

# To Study the Effectiveness of Heartfulness Relaxation Technique on Occupational Stress among Government Primary School Teachers

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## **Abstract:**

Under the umbrella of the National Education Policy, a wide range of programmes are being run by the government for achieving the goal of education for all. For this purpose, government schools are expanding daily to achieve the goal but the availability of teachers is comparably very low in comparison to the number of students; as a result, working teachers in government schools experience stress and depression while at work. The search for an appropriate and effective stress management technique has become a hectic issue. This study recommends meditation, which has been widely used by earlier researchers to assess its effectiveness in reducing workplace stress. Since ancient times, meditation has been widely practiced to control or minimize stress at workplace.

In this study, the basic and main aim is to determine the impact of Heartfulness Relaxation Technique, a branch of Raja Yoga, on the ability of teachers to manage or reduce their stress. For the study, 200 teachers between the ages of 22 and 60 were chosen, and they participated in relaxation (meditation) sessions every week for a month. Only instructions on how to use Heartfulness Relaxation Technique are given during the relaxation session. The effects of practicing the Heartfulness Relaxation Technique for a month on teachers' stress levels are positive and are lower than they were before.

**Keywords:** Anxiety and Stress Management, Government Primary School teachers, Heartfulness Relaxation Technique, Job related Stress, Meditation

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## **I. INTRODUCTION**

Stress is a very complicated and unpredictable aspect of human behaviour. Around 122 million people worldwide suffer from depression and stress, and most people experience stress at work as a result of a variety of variables, including social, emotional, and physical problems as well as occupational situations. There are many possible causes of stress, and there are several methods for controlling or reducing the occupational stress experienced by school teachers. A comparative study reveals that the demand for high-quality education by both students and parents is increasing the rate of depression in schools. Government schools are now operating on a global scale to better serve their students, and new technologies have created a difficult environment. As a result of having to deal with specific student issues, teachers in government schools are experiencing increased stress and anxiety.

Teachers find that meditation is the most acceptable and effective method for reducing stress. However, meditation can be understood using a variety of methods, but in this study the researcher chose Heartfulness Relaxation Technique in order to get the most out of it in terms of reducing stress among teachers.

### **A. Heartfulness Relaxation Technique**

Heartfulness Relaxation Technique is typically nothing more than a precise way to calm the body and mind first. This technique then makes way for deep meditation, which improves human thinking power and decision-making throughout the day.

To use Heartfulness Relaxation Technique in the study, follow these steps<sup>1</sup>:

- i. Sit comfortably at a suitable and calm place and gently and softly close your eyes.
- ii. Begin to relax with your toes. Stretch out your toes. Now, feel their relaxation.
- iii. Untangle your ankles and feet. Feel energy rising from the earth and relaxing your legs from your feet to your knees.
- iv. Let your thighs relax.
- v. Your legs feel more at ease as the energy rises. Now consciously relax your hips, waist, and stomach. Relax your back. Top to bottom, the entire back feels at ease.
- vi. Relax your shoulders and chest. Experience your shoulders melting completely.
- vii. Relax your upper arms rest.
- viii. Experience of all the muscles in your hands, forearms, and fingertips.
- ix. Relax your neck's tension. Up to your face, bring your awareness.
- x. Relax the muscles in your jaws, mouth, nose, eyes, earlobes and forehead.
- xi. At this time, notice how relaxed your entire body is.

Now it is time to bring your focus to your heart slowly. Gently imagine that the Source of Light is drawing your attention inward while also illuminating your heart from within.

Feel your heart filled with love and light. Keep quiet and still, then gradually engross yourself. For as long as you choose, stay immersed in this profound stillness until you are ready to emerge once more.

Working professionals in the service sector, especially those in education, endure higher levels of stress for a range of causes and circumstances, including problems with their jobs, current political conditions, their families, their health, and so forth.

Therefore, taking into account the education sectors that are expanding quickly, it will be justifiable to study the impact of HRT (Heartfulness Relaxation Technique) on managing stress in teachers working in government primary schools.

## II. STUDY'S OBJECTIVE

The Present study has aim to determine whether the Heartfulness Relaxation Technique is beneficial at reducing teachers' levels of stress who work in government-run primary schools in Rampur (Uttar Pradesh).

## III. REVIEW OF LITERATURE

**M. Mookkiah, M., Kala, R. Nath, Kumar Sasi, S. Kumar & Sathyaraj (2021)** Investigated that interventions based on yoga are more effective in boosting teachers' self-efficacy in general and primary teachers in particular. The experimental work can be used to boost other educators' self-efficacy even though it is pertinent to primary educators. **Dr. Shaveta Sharma & Manju Marwaha (2020)** It was proposed that the sort of institution has a big impact on how stressed out school instructors are at work. (2) It can be inferred that private school teachers experience greater occupational stress than government school teachers given that the mean occupational stress score among teachers in private versus public schools was found to be significantly higher. **Kagwe Margaret, Ngigi Simon and Mutisya Sabina (2018)** It was discovered that teachers working in institutions run by the government suffer from stress at higher level for a number of reasons.. Institutions must hire more teachers, construct better housing, and offer forums for discussion of issues. Teachers should have access to professional counselling services to assist them in managing their stress at home and at work.. **Prasad K., R. Vaidya & V. A. Kumar (2016)** Considered that

Teachers experience moderate levels of stress on the job, and coping mechanisms are one way to deal with it. To lessen the impacts of occupational stress, it can be good to move around the classroom rather than remain seated, eat healthily and manage work-life balance. **Parray M., Dr. Kumar S. Waqar M., & Dr A. Awasthi (2016)**. Studied that In the globalised age of competition amongst the entire world, neck-to-neck competitiveness in all fields is now a reality. Numerous strategies have been put forth by researchers to control unwarranted stress and support good health and wellbeing and it can be controlled effectively by meditation only. **Ali, Ishtiaq, and Ahmed (2013)**. The three main causes of occupational stress were work overload, dangerous jobs, and strained relationships with coworkers. Due to job overload and time constraints, Punjabi school teachers are unable to balance work and family obligations. To lessen stress and better manage the performance of instructors, appropriate solutions should be created. **R. W. R., K. A. S. Reichl, A. Jha & Cullen M., Rona, K & E. Oberle (2013)** Mindfulness training (MT) has been shown to improve the self-compassionate attitude and burnout symptoms of teachers in both Canada and the U.S. It has been proposed that high programme fidelity across sites be used, replicating programme effects when taught by the same instructor in two separate locations.

#### IV. RESEARCH METHODOLOGY

##### A. Participants

200 participant teachers, aged 22 to 60, were chosen for the study from government primary schools of district Rampur (U.P.), and a trainer from the Heartfulness Organization gave them a basic introduction to the Heartfulness Relaxation Technique. Each participant has completed a permission form and undergone a medical examination. They were instructed to keep track of any changes in their bodies and minds that might occur following the Heartfulness session. Teachers at two levels of hierarchy (Senior Level and Junior Level) and participants were chosen methodically with the goal of ensuring equal participation at all levels.

##### B. Measures

To determine the physical and psychological changes, 200 participants were divided into the Two Groups namely Experiential Group, and Control Group (**Table: 1**). All participants trained and instructed to complete both session questionnaire forms i.e. Pre- and Post-Heartfulness Relaxation Session questionnaire forms.

The occupational stress index (OSI), developed by Prof. A. K. Srivastava and Prof. A. P. Singh of Hindu University, Varanasi, and was used to measure the stress level of instructors before and after relaxation sessions. Data were collected using convenience and random sampling on a five-point Likert scale to reorder all of the responses.

**TABLE:1 Distribution of Participants (Group Wise)**

<i>Participants</i>	<i>Control Group</i>	<i>Experimental Group</i>
Number of Teachers	100	100

#### V. RESULT AND DISCUSSION

**TABLE:2 Mean And T Test for Stress Level (Control Group)**

<i>Stress Score before HRT Session</i>	<i>Stress Score after HRT Session</i>	<i>'t' value</i>	<i>'p' value</i>
49.06 ±1.99	49.01 ± 1.99	01.41	<0.1463*

\*Statistically not significant  $p > 0.05$ , HRT- Heartfulness Relaxation Technique

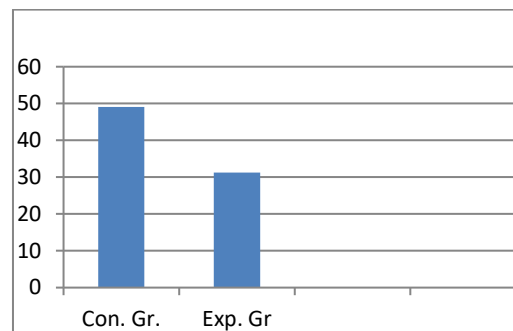
**Table 2** demonstrates that the stress levels of teachers, who do not use the Heartfulness Meditation Technique, or under the control group, do not exhibit any appreciable evidence. Three shows no appreciable change in the control group's Mean and SD. Therefore, it is statistically demonstrated that the stress levels of teachers who did not practice mediation did not significantly improve.

**TABLE: 3 Mean And T Test for Stress Level (Experimental Group)**

<i>Stress Score before HRT Session</i>	<i>Stress Score after HRT Session</i>	<i>'t' value</i>	<i>'p' value</i>
48.05 ±1.97	31.21 ± 4.70	23.73	< 0.0001*

\*Statistically significant  $p < 0.05$ , HRT- Heartfulness Relaxation Technique

**Table 3** demonstrates that there is significant evidence that exercises using the Heartfulness Relaxation Technique help teachers manage their stress. The Heartfulness Relaxation Technique has a positive effect on teachers' stress levels, as demonstrated by the 'p' value result ( $p = 0.0001$ ). Consequently, the stress levels of teachers who used Heartfulness Relaxation Technique are reducing.



Con Gr.- Control Group, Exp Gr.- Experimental Group

**Fig.1 Stress Score of Experimental and Control Group**

As per Fig. 1, statistics show that Heartfulness Relaxation practice has a beneficial and quick influence on teachers' stress levels in primary classrooms. A comparison graph shows that the Control and Experimental Groups' stress levels are 49.05 and 31.21, respectively (Fig. 1). Because Heartfulness Relaxation Technique was used for a month, a mean difference of 17.84 demonstrated statistically that the experimental group was less stressed than the control group.

## VI. CONCLUSION

This study comes to the conclusion that practicing the Heartfulness Relaxation Technique is a highly beneficial kind of exercise and has a good effect on the body & mind. There are many other meditation techniques, and each has an effect on the body differently. However, in this study, only the Heartfulness Relaxation Technique was chosen to determine its efficacy in reducing the stress of teacher. This study demonstrated that the Heartfulness Relaxation Technique dramatically reduced teachers' stress levels and improved their mental agility.

This study also proves that Heartfulness relaxation strengthens the human mind and provides a clear conscience for making decisions. Additionally, this study provides a starting point for future research into the advantages of mediation for other elements of human behaviour, such as work performance, leadership, decision-making, and health, among others.

**ACKNOWLEDGMENT**

I express my gratitude to the teachers, Head Masters, and other top members of the hierarchy who all helped me in completing this research study promptly.

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