

# THE EFFECT OF AVARTAN DHYANA ON THE STRESS LEVEL AND RESPIRATORY RATE AMONG WORKING WOMEN IN THE MINISTRY

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## ABSTRACT

*Stress levels are increasing rapidly in women. Working women are more stressed than nonworking women. There is an increase in stress at both their office and their homes, as well as its Effect on the house and family environment, which impacts their feelings, mental, and overall Health. To fill this Gap, Avartan Dhyana (Meditation) is a unique technique that helps reduce the overcome stress and balance the respiratory rate. The present study showed the Effect of Avartan Dhyana on the stress level and respiratory rate among working women in the Ministry. A total number of thirty-one females working in the Ministry, with the age range of 21 to 45 years, were selected conveniently. The avartan dhyana was used for intervention for three months, five days a week. The single group pre-post design was used for this study. Results showed that after Avartan Dhyana, the significant improvement to decrease in stress at ( $p < 0.05$ ) level and respiratory rate ( $p < 0.05$ ) level. **Conclusion:** Avartan Dhyana is a healing intervention for elevated stress. Avartan dhyana is a best practice for overall Health.*

**Keywords:** Avartan Dhyana, Stress, Respiratory rate, Ministerial Women.

## INTRODUCTION

Work-related stress is a significant factor in medical issues across the globe. Psychological Health constitutes one of the most critical public health problems because it represents 14 per cent of the overall worldwide burden of disease (Panigrahi et al., 2014). Teaching staff in academic institutions, such as colleges, Ministries are also subjected to severe stress, which undoubtedly impacts their performance, self-happiness, respiratory rate, anxiety, stress and well-being, and relationships with family (Rodríguez-Jiménez et al., 2022). Since ancient times, gender inequalities have always been present. Masculine and feminine work roles have historically been clearly defined. The concept of "work" and "domestic" or "home" area was segmented with industrialization whenever these two categories were considered to be highly distinctive. A man and a woman in residence were "breadwinners" and "housewives." Household duties and care for children were supposed to be the woman's duty, whereas the man was expected to go out and work to feed the family. There were minor changes in the family situation over time, but as Connell brings it, it's simply a "perfect husband" who works to help with the household work (Raj Lakshmi & Oinam, 2021). Nowadays, contemporary women working in each sector also fulfil their home responsibilities. But due to multitasking work in both the office and housework, the stress level and work pressure seem to be increased in women. Women working in the Ministry face elevated work stress and increased respiratory rates due to lengthy processes, targets, technology challenges, and crucial papers works in Ministry. To fill the gap Avartan Dhyana is a unique practice for overcoming stress. Various studies documented that yoga can help nurses enhance their general Health and provide improved care for patients

(Sis Çelik & Kılınç, 2022). The objective of the research is to see the Effect of avartan dhyana on the stress level and respiratory rate among working women in the Ministry.

Avartan Dhyana includes sets of postures, awareness, and relaxation techniques such as instant, quick, and deep relaxation techniques. Avartan Dhyana combines stimulation and relaxation, with the relaxation period lasting longer than the stimulation period..This practice is founded on two principles: depth of perception and awareness expansion. Depth of perception is an important aspects of vision and plays a vital role in many everyday tasks such as sports and navigating through the environment. Awareness expansion refers to the process of expanding one's conscious awareness beyond its current state. It involves becoming more aware of one's thoughts, emotions and surroundings, as well as developing a deeper understanding of oneself Avartan Dhyana activates the parasympathetic nervous system and relaxation (Anupama V, 2022).

## METHODOLOGY

### 1. Research Design

A single experimental group with a Pre-post research design was used for this study. The total number of thirty-one working women in the Ministry aged 21-45 years was selected conveniently for this study. Avartan Dhyana was used as an Intervention module for this study. The intervention was conducted for three months, five days a week, for thirty-five minutes during lunch hours at Ministry premises. Data were collected pre and post the intervention. Before starting the intervention, permission was taken from the Director of the Ministry and participants filled out a written consent form with signed consent. The institutional committee approved the research study.

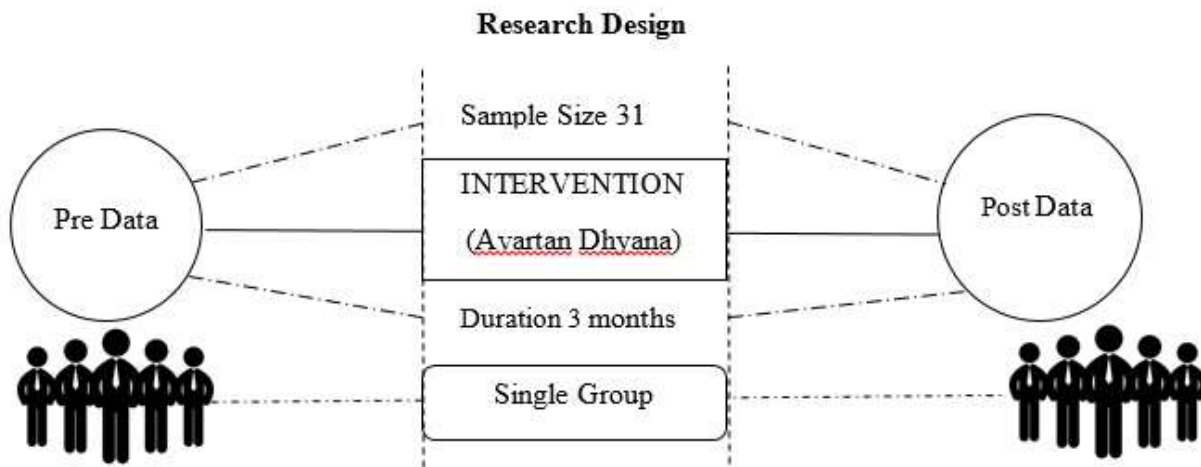


Figure 1 : The figure shows the research design

## 1.2 Intervention Module

Avartan Dhyana is a unique practice that combines mind and physical body movements. Avartan Dhyana is based on stimulating and relaxation techniques. This technique was coined by Dr Hr Nagendra (Nagendra & Pradhan, 2010). The duration was 35 minutes.

## 1.3 Assessment Tools

ADSS (Anxiety Depression Stress Scale) Questionnaire was used to assess the stress levels of women working in the Ministry. This tool was developed by (Pallavi Bhatnagar, Megha Singh, Manoj Pandey, 2005), and the Counting method (Breath per Minute) was used for assessing the Respiratory rate (RR)—the total no of 48 items in this Questionnaire.

## 1.4 Data Analyzed

Data was entered in the excel sheet and analyzed by SPSS software using the paired t-test to analyze the Stress levels and respiratory rate. The sample size was calculated through G-power software, and Zotero software was used to cite the references.

*Table 1 : The table shows the eight steps of Avartan Dhyana.*

| S.no.        | Activity                           | Duration (Min) | Remarks     |
|--------------|------------------------------------|----------------|-------------|
| 1            | Opening Prayer                     | 1 min          |             |
| 2            | IRT (Instant Relaxation Technique) | 1 min          | Relaxation  |
| 3            | Standing postures                  | 5 min          | Stimulation |
| 4            | QRT (Quick Relaxation Technique)   | 3 min          | Relaxation  |
| 5            | Sitting Postures                   | 5 min          | Stimulation |
| 6            | DRT (Deep Relaxation Technique)    | 15-20 min      | Relaxation  |
| 7            | Resolve                            | 1 min          | Silence     |
| 8            | Closing prayer                     | 1 min          |             |
| <b>TOTAL</b> |                                    | <b>35 min</b>  |             |

## FINDINGS

### Result Tables

Table 2 : The table shows the level of Stress & Respiratory rate of working women in the Ministry

| Phase                 | Mean  | SD   | Sed   | T Value | Level of Significance |
|-----------------------|-------|------|-------|---------|-----------------------|
| Pre Stress            | 5.23  | 3.27 | 0.113 | 2.27    | 0.05*                 |
| Post Stress           | 4.97  | 3.25 |       |         |                       |
| Pre Respiratory Rate  | 18.16 | 5.34 | 0.696 | 4.406   | 0.01**                |
| Post Respiratory Rate | 15.10 | 4.37 |       |         |                       |

df = 30

[Note: The level of significance at ( $p < 0.05$ )\* and ( $p < 0.01$ )\*\* level.]

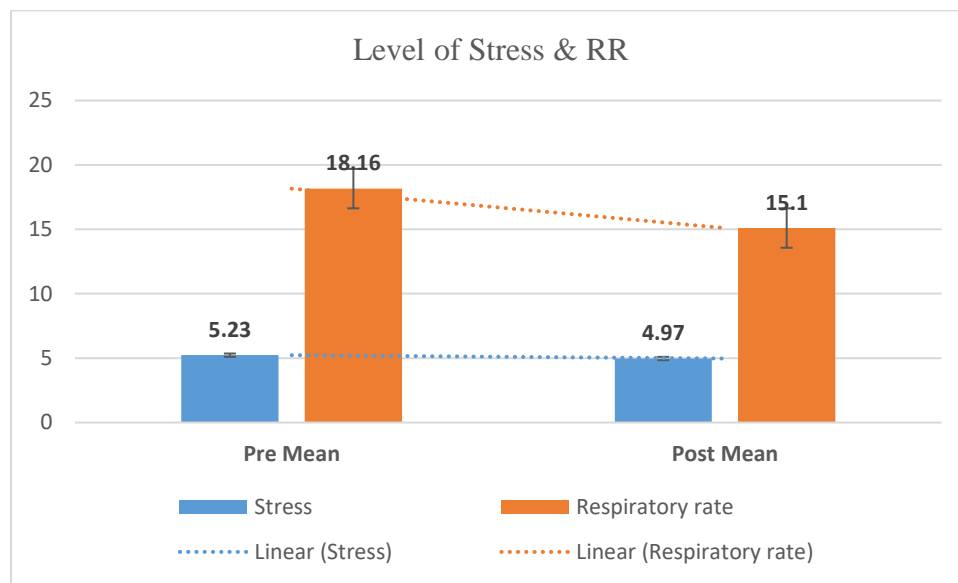


Figure 2 : Graph Showing Stress and Respiratory Rate of Working Women in the Ministry.

## DISCUSSION

The Present study showed that before and after the Avartan Dhyana Intervention, the pre-Mean  $\pm$ SD (Standard Deviation) score of stress was  $5.23 \pm 3.27$ , and the post-Mean  $\pm$ SD score was  $4.97 \pm 3.25$ . The t-value of stress was 2.27; hence Avartan Dhyana showed a significant improvement in decreased stress level at ( $p < 0.05$ ), and the pre-Mean  $\pm$ SD score of RR (Respiratory rate) was  $18.16 \pm 5.34$  and post-Mean  $\pm$ SD score was  $15.10 \pm 5.37$ . The t-value of RR was 4.406; hence Avartan Dhyana significantly decreased the respiratory rate at ( $p < 0.01$ ) among working women in the Ministry.

According to (Kumari & Ghosh, 2015), this Study," Effect of cyclic meditation on quality of life and perceived stress in female adolescence", found that after one month of cyclic meditation practice, the pre-Mean±SD and post-Mean±SD increased by 18.58±3.5 to 20.0±3.3; hence there was no significant improvement in decreasing perceived stress at ( $p>0.05$ ) level among fifty-eight female adolescents.. According to (Dr. V. Vallimurugan & J. Vijay, 2021), in the study" Influences Of Blood Pressure And Respiratory Rate Response To Yogic Programme Among Women Badminton Players" found that after six weeks of yoga training, the pre-Mean±SD and post-Mean±SD was decreased 18.85±1.57 to 17.50±1.57; hence there was significant improvement to reduce in Respiratory rate at ( $p<0.05$ ) level among twenty women badminton players. According to (Dr.Babu.P., 2019), this Study," Effect of Swami Satyananda Saraswati Yoga Practices On Coordinative And Physiological Variables Among College Women Athletes", found that after eighteen sessions of SSY practice, the pre-Mean±SD and post-Mean±SD was decreased 12.68 to 11.05; hence there was significant improvement in heart rate reduction at ( $p<0.05$ ) level among ten women. According to (Anderson et al., 2017), "Using Yoga Nidra to Improve Stress in Psychiatric Nurses in a Pilot Study" found that after six sessions of yoga Nidra intervention, the pre-means stress score was 1.82 and the post score was 1.00. Hence there was no significant change in stress levels at ( $p>0.05$ ) among women working in Hospitals. According to (Kirca & Pasinlioglu, 2019), the study" The Effect of yoga on stress level in infertile women. *Perspectives in Psychiatric Care*" found that after Six weeks of yoga practice, the pre-means of (the COMPI) fertility problem stress scale was 23.55 and post mean was 44.94 in experiment group and control group the pre mean of COMPI fertility problem stress scale was 25.83 and post mean was 29.14. There was no statistically significant change ( $p>0.05$ ) among sixty-four women.

Hence, the Present study proved that the Effect of Avartan dhyana on stress levels significantly improved to decrease at ( $p<0.05$ ) and respiratory rate ( $p<0.01$ ) levels among working women in the Ministry.

## CONCLUSION

Avartan Dhyana is a healing intervention for stress reduction in the corporate sector. This study implies that Avartan Dhyana has anti-stress properties and that combining yoga postures interspersed with relaxation reduces arousal more than alone. As a result, Avartan dhyana is a best practice for integrative stress management and overall, Health. Further research should be conducted with various clinical variables for better outputs.

## AUTHOR STATEMENT

There was no conflict of interest.

## SOURCE OF FUNDING

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APPENDICE

| 2   Consumable Booklet of ADSS-BSPSA |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |                          |                          |                          |
|--------------------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--------------------------|--------------------------|--------------------------|
| Sr. No.<br>क्र. सं                   | Sr. No.<br>कथन   |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Yes<br>हाँ               | No<br>नहीं               | Marks<br>प्राप्तांक      |
| 1                                    | I am aware of th dryness of my mouth<br>मुझे अपने मुँह सूख जाने के बारे में पता चल जाता है।  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2                                    | I feel difficulty while breathing (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)<br>साँस लेने में विवक्त महसूस करते है ( जैसे साँस का तेज चलना, बिना काम किए साँस में विवक्त होना )। |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3                                    | I am not able to feel good.<br>कुछ भी अच्छा महसूस नहीं कर पाते/पाती हैं।   |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4                                    | I find it difficult to relax.<br>मुझे आराम करने में विवक्त होती है।  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5                                    | I feel that I get upset easily.<br>मुझे लगता है कि मैं बहुत जल्दी परेशान हो जाता/जाती हूँ।   |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6                                    | I often feel that I am not able to do anything.<br>अक्सर ऐसा महसूस होता है कि मैं कुछ नहीं कर सकता/सकती।   |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7                                    | I often have a feeling of numbness/shakiness in my hands and legs (e.g. legs going to give away)<br>अक्सर मुझे ऐसा लगता है कि मेरे हाथ-पैर काँपते हैं ( पैरों में जान नहीं है, पैर जवाब दे रहे हैं )                         |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8                                    | I find myself getting restless if delayed in anyway.<br>किसी भी प्रकार से देरी हो जाने पर बेचैनी होने लगती है।   |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9                                    | I fell that I have nothing yo look forward to.<br>मुझे ऐसा लगता है कि जीवन में कुछ बचा ही नहीं है।   |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10                                   | I often feel downhearted and sad.<br>मुझे ऐसा लगता है कि विल बैठा जा रहा है और मैं दुःखी हूँ।  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11                                   | I often get the feeling of faintness.<br>मुझे अक्सर ऐसा महसूस होता है कि मुझे बेहोशी आ रही है।   |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12                                   | I feel that I am rather touchy.<br>मुझको चीजें जल्दी खुरी लग जाती है।  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13                                   | I am not able to enthusias ic about anything.<br>मुझे किसी भी चीज में जोश नहीं आ पा रहा है।  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

|             |   |   |   |    |    |    |    |   |   |   |    |    |   |   |   |    |    |    |
|-------------|---|---|---|----|----|----|----|---|---|---|----|----|---|---|---|----|----|----|
| Sr. NO.     | 1 | 2 | 7 | 11 | 14 | 15 | 18 | 3 | 6 | 9 | 10 | 13 | 4 | 5 | 8 | 12 | 16 | 17 |
| Score       |   |   |   |    |    |    |    |   |   |   |    |    |   |   |   |    |    |    |
| Total Score |   |   |   |    |    |    |    |   |   |   |    |    |   |   |   |    |    |    |

**Consumable Booklet of ADSS-BSPSA | 3**

| Sr. No.<br>क्र. सं | Sr. No.<br>कथन   | Yes<br>हाँ               | No<br>नहीं               | Marks<br>प्राप्तांक      |
|--------------------|--|--------------------------|--------------------------|--------------------------|
| 14.                | I perspire heavily even in the absence of physical exertion and high temperature (e.g. hand sweaty)<br>मुझे काम न करने या गर्मी न होने पर भी पसीना ज्यादा आता है। ( जैसे हाथ पसीने से भीग जाते हैं )         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15.                | I get scared without any good reason.<br>मुझे बिना किसी ठोस वजय के डर लगता है।   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 16.                | I find as if am difficult for me tolerate any interruptions in what ever I am doing.<br>मैंने पाया जैसे मैं बहुत चिड़चिड़ा हो गया/गयी हूँ।   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17.                | I find it hard to calm down after getting upset.<br>मैंने पाया कि किसी बात से परेशान होने के बाद मुझे शांत होने में मुश्किल होती है।   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 18.                | I have difficulty in swallowing.<br>मुझे निगलने में दिक्कत होती है।  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 19.                | I find that it is difficult for me tolerate any interruptions in whatever I am doing.<br>मैंने पाया कि मेरे काम में टोका-टोकी हाने पर उसे बर्बाद करने में मुझे परेशानी होती है।                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 20.                | I am worried about those things in which I might panic and make a fool of myself.<br>मैं उन चीजों के बारे में परेशान रहता/रहती हूँ जिनमें मैं मारे घबराहट के कहीं कुछ गड़बड़ न कर दूँ और मेरा मजाक न बन जाए। | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 21.                | I feel more nervous and anxious than usual.<br>मैं बहुत ज्यादा घबड़ाहट और बेचैनी महसूस करता/करती हूँ।  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 22.                | I have difficulty in taking the initiative for any new task.<br>काम को शुरू करने में पहल करने में दिक्कत होती है।  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 23.                | I find myself getting agitated in everything.<br>मैं अपने आप को बात-बात में उत्तेजित पाता/पाती हूँ।  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 24.                | I am bothered about headaches, neck and back pains.<br>मैं सिर, गर्दन और पीठ के बर्ब से परेशान रहता/रहती हूँ।  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 25.                | I feel weak and gettired easily.<br>मैं कमजारी महसूस करता/करती हूँ और जल्दी थक जाता/जाती हूँ।  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 26.                | I feel sad and depressed.<br>मैं दुःखी और निराशा महसूस करता/करती हूँ।  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 27.                | I feel that I am losing interest in almost everthing.<br>मैं महसूस करता/करती हूँ कि मेरा किसी चीज/काम में मन नहीं लगता है।   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

|             |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Serial. No. | 20 | 21 | 24 | 25 | 28 | 32 | 34 | 35 | 22 | 26 | 27 | 31 | 37 | 19 | 23 | 29 | 30 | 36 |
| Score       |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Total Score |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |



**4 | Consumable Booklet of ADSS-BSPSA**

| Sr. No.<br>क्र. सं | Sr. No.<br>कथन  | Yes<br>हाँ               | No<br>नहीं               | Marks<br>प्राप्तांक      |
|--------------------|---|--------------------------|--------------------------|--------------------------|
| 28.                | I can feel my heart beating fast.<br>मैं अपने दिल की धड़कन का तेज होना महसूस करता/करती हूँ।   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 29.                | I am slow to respond.<br>मुझे किसी बात का जवाब देने में समय लगता है।  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 30.                | I feel extremely upset if exposed to events that remind me of similar stressful event.<br>किसी भी ऐसे काम या घटना का सामना करते में मुझे बहुत विवकत होती है। जो मुझे वैसी ही किसी घंटी हुई पेशानी की याद दिलाती है। | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 31.                | I feel I am not losing interest in almost everything.<br>मैं खुद के बारे में बहुत बेकार महसूस करता/करती हूँ।  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 32.                | I get feelings of numbness and tingling in my fingers, toes.<br>मुझे लगता है कि हाथ-पैर की उँगलियाँ सुन हो रही हैं और उनमें झनझनाहट हो रही है।  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 33.                | I have no expectations/hope from the future.<br>मुझे आगे आने वाले कल से कोई उम्मीद नहीं है।   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 34.                | I am bothered by stomachs and indigestion.<br>मैं पेट दर्द और खवहजमी से परेशान रहता/रहती हूँ।   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 35.                | I have empty my bladder often.<br>मुझे जल्दी-जल्दी पेशाब करने जाना पड़ता है।  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 36.                | I have repeated unwanted memories of the stressful event.<br>न चाहते हुए भी मुझे बार-बार घटनाओं की याद आ जाती है।   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 37.                | I feel that my life is meaningless.<br>मुझे लगता है कि मेरी जिंदगी का कोई मतलब नहीं है।   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 38.                | I am not able to handle/control my feelings.<br>मैं अपने गुस्से पर काबू नहीं रख पाता/आपा नहीं रहता।   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 39.                | I have nightmares<br>मुझे डरावने सपने आते हैं।  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 40.                | Often my minds goes blank.<br>अक्सर मुझे ऐसा लगता है कि मेरे दिमाग खाली हो गया।   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 41.                | I have heavy pressure in the chest.<br>मुझे सीने में दबाव/भारीपन महसूस होता है।   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 42.                | I often have crying bouts without any goods reason<br>बिना किसी कारण के अक्सर मेरी रुलाई फूट पड़ती है।  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

|             |    |    |    |    |    |    |    |    |    |    |    |    |
|-------------|----|----|----|----|----|----|----|----|----|----|----|----|
| Sr. NO.     | 39 | 41 | 45 | 47 | 37 | 38 | 42 | 44 | 48 | 40 | 43 | 46 |
| Score       |    |    |    |    |    |    |    |    |    |    |    |    |
| Total Score |    |    |    |    |    |    |    |    |    |    |    |    |

**Consumable Booklet of ADSS-BSPSA | 5**

| Sr. No.<br>क्र. सं | Sr. No.<br>कथन  | Yes<br>हाँ               | No<br>नहीं               | Marks<br>प्राप्तांक      |
|--------------------|---|--------------------------|--------------------------|--------------------------|
| 43.                | The stressful events cause problems in my relationships with other people.<br>उस घटना के बाद से दूसरे लोगों के साथ मेरे रिश्तों में खटास आ गई है। ( तनाव या परेशान करने वाली घटनाओं के बाद में कुछ समय तक मेरे रिश्तों में खटास आ जाती है ) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 44.                | often I want to be alone.<br>अक्सर अकेले पड़े रहने का मन करता है।   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 45.                | Sometimes my vision is blurred.<br>अक्सर मेरी आँखों के सामने अंधेरा सा हो जाता है या धुंधलापन छ जाता है।  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 46.                | I have difficulty in concentrating.<br>मुझे ध्यान लगाने में विक्कत होती है।   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 47.                | Often I have feeling of nausea.<br>अक्सर मेरे जी मिचलता है।   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 48.                | I feel unwell.<br>बीयत गिरी-गिरी सी रहती है।  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| Sub-scale  | Anxiety |   |   | Depression |   |   | Stress |   |   |
|------------|---------|---|---|------------|---|---|--------|---|---|
|            | 2       | 3 | 4 | 2          | 3 | 4 | 2      | 3 | 4 |
| Page       |         |   |   |            |   |   |        |   |   |
| Score      |         |   |   |            |   |   |        |   |   |
| Total      |         |   |   |            |   |   |        |   |   |
| Percentile |         |   |   |            |   |   |        |   |   |
| Category   |         |   |   |            |   |   |        |   |   |