative activity that we experience greatest enjoyment in, our happiness comes from within and expresses itself outwards, and not from the outside in.

Creative personal development helps us to overcome laziness. On overcoming it, we recover the inner strength necessary to free ourselves of certain dependencies, such as the dependency on the creativity of others to entertain us e.g. watching a movie in which actors entertain the viewers. It is fine to enjoy entertainment, but the important thing is that you are capable of spending a good amount of time being creative yourself, overcoming laziness, boredom and the wasting away of our own inner creative capacity.

Also, let us learn to create thoughts which are positive and creative. They arise out of the spiritual knowledge of the inner self or soul. In this way, thanks to those higher quality creative thoughts, full of peace, harmony, love and happiness, the mind gets strengthened and is able to overcome old habits and negative tendencies which we hold on to or are dependent on.

g) **Reinforcement**

There are few statements of reinforcement which are easy enough to think, talk and practice to change your thought process to make life more productive.
**Self-Awareness**

Create an atmosphere to sit quietly with minimum decibel sound level, maintain inner peace, calm down, focus on your respiration and take a few deep breaths and generate a space inside you. Close your eyes and look within and focus on your forehead between the eyebrows, and at a different level of being. Do not focus on any of your weaknesses, past failures, your shortcomings but shift your sight on all your strengths. Look for all the wonderful qualities you possess in life, focus on your core competencies, your inborn abilities that give you your inner edge, shift your focus to all the beautiful positive aspects of your being and get them into your conscious level of awareness. By coming to your self-awareness, self-realisation you will discover there is so much you have to help others, to give them to transform them to make their life happy.
These are a wonderful picture of self and try and imagine that you are free; you have the freedom from all the negative emotions for self and also for people around you. You have a purity of thoughts, relaxed mind and a beautiful heart. You can relate to your inner strength, acknowledge that you are different and single. Look at yourself in a different perspective, be a friend of self, loving and caring yourself, accept and trust yourself the way you are with all the values you share and the qualities you possess.

In the space that has been created make yourself comfortable, feel homely, safe and secured and enjoy all the positive qualities of self. Enjoy the company of being positive.

You are alert and full of energy, happy from within, enjoying the peace of mind, enjoying the peace within, feeling free and enjoying the freedom, sharing happiness. Now that you are a bundle of positive energy, get into the mode to act now without losing your original self.

i) **Self Realization**

We are a droplet of the cosmic energy in the form of a soul which is in the most pure form which can be referred to as love, happiness, peace etc when we come into existence in this materialistic world. We undergo a series of cycles of life and death in the evolution process but in the process we lose our original form of purity and get attached to senses and materialistic objects. This is because we surrender to the 5 negative energies which are predominantly working on us and they are anger, greed, ego, lust and attachment. These negative forces are very much part of our existence may be in the consciousness level or in our wrong belief system. Our downfall starts because of these negative forces either all of them or any one of them.

The soul loses its originality in this evolution process, it forgets its magnitude of the purity that it had once and merges with the physical body that carries it and looks for all the happiness and satisfaction through the physical sensual organs. It wrongly goes for all the humanly pleasures to get back to its original form. It has lost its originality, true characteristics and falls down spiritually.
Having deeply entangled into all these negative energies the soul is not able to come back to its original source of being calm, cool and full of heightened happiness. These are the negative colours put on the original soul and the original texture of the soul is disturbed. As long as these negatives dominate the soul it will not be able to relieve itself from their clutches.

People get instigated and lose their temper. However when the act is over they gradually come back to their original normal nature of peace. The same is the case with the other four vices which are the main reasons for all our emotional instability. This makes things clear that the vices are not the true picture of the soul.

Now for the soul to come back to its original status, it needs to act and do everything in realization about the self, knowing that I am the soul being carried by the body and I am not the body then only the original self in the purest form will appear in its purest form. Being in the purest form is its natural value and characteristic. Maintaining peace is the true color of the soul and it flows mechanically from within.

The soul has to let its original character flow from within in the form of thoughts and not get affected eventually by the other forces explained above. The soul-consciousness brings peace to the self and the body whereas the body-consciousness distract the soul. The soul can empower the state of mind to be peaceful and has those powers. The power to act lies with the soul. The situation cannot dominate the soul. We have to take a call on whether to lead a peaceful life or a life without peace.

j) LET GO

In your interpersonal relationship someone says something in the heat of the moment and it hits you badly and you are not happy about the incident and it remains with you deep inside of yours for 20 days or even after 20 months you are with the same thought process saying it to yourself; how could they do that to me after all she/he was my best friend. Now you take this further in you discussion with the people around you in your life and you narrate the whole incidence. You keep replaying the video clip of the incident in your mind repeatedly. You watch this clip in your mind again and again from different perspective with a judgmental attitude which is negative and
arrive at various conclusions most of which are negative in nature. With this you reinforce the negative experience in your mind again and again.

This repeated exercise done at the conscious level of your mind enters into the subconscious level and you relate to the same even after a longer period of time. But the person who threw the rubbish at you forgot about the same the very next moment.

It is a common scenario in our day to day practical life that our neighbor throws all the dirt from their house into our premises and forgets about it but we keep on cribbing about the same without acting on it to be cleaned. At times people bombard with few words on us and forget about the same, but we instead of dropping those words instantaneously keep repeating them in our minds to such an extent that we lose our peace of mind and suffer from insomnia.

We need to learn the art of cleansing our thought process that multiplies the hurt and misery in our life. The past is already ruined and we are also spoiling the present.

Life = Forget & Forgive - to lead a Happy Life!
**Limitations:**

As the study was confined to student’s category, the findings do not reflect the total realities of stress coping among the other segments of population. As the study was confined to limited area in Mumbai city, and as the intensity of the study stress and stress coping strategies may not be the same in students of other towns and cities of India, the findings do not fully reflect the realities of stress among the pan India students.

However as study is based on a comprehensive field data, it reflects some of the fundamental practices of stress-coping strategies, among the students in Mumbai city, which can be extended in knowing the stress among the respondents in any location/context in India.
Scope for further Work:

For further research work to be carried out the following suggestions will help

- Respondents other than college students to be studied.
- The target audience for conducting the survey to be considered beyond Mumbai city; may be pan India level.
- Questionnaire should be translated into the language best understood by the respondent.
- Clinically determine the level of stress by using Electroencephalograph (EEG).