

# Awareness of the effects of yoga and meditation as stress busters among dental students

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## ABSTRACT

**Aim:** The aim of this survey is to create awareness of yoga and meditation as stress busters among the dental students. **Introduction:** Yoga is a mind-body practice technique that combines physical poses, controlled breathing, and meditation or relaxation. Yoga may help reduce stress, lower blood pressure, and lower heart rate. Moreover, the best thing in this is almost anyone can do this, depending on their body conditions and time requirements. Yoga is considered as one of many types of complementary and integrative health approaches. Yoga brings together physical and mental disciplines that may help achieve peacefulness of body and mind. **Materials and Methods:** An online survey consisting of 10 questions on awareness on yoga and meditation among dental students was prepared and distributed. Data were collected and statistically analyzed. This study involved a sample of 100 participants. **Result:** Awareness on Yoga and Meditation as stress busters was created among dental students.

**KEY WORDS:** Meditation, Stress, Yoga

## INTRODUCTION

Due to the level of stress that a student undergoes during the course, it has been found that it becomes difficult for the students to concentrate on a particular task which has been given.<sup>[1,2]</sup> Yoga is helpful in reducing the stress level which in turn helps us to improve our concentration and understanding.<sup>[3]</sup>

The other important fields of yoga which is widely known as meditation have also been noticed to be worth practicing.<sup>[4]</sup> Both yoga and meditation not only help in calming our brain but also be beneficial for our physical, mental, and social well-being.<sup>[5]</sup> The people who practice yoga and meditation on regular basis will be always calm and soothing in their behavior and activities.<sup>[6]</sup>

Yoga not only works on the body but also on the mind, spirit, and the soul.<sup>[7]</sup> Yoga is very helpful in maintaining a healthy lifestyle since it works not only on body but also on the mind, spirit, and the soul. Yoga as almost everyone knows is a stress reliever and also helps us to be physically and mentally fit and healthy.<sup>[8]</sup> Strenuous

physical exercises combined with breathing, relaxation, and meditation techniques are just the required things that we need to relieve from high stress.<sup>[9]</sup>

Even a simple breathing exercise can help us to get rid of stress. Accurate breathing practices reduce stress which, in turn, reduces complicated problems such as blood pressure.<sup>[10]</sup> Furthermore, lack of focus and sleep deprivation can be cured through correct breathing. Mostly, at a panic condition, we used to have a faster heartbeat and a faster breathing rate, whereas during calm down condition, both the heartbeat and breathing rate are normal.

Even though the causes for stress may be many, the correct way to relieve from it is doing yoga and meditation regularly. Unlike other exercises that suddenly cause tiredness and make drenched in sweat, meditation can be done at anytime, anywhere without causing tiredness instead makes us feel relieved.

## MATERIALS AND METHODS

A questionnaire to test the awareness of yoga and meditation as stress busters is prepared and given to the dental students by an online survey through platforms such as SurveyPlanet. Results obtained are statistically analyzed.

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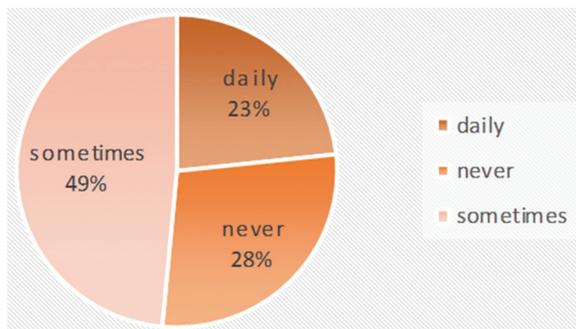
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## RESULTS

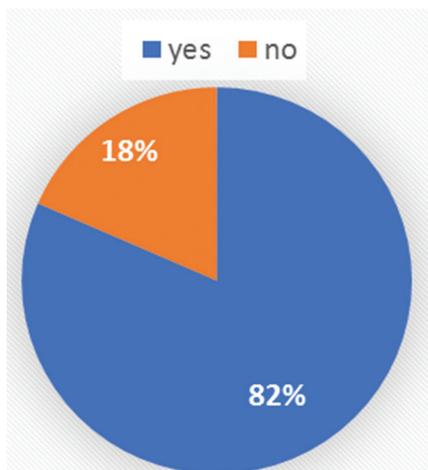
Through this survey, we found that almost 60% of the dental students are aware of yoga and meditation as stress busters and also the positive effects caused by doing yoga and meditation regularly.

The results in relation to the given questions in the survey are expressed in the below pie charts:

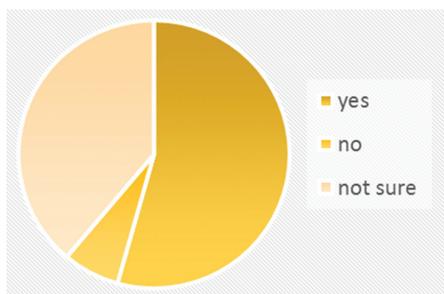
1. The percentage of students who have an habit of doing yoga and meditation regularly



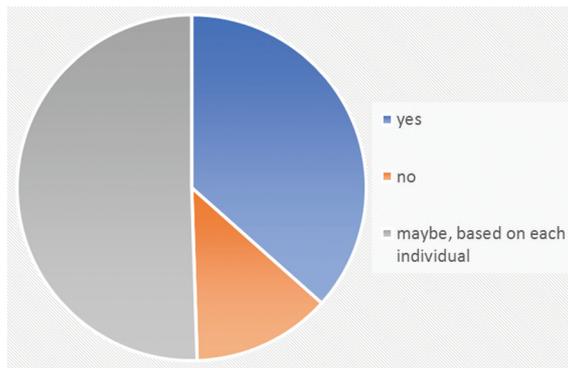
2. The percentage of students who feel that they have stress



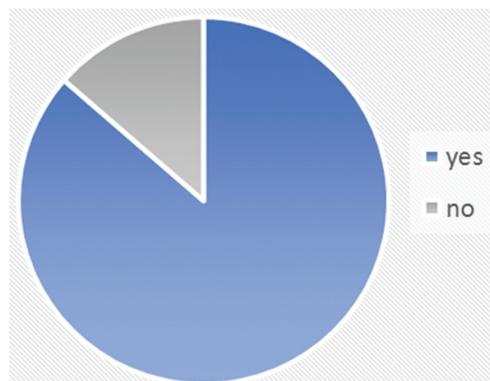
3. The percentage of students who are aware that yoga and meditation relieves stress



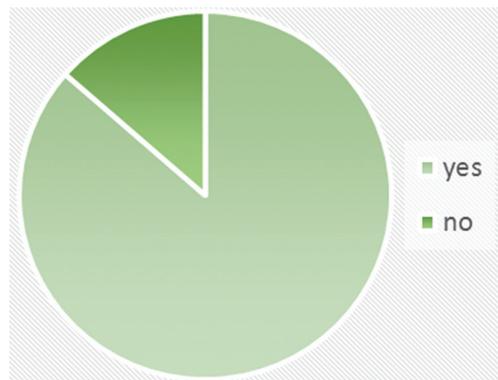
4. The percentage of students who think that doing yoga and meditation is possible in this generation



5. The percentage of students who has an idea to take up this practice in future



6. The percentage of people who thinks that yoga is concerned only about doing asanas and breathing practices



## DISCUSSION

In this present generation, students face so many problems including stress and complicated problems such as obesity and blood pressure due to lack of body exercises. Doing yoga and meditation regularly even for a limited period of time also reduce the chance of these diseases. However, making a habit of doing yoga and meditation regularly is based on each individual and their time requirements.

In this generation, almost 90% of people have stress, which may be due to work, academics, and personal

workloads. Stress has several negative effects which not only includes headache, blood pressure, and obesity but also includes mild memory loss, skin conditions (like eczema), and digestive problems just to name a few. Stress can cloud our normal sense of judgment and causes to act erratically there are numerous ways to relieve stress, but yoga is considered as one single most effective ways to do so. If practiced correctly, yoga can be used to calm the mind, relax the body, and work on a much deeper level to create a stronger inner self which will ultimately build resilience toward the negative effects of stress.

The yogic process is essentially psychosomatic. It has been scientifically evaluated and tested for more than two decades and is based on four distinct elements of yoga technology. There are simple meditative postures to bring about inwardness of the mind. Therapeutic asanas are carefully selected for release of tension from the muscular and nervous systems and discomfort from the body. Techniques of simplified Pranayamas are included to promote inner peace and cheerfulness.

This practice should prove to be of special value to students and overworked physicians who want to seek release from tension and enjoy freedom, happiness

and peace in this age of competition, restlessness, anxiety, and fear.

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