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## Review of reducing stress with the help of Reiki in sports

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### Abstract

Stress is the part of life. It is neither an incentive nor a reciprocation, but an ongoing transactional process between the person and its social and cultural environment. There are so many causes of stress which affect the person's day to day life, but if we utilize stress management we can learn to overcome stress and one of the management is Reiki energy. The specific purpose of the study was to find out effect of Reiki in managing the stress. There have been researches from decades which found that Reiki is very effective in managing stress (Bukowski & Berardi, 2013; Bukowski, 2015), positive effect of Reiki on adequate sleep patterns and relaxation (Notte, Fazzini & Moone, 2016; Midilli & Eser, 2015), practice of Reiki result in decreasing work-related stress (Cuneo, Cooper, Drew, Heffernan, Sherman, Walz & Weinberg, 2011) Reiki may helpful component in managing pain of surgical patients, effective in post-cesarean delivery pain and hemodynamic parameters. The present study deeply analyzed and discussed the work of various researchers who have worked on Reiki and its positive effects.

**Keywords:** Stress, Reiki, Sports.

### Introduction

Stress come in all forms of life and affect the person of all ages. The amount of stress in our lives is highly dependent upon individual factors such as our physical health, the quality of our interpersonal relationships, the number of commitments and responsibilities which everyone carries. A certain degree of stress in routine life is a part of normal human existence, but as we know excess of everything is bad similarly higher degree of stress is associated with serious health problems, but Reiki (pronounced RAY-key) is one of the best techniques to cope up with the stress. Reiki has magnetized effect on stress persons. It helps train the mind to concentrate and focus and tune in to the body and its surrounding energy and create a harmony and balance within one's body for proper transference of energy. The manifestations of this energy transference are often a general feeling of warmness, vibration or a feeling of wellbeing which are known to have direct physical and psychological impact on a human enhancing mental and physical relief.

### Objectives

To study the review on reducing Stress with the help of Reiki in Sports.

### Studies showing Health benefits of Reiki Energy

It has been proved by researches and studies that Reiki gives a positive effect on people troubled with severe stress, depression, anxiety and many others disorders.

Erdogan & Cinar, (2016) <sup>[6]</sup> aim of this study was to evaluate the effect of Reiki on depression in elderly persons living in nursing homes. The study was conducted randomized, controlled and experimental. Reiki therapy has effective component on the pain perception of athlete undergoing total knee arthroplasty. (Notte, Fazzini & Mooney, 2016) <sup>[10]</sup>.

Midilli & Eser (2015) <sup>[8]</sup> studied that Reiki energy is very effective on Post-cesarean Delivery Pain, Anxiety, and Hemodynamic Parameters. In this study the researcher examined the effects of a 20-week structured self-Reiki program on stress reduction and relaxation in sports students and study supports the hypothesis that the calming effect of Reiki may be achieved through the use of self-Reiki, Bukowski, (2015) <sup>[1]</sup>.

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Another study suggested that hands-on interventions are beneficial in reducing stress for community mental health clinicians and that Reiki has a positive effect greater than relaxing touch alone. (Rosado, 2015)<sup>[11]</sup>.

Bukowski & Berardi (2013)<sup>[2]</sup>, studied the history of a nine-year-old female with perinatal stroke, seizures, and type-I diabetes was seen for six weeks of Reiki to determine the effects of Reiki on relaxation, the child experienced warmth and tingling sensations on some area of the child during the Reiki sessions. The child relaxed within the first five to seven minutes of each session as reported by the Reiki Master. There were no reports of seizures during this study. Reiki may be a useful adjunct for children with increased stress levels and sleep disturbances.

Diaz-Rodriguez *et al.*, (2011)<sup>[4]</sup> worked on study of student with burn out syndrome biological indicators of a significant relaxation response were found as a result of Reiki treatment. When nurses administered Reiki to a group of athletes with acute coronary syndrome, physiologic indicators of a significant relaxation effect were recorded. (Friedman *et al.*, 2010)<sup>[7]</sup>.

Cuneo, Cooper, Drew, Naoum-Heffernan, Sherman, Walz & Weinberg, (2011)<sup>[3]</sup> studied the effect of Reiki on work-related stress of the registered nurse. Research suggested that work-related stress is an influential factor in nursing burn out and retention. Reiki, an ancient form of Oriental “energy work” or healing, has been found to decrease stress. Results indicated that practicing Reiki more often resulted in reduced perceived stress levels. Some studies purpose was to begin the systematic process of evaluating the findings of published Reiki research. Selected investigations using Reiki for effects on stress, relaxation, depression, pain, and wound healing management, among others is reviewed and summarized. (Vitale, 2007)<sup>[13]</sup>

Shore (2004)<sup>[12]</sup> followed patients being treated for mild depression and stress. After six weeks of treatment and for up to a year afterward, those who had received Reiki showed both immediate and long-term improvements in depression, stress and hopelessness. In a small study, complete elimination of typical postoperative depression was seen in heart surgery patients given Reiki during surgery (Motz, 1998)<sup>[9]</sup>.

Dressing and Sing (1998)<sup>[5]</sup> found that among cancer patients, Reiki brought about significant levels of pain relief, anxiety and depression reduction, improvements in sleep quality, relaxation and general well-being. This effect was stronger in men than women. These benefits remained when checked after three months. Among abdominal hysterectomy patients, Reiki helped reduce pain and anxiety, particularly in a preoperative setting (Vitale and O’Conner, 1998)<sup>[14]</sup>.

### Findings and Conclusion

Reiki is becoming an increasingly accepted everywhere. It is seen as a powerful and cost-reducing technique to improve health outcomes and quality of care. Reiki is self a positive, effective and also a self-performing technique in increasing desirable changes in personality of a sports person, which tend to show decreased trait anxiety, self-esteem enhancement, confidence build up and reduction in stress in athletes. It is also very effective to motivate the sports person.

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