

The Effects of Cognitive Behavioural Therapy and Yoga on Stress

Balan Rathakrishnan
School of Psychology and Social Works
Universiti Malaysia Sabah
Kota Kinabalu, Sabah

Balakrishnan Parasuraman
Industrial Relations Programme
School of Social Sciences
Universiti Malaysia Sabah

Aryana Satrya
Departemen Manajemen
Fakultas Ekonomi
Universitas Indonesia

Muhammad Madi Bin Abdullah
Department of Economics and Entrepreneur Development
Universiti Tenaga Nasional
Bandar Muadzam Shah, Pahang

Balakrishnan Muniapan
University of Malaya
Kuala Lumpur

Abstract. This study compares a stress management program based on cognitive behavioural therapy principles with yoga-based stress management program. A study sample of 30 students, 15 male and 15 female from one of the local university in Sabah, was taken as subjects. The subjects were divided into 3 equal groups. The first group was given cognitive behavioural therapy, the second group was given yoga and the last group treated as control group. Trained group leaders were instructed the first and second groups, and 10 sessions were held with each group, over a period of 4 months. Psychological (self-rated stress, anger, exhaustion and quality of life) measurements were obtained before and after treatment with questionnaire. The results indicate that cognitive behaviour therapy is a promising stress management technique compared to yoga therapy and the control group. However, both interventions do not have any significant effects on quality of life.

Keywords: stress management, cognitive behavioural therapy, yoga

Abstrak. Makalah ini mengkaji perbandingan antara suatu program pengelolaan stres berlandaskan prinsip-prinsip terapi perilaku kognitif dengan suatu program untuk mengatasi stres yang menggunakan terapi yoga. Sampel berasal dari 30 mahasiswa suatu universitas di Sabah, yang terdiri atas 15 pria dan 15 wanita. Subjek dibagi menjadi tiga kelompok yang sama besarnya. Kelompok pertama menerima terapi perilaku kognitif, kelompok kedua menerima terapi yoga, sedangkan kelompok terakhir menjadi kelompok kontrol. Instruktur-terlatih memberikan terapi kepada kelompok pertama dan kedua dalam 10 sesi untuk setiap kelompok selama empat bulan. Pengukuran psikologis terhadap tingkat stres, kemarahan, kelelahan, dan kualitas hidup dilakukan sebelum dan sesudah perlakuan dengan memakai kuesioner. Hasil studi menunjukkan bahwa terapi perilaku kognitif merupakan teknik pengelolaan stres yang menjanjikan jika dibandingkan dengan terapi yoga dan kelompok kontrol yang tidak diberi perlakuan. Meskipun demikian, kedua intervensi tersebut tidak menunjukkan dampak yang signifikan terhadap kualitas hidup.

Kata kunci: pengelolaan stres, terapi perilaku kognitif, yoga

Balan Rathakrishnan, PhD is a lecturer at Sekolah Psikologi dan Kerja Sosial Universiti Malaysia Sabah; Balakrishnan Parasuraman, PhD is Associate Professor of Industrial Relations Programme, School of Social Sciences Universiti Malaysia Sabah; Aryana Satrya is a Lecturer, PhD Candidate (University of Queensland, Australia), Departemen Manajemen, Fakultas Ekonomi Universitas Indonesia; Muhammad Madi Bin Abdullah, PhD is a Senior Lecturer, Department of Economics and Entrepreneur Development, Universiti Tenaga Nasional, Bandar Muadzam Shah, Pahang; Balakrishnan Muniapan, PhD Candidate, University of Malaya Kuala Lumpur.

Correspondence concerning this article should be addressed to Dr. R. Balan Rathakrishnan, Beg. Berkunci 2073 Sekolah Psikologi dan Kerja Sosial, Universiti Malaysia Sabah 88999, Kota Kinabalu, Sabah. Email: balanratha@yahoo.com

University students face numerous potential stresses and strains. In addition to meeting academic expectations and coping with the many life changes, which typically mark the transition from adolescence to adulthood, the strains that university students currently face may be different and/or more frequent than in previous generations. For example, rising tuition costs may be a source of additional stress (European Commission, 2000). Evidence also suggests that the number of diverse life choices that exist during the transition from adolescence to adulthood in modern