

THE POSSIBILITIES OF USING THE HOLISTIC KOUKSUNDO METHOD TO OVERCOME STRESS FOR WORKING-AGE WOMENSTRESS IN THE WORLD

Orinta Minalgaite-Zubavicene, Klaipėda, Lithuania

- Stress is associated with six leading causes of death: cardiovascular disease, cancer, liver disease, lung disease, accidents and suicide.
- More than half (50-60%) of all lost working days are caused by stress and other psychosocial risks.
- Stress affects 350 million people worldwide. In Europe, work-related stress affects one out of four workers.
- In Europe, approximately €617 billion is lost every year due to work-related stress.

Work-relates stressors

- poor work organization (the way we design jobs and work systems, and the way we manage them),
- by poor work design (for example, lack of control over work processes),
- poor management,
- unsatisfactory working conditions
- lack of support from colleagues and supervisors.

Work stress

- Often, employees consider their work to be the biggest stressor in their lives;
- Stress at work is caused by psychosocial and physical factors;
- Social and service workers experience the most stress at work: (educators, nurses, lawyers, social workers, social pedagogues, doctors, police officers, etc.).

Kouksundo

Kouksundo originated 9700 years ago in Korea.

Kouksundo is a holistic self-development practice system which aims to develop:

- the ultimate physical-strength,
- the ultimate mental-power, the ultimate spiritual-enlightenment
- Kouksundo is the integrated way of cultivating the body, breathing, and the mind.

Kouksundo

- Kouksundo incorporates body movement, breathing and meditation in accord with the law of the universe, principles of yin-yang, five elements, and oriental medical philosophies.
- Kouksundo has no religious aspects, religious rituals or any object of worship

Kouksundo practice consists of:

1. Physical stretching exercises and relaxation,
2. Breathing and meditation,
3. Energy distribution.
4. **Quantitative research**
5. **Research participants** – 42 women of working age (30-60 years) experiencing symptoms caused by stress.
6. **The aim:** Investigate the possibilities of applying the holistic Kouksundo method to overcome stress in women of working age.
7. **Research tasks**
8. To evaluate the stress levels experienced by women of working age before and after kouksundo practices.
9. Provide recommendations.
10. **Results of quantitative research**
11. The results of the group showed a statistically significant change after practice, with positive changes observed in **14 of the 20** subscales.

Qualitative research

- 5 women
- Practicing kouksundo for 18 months or longer
- The research was conducted using the semi-structured interview method.

Results of qualitative research

- Reasons for engaging: 1.) Stress, emotional fatigue, nervous tension related to work, sedentary work. 2.) deteriorating physical, emotional and psychological condition;
- Problems solved: body stiffness, lack of energy, insomnia, physical and emotional tension.
- Recommendations: All respondents would recommend the practice to women who experience stress-related symptoms. It helps to learn how to react to stress physically and emotionally in stressful situations.

Conclusions

- Working-age women experience stress at work;
- The main stressors are - relationships, supervisor support and peer support;
- Kouksundo practice has a positive effect on women's physical, mental and emotional health;
- The practice of kouksundo increases working-age women's resistance to stress and their ability to overcome it.

Recommendations

- The holistic practice of kouksundo has a positive effect on women's health, and is considered an effective tool for preventing and overcoming stress experienced by women. The practice may be recommended for women of working age experiencing stress-related symptoms.