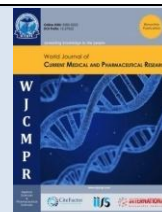




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AN EFFECTIVENESS OF HOLOTROPIC BREATHWORK ON STRESS MANAGEMENT AMONG HIGHER SECONDARY STUDENTS IN SELECTED SCHOOLS OF KANPUR, UTTAR PRADESH

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ARTICLE HISTORY	ABSTRACT
Received on: 11-08-2026 Revised on: 15-09-2026 Accepted on: 07-10-2026 Keywords: Holotropic breathwork, higher secondary students, stress, intervention, self-exploration, transformation. Corresponding Author Hina Parveen Assistant Professor, Department of Mental Health Nursing, Faculty of Nursing, Rama University, Kanpur, Uttar Pradesh, India.	Holotropic Breathwork is a powerful, natural method of self-exploration and personal transformation. While the breath is ordinarily taken for granted, using the breath to turn inward using Holotropic Breathwork requires extraordinary intention, knowledge and support. Holotropic Breathwork uses sustained, deep breathing and a musical soundscape to direct attention away from the everyday mind and into the deep psyche. A Quasi experimental study was conducted to assess the effectiveness of Holotropic breathwork on stress management among higher secondary students at selected schools of Kanpur. The research study was conducted in Sardar Patel Intermediate College, Mandhana, Kanpur. The present study was conducted to know the effectiveness of Holotropic Breathwork on stress management among higher secondary students, Kanpur, UP. In this study 60 samples were selected by using non-probability convenience sampling technique and the data was collected by using a Modified perceived stress scale. The data was collected and analyzed based on descriptive and inferential statistics. The result of the study showed that among 60 higher secondary students in the pre-test 13(22%) had mild stress, 47(78%) had moderate stress, 0(0%) had severe stress. After the pre-test "Holotropic breathwork" was provided for stress management among higher secondary students. In the post-test, out of 60 higher secondary students 45 (75%) had mild stress, 15 (25%) had moderate stress, 0 (0%) had severe stress. The mean score of pre-tests (63.33) it was more than the post-test mean score (51.03). "Holotropic breathwork" on stress management was very helpful to lowering the level of stress among higher secondary students in the association of socio-demographic variables with the pre-test stress score, the variables like religion and recreational activities were having significant association with the pre-test stress score. So, Null hypothesis H0 was rejected and Positive hypothesis H2 was accepted.

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INTRODUCTION

The term holotropic, which is a derivation of the Greek words Holos (meaning whole) and trepein (meaning moving towards, or in the direction of something). They called this method Holotropic Breathwork (HB). Holotropic Breathwork is a method for self-exploration that uses controlled hyperventilation, evocative music, and bodywork to induce non-ordinary states of consciousness, as well as individual expressive arts, and group sharing circles to integrate these states (S. Grof & C. Grof, 2011). The training of certified Holotropic breathwork facilitators began in 1987, and over 1,000 people in several countries have been certified (Grof Transpersonal Training, 2018) [1]. Holotropic Breathwork is a powerful, natural method of self-exploration and personal transformation. While the

breath is ordinarily taken for granted, using the breath to turn inward using Holotropic Breathwork requires extraordinary intention, knowledge and support. Holotropic Breathwork uses sustained, deep breathing and a musical soundscape to direct attention away from the everyday mind and into the deep psyche. A session generally lasts from 2 1/2 to 3 hours. The Grof's observed that accelerated breathing combined with music could reliably induce altered states of consciousness similar to those achieved through psychedelics. These states often led to profound emotional release, symbolic imagery, and even experiences described as mystical or transcendent [2]. Adolescence is a developmental period characterized by substantial academic, social, emotional and physiological changes. For higher secondary students, examination

demands, expectations of academic success, competition and decisions about future education and careers may contribute to psychological stress. The source document describes academic stress as arising when perceived academic demands exceed the resources available to the student for coping. Persistent stress may affect concentration, emotional well-being, academic functioning and overall quality of life [3].

Holotropic Breathwork was developed by Stanislav and Christina Grof and is described in the source research as a self-exploration approach that combines sustained, accelerated breathing with evocative music, bodywork and a supportive environment. The approach is intended to facilitate emotional processing and self-exploration. The source review also identifies evidence from broader breathwork research suggesting that structured breathing interventions may reduce perceived stress and anxiety, while noting that evidence specifically concerning Holotropic Breathwork among higher secondary students is limited [4].

NEED OF THE STUDY

Students in today's fiercely competitive world deal with a variety of academic issues, such as anxiety related to exams, a lack of interest in going to class, and a failure to comprehend the material. Anxiety or apprehension about one's performance in academic activities is known as academic stress. Academic pressure can come from a variety of sources at school, including the need for perfection, anxiety about grades, parental pressure, competition, sports, or a demanding course load. Many younger students also exhibit nervous breakdowns, panic attacks, burnout, and depression. Not everyone experiences stress in the same way, and not everyone experiences the same negative emotions or thoughts when under stress [5].

Students were considered to be the future pillars who take the responsibilities to take our country to the next phase they should be in better way. To know this, the investigator decided to analysis the academic stress among higher secondary students [6].

According to research, Holotropic Breathwork (HB) is a powerful stress-reduction technique, especially in educational settings where academic pressure is high. This method, which was created by Stanislav and Christina Grof, accesses unusual states of consciousness for self-discovery and emotional healing by using fast breathing and moving music. Heavy workloads, high standards for performance, and uncertainty about future career paths cause a great deal of stress for students. This developmental stage involves intense social, cognitive, and physiological changes, making students more vulnerable to stress-related disorders like anxiety and burnout. Stress triggers cortisol release, which can lead to headaches, gastrointestinal issues, and muscle tension. HB is shown to stimulate the vagus nerve, releasing neurotransmitters like dopamine and serotonin that inhibit cortisol and promote relaxation [7].

Benefits of Holotropic Breathwork is research has shown that this technique may help with stress, anxiety, and depressed symptoms, which can enhance mental health in general. Studies reveal that Holotropic Breathwork is capable of motivate the elimination of toxins from your tissue and blood, reduce blood pressure through improved circulation, strengthen your defenses, Boost digestion by

lessening the strain on your kidneys and liver, lessen tension on a mental and bodily level.8there is some proof to support its potential benefits for self-awareness, personal development, stress alleviation, and relaxation. Potential advantages in which include spending time in a supportive setting, concentrating on more serious issues in life, learning how to assist others, having faith in your own ability to heal, and growing in compassion [8].

Students who practice breathwork report much higher reductions in stress scores than students in control groups, according to comparative studies. Following HB interventions, research on student populations has shown a change from severe/moderate stress to mild/very mild stress. Students can gain insight into underlying psychological problems and release repressed emotional pressure through this practice. Frequent practice can help students become more self-aware and develop their character, which will help them handle stressors in the future [9].

PROBLEM STATEMENT

"Aneffectiveness of holotropic breathwork on stress management among higher secondary students inselected schools of Kanpur, UttarPradesh"

OBJECTIVES

1. To assess the existing level of stress among higher secondary students at a selected school in Kanpur, Uttar Pradesh.
2. To evaluate the effectiveness of Holotropic Breathwork on stress management among higher secondary students.
3. To determine the association between pre-test stress level and selected socio-demographic variables.

HYPOTHESIS

A hypothesis is an assumption statement about the relationship between two or more variables that suggest an answer to the research question.

- **H01:** There is no statistically significant difference on the level of stress after implementation of holotropic breathwork among higher secondary students.
- **H02:** there is no statistically significant association between the effectiveness of holotropic breathwork on stress among higher secondary students with their socio- demographic variables.
- **H1:** There is a statistically significant difference on the level of stress afterimplementation of holotropic breathwork on stress among higher secondary students.
- **H2:** There is a statistically significant association between the effectiveness of holotropic breathwork on stress among higher secondary students with their socio-demographic variables.

METHODS AND MATERIALS

Research Approach

"The research approach is for the collection of data in a particular situation. In view of nature of the problem and to accomplish the objectives of the study. The selection of research approach is the basic entity for the research. The research approach helps the researcher to determine the way to deal with the research question and draw conclusion by applying various measures.

- Quantitative evaluative research approach has been adopted for this study.

RESEARCH DESIGN

Research design serves as the strategic framework for a scientific investigation. It encompasses the methodologies, tool, and techniques employed to conduct the research, aiding in the identification and resolution of potential issues that may arise during the research and analysis process.

Research Design

- One group pre-test–post-test without control group research design had been adopted for this study.

VARIABLES

The independent variable was Holotropic Breathwork. The dependent variable was the students' stress level/stress-management outcome as measured by the modified perceived stress scale. Socio-demographic characteristics included age, gender, class, religion, type of family, residence, family income and recreational activities.

INDEPENDENT VARIABLE- In this study the independent variable was holotropic Breathwork on stress management among higher secondary students.

DEPENDENT VARIABLE- A variable that changes in response to the manipulation of the independent variable. In this study, the dependent variables were stress management among higher secondary students.

SOCIO-DEMOGRAPHIC VARIABLE- Characteristics and attributes of the study subjects, such as age, gender, class, academic stream, family type, and socio-economic status.

POPULATION- The entire set of individual or objects having some common characteristics selected research study. The population comprised higher secondary school students.

TARGET POPULATION

"The entire population in which the researcher is interested and to which they would like to generalize the research findings."

The target population of the present study consist higher secondary students who were available during the time of data collection at Sardar Patel intermediate college Mandhana Kanpur, UP.

ACCESSIBLE POPULATION

"The data collection the cases that conform to designated inclusion or exclusion criteria and that are accessible as subjects of the study."

Accessible population of present study consisted of higher secondary students at Sardar Patel intermediate college Mandhana, Kanpur, Uttar Pradesh.

DATA COLLECTION PROCEDURE

Data collection was reported from 6 April 2026 to 12 April 2026. Written permission was obtained from the school principal and informed consent was obtained from participants. A pre-test stress assessment was administered, followed by the Holotropic Breathwork intervention. A post-test using the same stress scale was conducted seven days after the pre-test.

SAMPLING TECHNIQUE

"Sampling refers to the process of selecting a part of the population to represent the whole population. In this study non-probability convenient sampling technique was used.

SAMPLING CRITERIA

Inclusion Criteria

The student who were:

- Studying at higher secondary schools.
- Able to understand English.

Exclusion Criteria

The students who were:

- Students who were not present at the time of data collection.
- Students who were not willing to participate in the study.

METHODS OF DATA COLLECTION

- A modified perceived stress scale was used to assess the effectiveness of holotropic breath work on
- Stress management among higher secondary students at selected schools of Kanpur, UP.

DEVELOPMENT OF RESEARCH TOOL:

On the basis of development framework to achieve the objective of study, Modified perceived stress scale was prepared to evaluate the level of stress among higher secondary students at selected schools of Kanpur UP.

There were three research tools involved:

- Socio-demographic variables
- Modified perceived scale.
- Interventional checklist of Holotropic Breathwork.

DESCRIPTION OF TOOL

SECTION -A -Frequency and percentage wise distribution of demographic variables.

RESULTS

A tool was developed for use in Sardar Patel Intermediate college at Mandhana, Kanpur, Uttar Pradesh as well as to evaluate the effectiveness of Holotropic Breathwork on stress management among higher secondary students Kanpur, UP. Among the 60 participants, 45 (75.0%) were aged 16–17 years and 15 (25.0%) were aged 18–19 years. There were 32 males (53.3%) and 28 females (46.7%). Forty students (66.7%) were in class XII and 20 (33.3%) were in class XI. Fifty-eight students (96.7%) were Hindu and two (3.3%) were Muslim. Forty students (66.7%) belonged to joint families and 20 (33.3%) to nuclear families. Thirty-three students (55.0%) were from rural areas and 27 (45.0%) from urban areas. The most common family-income category was ₹5,001–10,000 per month (31 students, 51.7%). Regarding recreational activities, 23 (38.3%) reported other activities, 22 (36.7%) listening to music, 9 (15.0%) dancing and 6 (10.0%) meditation

SECTION- B- Distribution of higher secondary students according to the pre-test and post-test level of stress.

At baseline, 47 of 60 students (78.3%) had moderate stress and 13 (21.7%) had mild stress; no participant was classified as having severe stress. After the intervention, 45 students (75.0%) were classified as having mild stress and 15 (25.0%) as having moderate stress; no severe stress was reported.

Table 01: Distribution of subjects according to the level of stress in the pre-test and post-test (N = 60)

S.no.	Level of stress	F	Pre-test %	Post-test F	%
1	Mild	13	22%	45	75%
2	Moderate	47	78%	15	25%

3	Severe	00	0%	0	0%
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SECTION -C- Comparison of pre-test and post-test level of stress among higher secondary students.

Table 02: Comparison of pre-test and post-test mean stress scores among the subjects

S. No	Level of stress	Mean	Mean difference	Mean percentage	Standard deviation
1.	Pre-test	63.33	12.3	105.55%	7.75
2.	Post-test	51.03		85.05%	7.58

It shows the mean of pre-test 63.33 and post-test 51.03 and mean percentage of pre-test (105.5%) and post-test (85.05%), Standard deviation of pre-test (7.75) and post-test (7.58).

SECTION-D

Effectiveness of Holotropic Breath work on Stress Management among Higher Secondary Students

Table 03: Comparison of pre-test and post-test stress scores among higher secondary students to assess the effectiveness of Holotropic Breathwork

S.no.	Level of stress	Mean	Mean difference	SD	"t" value	Level of significance
1.	Pre-test	63.33	12.3	7.75	8.84	0.05 HS
2.	Post-test	51.03		7.58		df=59

The findings implied that the intervention of Holotropic breathwork had significant affect in the improvement of stress among higher secondary students. Hence the formulated research hypothesis H₁ was accepted because there was significant difference between pre- test and post-test level of stress score among higher secondary students.

SECTION-E

The above table shows the association between the level of pre-test stress scores and selected socio-demographic variables such as age, gender, class, religion, type of family, residence, family income, and recreational activities. The calculated chi-square (χ^2) value was greater than the table value and was statistically significant at the 0.05 level of significance for religion and recreational activities. Therefore, there was a significant association between the level of pre-test stress scores and the socio-demographic variables of religion and recreational activities. Hence, the null hypothesis (H₀) was rejected and the research hypothesis (H₂) was accepted.

CONCLUSION

Among the 60 higher secondary students studied, moderate stress was common before the intervention. After Holotropic Breath work, the proportion with mild stress increased substantially and the mean stress score decreased from 63.33 to 51.03. The reported paired t-test demonstrated a statistically significant pre-test/post-test difference ($t = 8.84$, $df = 59$, $p < .001$). The findings suggest that Holotropic Breath work may be a promising complementary approach for stress management in this setting. Nevertheless, the absence of a control group, convenience sampling, small sample and short follow-up require cautious interpretation. Controlled studies with rigorous safety procedures and longer follow-up are needed before firm conclusions about effectiveness can be made.

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Nil

CONFLICT OF INTEREST

Not Declared

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Not Declared

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