

Efficacy of Art of Living program on stress management and coping strategies

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Abstract

The effectiveness of art of living intervention program for stress management and coping strategies among MCA students of university of Rajasthan, Jaipur city in Rajasthan state was examined. A sample of 30 students within the age range of 20-25 year was purposively taken as subjects. Two forms of measuring level of stress i.e. Rate yourself for stress and your resistance to vulnerability of stress developed by Millers & Smith (1985) and coping strategies for handling stressful counter by Folkman & Lazarus (1987) were administered as pre test, post test after the intervention and as follow up after one month. The finding disclosed that: (a) level of stress was significantly decreased after intervention. (b) significant differences were observed in coping strategies for handling the stressful counter.

Key words: Art of living, stress, coping strategies

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