

## **Impact of meditation and hypnosis on stress levels of media industrial employees**

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### **Abstract**

The purpose of this study was to assess the efficacy hypnosis and meditation to impact of stress among media industrial employees. The study conducted on a sample of 120 (Hypnosis=60 and Meditation=60) media industrial employees of Chittor district, Andhra Pradesh. In order to realize the objective of the study, Two hypothesis were formulated. (1) There would be significant impact of meditation on stress among media industrial employees with regard pre test and post test.(2)There would be significant impact of hypnosis on stress among media industrial employees with regard pre test and post test. Occupational stress index developed by A.K.Srivatsava and A.P.Singh (1984) was administered to the sample. There age range from 25 to 55 years. Data was analyzed using Means, SD'S and t values. Results show that mediation and hypnosis training reduce the stress among Media Industrial employees, and implications were drawn.

**Key words: Stress, symptoms, meditation, hypnosis, results and discussion.**

## **Introduction**

Stress is a Sudden Biological Change. It has become the curse of 21st century and is silent killer in the modern world. Stress is the greatest danger to the information era. Stress is the priceless poison for human life in the universe. It can disturb any one's physical, mental, emotional and behavioral balance. Stress can damage different parts of human body from muscles from tissues to organs and blood vessels. It can speed up pulse rate and respiration. It can raise blood pressure and body temperature. It can also interfere with the body metabolism, digestion, appetite, sleep, sexuality and even fertility.

## **Types of stress**

- Physical stress - exercise, hard labor, birth
- Chemical stress - environmental pollution such as exposure to pesticides and cleaning solvents, and the personal use of chemicals, such as drugs, alcohol, caffeine, and nicotine
- Mental stress - high responsibility, long hours, perfectionism, anxiety, and worry
- Emotional stress - anger, fear, frustration, sadness, betrayal, bereavement
- Nutritional stress - vitamin and mineral deficiencies, protein or fat excesses or deficiencies, food allergies
- Traumatic stress - infection, injury, burns, surgery, extreme temperatures
- Psycho-spiritual stress - relationship, financial or career pressures; issues of life goals, spiritual alignment, and general state of happiness

## **Symptoms of stress**

1. Physical Symptoms:
  - Headaches
  - Stomach problems
  - Eating disorders
  - Sleep disturbances
  - Fatigue
  - Muscle aches & pains
  - Chronic mild illnesses

## 2. Psychological & Behavioral:

- Anxiety
- Irritability
- Low morale
- Depression
- Alcohol & drug us
- Feeling powerless
- Isolation from co-workers and treatment of stress-related diseases and for the management of stress.

## Review

The word meditate comes from the Latin word *meditari*, which means, "to think or reflect upon" (Bonadonna, 2003). It is defined as a simple mind-body technique that allows you to gain a unique state of restful awareness or alertness. Mindfulness meditation is the more difficult of the two (Bonadonna, 2003). It is defined as attempting awareness of the whole perceptual field. More than 2 million Americans have learned meditation over the past years (Bonadonna, 2003). Recent studies and evidence have demonstrated that such yoga practices are effective in reducing stress.

The word "hypnosis" (from the Greek *hypnos*, "sleep") is an abbreviation of James Braid's (1844) term "neuro-hypnotism", meaning "sleep of the nervous system". A person who is hypnotized displays certain unusual characteristics and propensities, compared with a non-hypnotized subject, most notably hyper-suggestibility, which some authorities have considered a *sine qua non* of hypnosis. For example, Clark L. Hull, probably the first major empirical researcher in the field, wrote, If a subject after submitting to the hypnotic procedure shows no genuine increase in susceptibility to any suggestions whatever, there seems no point in calling him hypnotized.

James D. et. al (2010) reported that improved mood and significantly Meditation training has become a popular intervention for the prevention.

Hammond DC.(2010) show that the use of self-hypnosis in the treatment of anxiety and stress-related disorders, including anxiety associated with cancer, surgery, burns and medical/dental procedures. Controlled outcome studies are needed on the hypnotic treatment

of generalized anxiety - stress disorder and in documenting changes in trait anxiety. Recommendations are made for selecting clinical referral sources.

Manocha, et.al (2011) Conduct a study on a randomized, controlled trial of meditation for work stress, anxiety and depressed mood in full-time workers. results show that there was a significant improvement for the meditation group compared to both the relaxation control and the wait-list groups.

Mohan A et.al (2011) Report that a significant increase in physiologic galvanic skin response (GSR), heart rate (HR), electromyography (EMG), sympathetic reactivity(GSR, EMG, HR, QTc/QS2) and psycho logic (acute stress questionnaire scores) markers of stress. Meditation was associated with relaxation (significant decrease in GSR, EMG, QTc/QS2, and acute stress questionnaire scores). Meditation, if practiced before the stressful event, reduced the adverse effects of stress. Memory quotient significantly increased, whereas cortisol level decreased after both stress and meditation. visual-choice reaction time (VCRT).showed no significant change.

Cutshall SM, et.al.(2011)report that self-directed, computer-guided meditation training program is useful for stress reduction in hospital nurses. this pilot study suggest the feasibility and efficacy of a biofeedback-assisted, self-directed, meditation training program to help hospital nurses reduce their stress and anxiety. Optimal frequency of use of the program, as well as the duration of effects, should be addressed in future studies.

Odin Crus Santos (2011) according to Hypnosis alleviates stress by soothing and relaxing the mind through suggested and repeated instructions. By working through the inner workings of the mind and talking to the consciousness of an individual, a hypnotist can improve the mental health of a person which in turn reduces the stress caused by repetitive work.

Fanny Airosa, et al.(2011) The findings indicate that the integration of tactile massage and hypnosis in personnel health promotion may be valuable stress management options in addition to conventional physical activities.

Marc Gravelle (2011) according that the state of hypnosis. It's more effective because the level or depth of relaxation is more profound in a clinical setting like a hypnotherapy.

Sudakarreddy N B (2011) reported that experimental and control groups. There was evidence that the Meditation and Hypnotism have more effective than hypnotism and hypnotism has much effective than meditation. But individually both meditation and hypnotism played prominent role in reducing stress levels and improving coping behaviour among elderly people.

Nancy Philpott, (2012) asked that mind and body are relieved of useless and energy-draining anxieties! Hypnosis reinforces the positive perception that stress is only there to motivate you, and that you have control over your life. It is an empowering experience realizing that you can choose how stress affects your body and mind.

Let Paige Wacker, CMS-CHt (2012) shows that Hypnosis is absolutely the best stress relief there is, once you learn how to use your mind to relieve stress, you can use it any time you want. Geoffrey W. Melville, et al. (2012) reported that meditation performed in the office can acutely improve several physiological and psychological markers of stress. These effects may be at least partially mediated by reduced respiration rate.

David M. Levy et al.(2012) reported that less negative emotion after task performance, as compared with the other two groups. In addition, both the meditation and the relaxation groups showed improved memory for the tasks they

Revati C. Deshpande (2012) shows that Meditation techniques and humor techniques of stress management, where even on any one technique the research can be done. And in today's stress prone environment, these techniques will be highly effective for enhancing the effectiveness, efficiency, performance and cultivating right attitude among employees and reducing workplace stress. Performed. Meditation training may effect positive changes in the multitasking practices of computer-based knowledge workers.

## **Objective**

1) To study the effects of Hypnosis and Meditation in reducing the stress among Media industrial employees.

## Hypotheses

- (1) There would be significant impact of Meditation on Stress among Media industrial employees with regard Pre test and Post test.
- (2) There would be significant impact of Hypnosis on Stress among Media industrial employees with regard Pre test and Post test.

## Sample and Procedure

For the purpose of the investigation, I have conducted 250 media industry employees but only 120 employees to own interest on willing the participation of meditation (80), and hypnosis (40). I have Convinced to 120 employees were divide in to two groups namely meditation (60) and hypnosis (60). The investigator personally contacted media industry employees in Chittoor District, Andhra Pradesh, India.. After establishing rapport with the employees, the following questionnaires were administered with necessary instructions of occupational stress questionnaire was administered with using instructions. In conducted the data from 60 subjects in pre test of stress and after 3 months training like meditation and hypnosis to collect post test (60) of stress on same employees.(Table 1)

## Statistical Analysis

Data was analyzed using Means, SD'S and t values.

## Methods and Tool

Meditation is an ancient technique to revive your weary soul and help you deal effectively with stress, and helps you rediscover a sense of profound peace and inner calmness., Meditation one of the eight limbs of yoga outlined in Patanjali's Yoga Sutra, is the final step before attaining spiritual bliss. The great seer has described yoga as —yogas chittavrittinirodhah, which means completely shutting out all kinds of mental fluctuations. When such a stage is reached, meditation (dyana) is perfected, resulting in yoga (union of individual consciousness with the cosmic consciousness). That is the zenith of meditation.

**Meditative Asanas:** These asanas provide a comfortable and stable position of the body to make the mind more and more steady for the process of meditation. Padmasana, Sidhhasana and Swastikasana..

Hypnosis has helped many people reduce stress, quit smoking, manage pain, perform better and accomplish a myriad of other mental and physical tasks. Many people use hypnotherapists to achieve the deep state of relaxation and suggestibility required, but it's also possible to hypnotize yourself! Try this powerful stress management tool today.

### **Methods of Hypnosis**

- Get into a comfortable position. Many people like to recline, but others simply fall asleep if they get this comfortable, and prefer to sit in a cozy chair or in a cross-legged position. Experiment, and see what works for you.
- Decide on a goal for your session, and put it into a positive statement for later use. For example, if you'd like to help yourself become less messy, decide on the positive phrase, —I'm becoming organized and efficient! (or something similar) rather than the negative statement, —I'm becoming less messy!. Since the subconscious mind doesn't always register negatives, your mind might focus on the word \_messy\_, reinforcing that idea, rather on the goal of organized'.
- Start breathing deeply expanding your abdomen on the inhale instead of raising your shoulders. Imagine that you are breathing in \_calmness\_ and breathing out all the stress from your day. Feel the oxygen spread from your chest through your arms and legs and to your fingers and toes.
- Pick an environment that's relaxing to you, and imagine going further and further into it. Imagine that you are walking down a long corridor, or deep into the woods, for example, leaving your current surroundings far behind.
- You may not get a feeling of \_Wow, I'm in an altered state now\_, but if you keep focusing on this visualization, you should get there. It's more like the state you get into while daydreaming or deep in concentration than what you may be expecting.
- When you are completely relaxed and feeling far from your regular life, begin repeating the positive phrase you chose for this session. You may choose to visualize the words, focus on their sound in your head, or visualize the end result.

**Occupational Stress** defined as Physical or psychological disorder associated with an occupational environment and manifested in symptoms such as extreme anxiety, or tension, or cramps, headaches, or digestion problems. Occupational Stress Index developed by A. K. Srivastava and A. P. Singh (1984) was used. It consists of 46 items, 28 are \_true-keyed\_ and

rest 18 are False keyed items (No.14,15,38,6,18,30,40,7,19,31,8,32,41,21,33, 10,22&43.) It provide measures on 12 factors. For each statement there are five response categories i.e. 1 = strongly disagree, 2 = Disagree, 3 = Undecided, 4 = Agree, 5 = Strongly Agree. High score indicates more occupational stress and least score indicates less occupational stress. It measures stress in 12 dimensions namely Role Over load, Role ambiguity, Role conflict, Unreasonable groups and political pressures, Responsibility for persons, Under participation, Powerlessness, Poor peer relations, Intrinsic impoverishment, Low status, Strenuous working conditions and Un Profitability.

## Results

(Meditation impact of stress (pre-post) on industrial employees)

The table 2 shows that there is significant clearly indicate that to decreased stress on before and after meditation on media industrial employees is data compared with pre test and post test results of t values of 34.28, 29.37, 31.72, 34.88, 27.71, 40.47, 31.65, 44.27,35.41,34.75,46.11,and 65.51 which are significant impact on stress factors that is Role overload, Role ambiguity, Role conflict, Unreasonable group &political pressures, Responsibility for persons, Under participation, Powerlessness, Poor peer relations ,Intrinsic impoverishment, Low status, Strenuous working conditions, and Un profitability Respectively.

Hence Hypothesis 1 accepted there would be significant impact of Meditation on Stress among Media industrial employees with regard Pre test and Post test.

The results of the present study corroborating with the results of the Studies conducted by James D. et. al (2010), Manocha, et.al (2011), Mohan A et.al (2011) , Cutshall SM, et.al.(2011), Geoffrey W. Melville, et al. (2012) reported that meditation performed in the office can acutely improve several physiological and psychological markers of stress. These effects may be at least partially mediated by reduced respiration rate. David M. Levy et al.(2012) reported that less negative emotion after task performance, as compared with the other two groups. In addition, both the meditation and the relaxation groups showed improved memory for the tasks they Revati C. Deshpande (2012) shows that Meditation techniques and humor techniques of stress management, where even on any one technique the research can be done. And in to days stress prone environment, these techniques will be



highly effective for enhancing the effectiveness, efficiency, performance and cultivating right attitude among employees and reducing workplace stress. performed. Meditation training may effect positive changes in the multitasking practices of computer-based knowledge workers.

(Hypnosis impact of stress (pre-post) on industrial employees)

The table 3 shows that there is significant clearly indicate that to decreased stress on before and after hypnosis on media industrial employees is data compared with pre test and post test results of  $t'$  values of 39.22, 32.23, 32.68, 35.40, 7.16, 45.27, 33.88, 50.21, 36.77, 34.10, 46.85, and 5.08 which are significant impact on stress factors that is Role overload, Role ambiguity, Role conflict, Unreasonable group & political pressures, Responsibility for persons, Under participation, Powerlessness, Poor peer relations, Intrinsic impoverishment, Low status, Strenuous working conditions, and Un profitability Respectively. Hence Hypothesis 2 accepted there would be significant impact of Hypnosis on Stress among Media industrial employees with regard Pre test and Post test.

The results of the present study corroborating with the results of the Studies conducted by Odin Crus Santos (2011), Sudakarreddy N B (2011) which states that results show that even a short program of hypnosis is effective for enhancing emotional well-being and resilience to stress in the workplace, Hammond DC.(2010) show that the use of self-hypnosis in the treatment of anxiety and stress-related disorders, Fanny Airoso, et al.(2011) The findings hypnosis is personnel health promotion may be valuable stress management options in addition to conventional physical activities, Marc Gravelle (2011) according that the state of hypnosis. It's more effective because the level or depth of relaxation is more profound in a clinical setting like a hypnotherapy, Nancy Philpott,(2012) asked that mind and body are relieved of useless and energy-draining anxieties! Hypnosis reinforces the positive perception that stress is only there to motivate you, Let Paige Wacker, CMS-CHt(2012) shows that Hypnosis is absolutely the best stress relief there is, once you learn how to use your mind to relieve stress.

## **Discussion**

The results of meditation and hypnosis are clearly shows the immediate positive effect of stress among media industry employees. All media employees stress levels are

decreased; so daily fallow on mediation and hypnosis tips to decreasing on stress and automatically increasing coping the strategy needs to be considered.

## **Conclusion**

Meditation and Hypnosis both are a good stress relaxation techniques that involves mostly the mind, which in turn affects the physical body as well. This technique can be used as a stress reducer. In stilling your mind and body, you can forget for a short period the many trials of the day. Studies have shown that meditation and hypnosis can have beneficial effects on the health of the body as well as positive results in stress reduction levels. There are several ways to meditate. You can meditate quietly alone or within a group. Meditation and Hypnosis both have become important tools in now days stressed out society.

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**Table 1.** Sample.

<b>PRE-TEST</b>		<b>POST-TEST</b>	
HYPNOSIS	MEDITATION	HYPNOSIS	MEDITATION
60	60	60	60

**Table 2.** (Meditation impact of stress (pre-post) on industrial employees).

Stress Factors	Pre Test (n=60)		Post Test(n=60)		t' Value
	Mean	SD	Mean	SD	
Role Overload	22.76	3.40	7.05	1.02	34.28**
Role ambiguity	12.05	1.42	4.75	1.30	29.37**
Role Conflict	14.3	1.74	6.16	0.96	31.72**
Unreasonable	12.71	1.43	4.8	1.02	34.88**
Political					
grp.& 1					
pressures					
Responsibility					
for	10.33	1.07	4.25	1.32	27.71**
persons					
Under					
participation	12.55	0.96	4.96	1.09	40.47**
Powerlessness	11	1.11	4.38	1.18	31.65**
Poor peer					
relations	13.61	1.07	4.96	1.07	44.27**
Intrinsic	12.95	1.33	4.98	1.13	35.41**
impoverishment					
Low					
status	11.16	1.13	4.36	1.01	34.75**
Strenuous workin					
s g	13.53	1.15	4.98	0.86	46.11**
conditio					
ns					
Unprofitability	13.53	1.15	2.48	0.62	65.51**

\*\*p &lt; 0.01

**Table 3.** (Hypnosis impact of stress(pre-post) on industrial employees).

Stress Factors	Pre Test		Post Test		t' Value
	Mean	SD	Mean	SD	
Role Overload	23.2	3.00	6.93	1.15	39.22**
Role ambiguity	12.15	1.43	5.43	0.75	32.23**
Role Conflict	14.3	1.71	5.81	1.06	32.68**
Unreasonable	12.61	1.46	5.15	0.73	35.40**
Political pressures					
Responsibility for persons					
Under participation	10.36	6.20	4.55	1.00	7.16**
Powerlessness	12.56	0.96	5.18	0.82	45.27**
Poor peer relations	11.01	1.08	4.66	0.97	33.88**
Intrinsic impoverishment	13.63	1.07	5.16	0.75	50.21**
Low status	12.75	1.39	5.16	0.79	36.77**
Strenuous working conditions	11.26	1.12	4.41	1.08	34.10**
Unprofitability	13.55	1.19	4.91	0.79	46.85**
	7.56	7.6	2.56	0.53	5.08**

\*\*p &lt; 0.01