

Stress management among College students through Buddhism

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Abstract

At present college students are facing many stresses as academic performance pressure, financial stress, multitasking stress, career anxiety, increasing family responsibilities, peer pressure etc. Excessive stress could lead to psychological problems like depression and anxiety. In present study, principles of Buddhism as sheel, Samadhi, pragra and ashtang marg are applied to manage stress.

Keywords: Buddhism, stress management, psychologists

1. Introduction

Stress among college students has been getting a lot of attention. Much of the stress is helpful and stimulating but when it is excessive it becomes harmful. Some stress reactions are part of deeper and more serious emotional problems. Stress is a stimulus or change in the external or internal environment of such a degree to adaptive capacity of the organism to its limit and which in certain circumstances, can lead to disorganization of behavior. College students have different types of stress as leaving the family, home, intense pressure to obtain high grade, career aspiration, exam fear, trying to establish a romantic social life, high college fees.

Physical symptoms of stress are muscular pain, illness, high blood pressure, indigestion, ulcer, difficult sleeping, fatigue, headache, backache etc. Except this some characteristics developed emotionally as depression, anger, fear, anxiety, feeling overwhelmed, and mood swings. As cognitive symptoms forgetfulness, unwanted thoughts, difficult concentration have been found in depressed students.

There are many ways through which people manage their stresses. Coping strategies are the ways through which people handle stresses effectively. Though there are many ways to reduce stresses of life given by many psychologists. Gautam Buddha has also given techniques to get freedom from stress. Buddhism is based on 4 noble truths these are: 1. there is pain and suffering in life. 2. There is a cause of these pain and suffering 3. Pain and suffering can be avoided 4. There are ways to avoid pain and suffering. Buddhism suggests sheel, Samadhi, pragra and ashtang marg to avoid stress from life.

Sheel means virtues of life. Sheel is a modification of personality, speech and actions of body. These virtues are: non violence, truth, not to steel, control of senses, avoiding intoxication. By adopting these virtues in life one can have

pleasure and peace in life. Samadhi means meditation which is modification of state of mind. This stage is based on moral consciousness which governs all the functions of mind. In this state, mind flows without diversity here and there. When this stage comes man becomes free from all types of tensions. It's a meditative absorption attained by practice of dhyana. In Samadhi, mind becomes still and one pointed state. Pragra means right knowledge of life, things and world. In this stage we see the whole things in right way. Due to this vision causes of stress diminish. If sheel, Samadhi and pragra are merged, it changes into ashtang marg. It is a combination of samyak vakya, samyak karmant, aajive, samyak vyayam, samyak smriti, and samyak drishti and samyak sankalp.

2. Objective of Study

To find impact of Buddhism is stress management

3. Hypothesis

There is a significant impact of Buddhism on students to become stress free

There is no significant difference between impacts of Buddhism on male and female students

4. Methodology

Descriptive survey method was used to find impact of Gautam Buddha's philosophy to remove stress from life. 200 college students were selected randomly for study in which 100 were girls and 100 were boys. All the selected students were tested for finding of stress. Stressed students were selected for further study. They were treated with principles of Buddhism. After period of one month they were again tested for stress. Collected data was tabulated using percentile tool and comparatively analyzed.

5. Finding and Analysis

Table 1: Status of Stress among College Students before Education of Buddhism

Gender	Normal Stress	Clinical Stress	Average Stress	High Stress
Boy	16	34	37	13
Girl	9	35	41	15

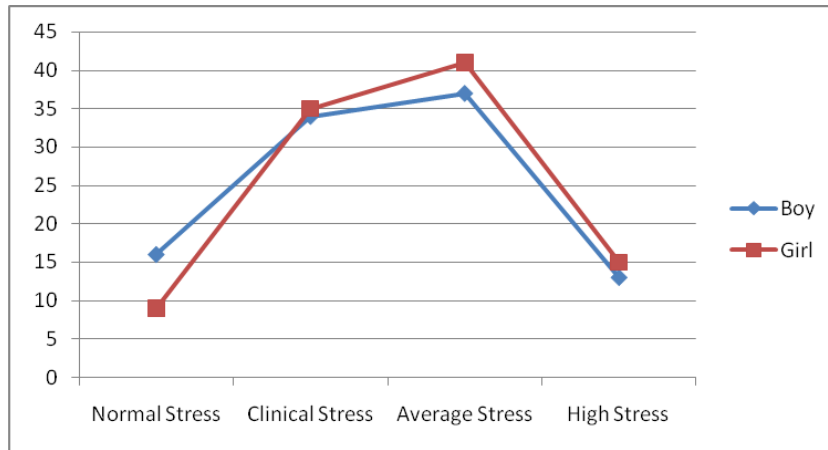


Fig 1: Status of Stress among College Students before Education of Buddhism

Table 2: Status of Stress among College Students after Education of Buddhism

Gender	Normal Stress	Clinical Stress	Average Stress	High Stress
Boy	44	39	14	3
Girl	36	41	19	4

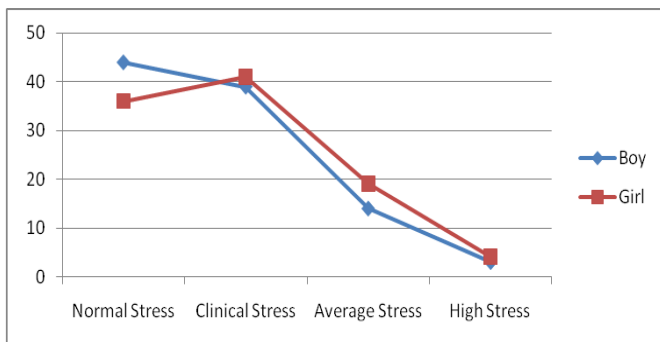


Fig 2: Status of Stress among College Students after Education of Buddhism

Result shows remarkable change after implementing concept of Buddhism to remove stress, hence hypothesis 1 is accepted. Gender wise comparison shows that no. of stressed girls is higher than boys. Before education of Buddhism highly stressed boys % was 13 which reduced to 3%. In average category stressed boys % was 37% which turned into 14% and clinical stressed reached from 34% to 39% and 44% become normal.

Girls comparison shows that highly stressed girls which were 15% after training of Buddhism only 4% remained. Among students of average category students' % reduced from 41% to 19%. Before training clinical stress was found in 35% girls but after training it turns into 41%. In normal category girl student % increased from 9% to 36%. Thus both boys and girls are influenced by Buddhism, hypothesis 2 there is no significant difference between impacts of Buddhism on male and female students is accepted.

6. Conclusion

Buddha's sheel, Samadhi, pragya and ashtang marg are ultimate strategies to be free from all types of stresses in life. At present student life is filled with stress and concept of Buddha's are capable to remove stress to make strain free, to make capable of mental development and utilizing their

maximum potential. One cannot directly jump to Samadhi or pragya. There is a fixed status from sheel then Samadhi then pragya and ashtang marg. A person in the stage of Samadhi becomes stress free.

7. References

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