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Pets and stress

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ABSTRACT

There is an increasing recognition of the therapeutic functions pets play in relation to mental health. Many studies have been carried out proving that effects of pets are beneficial to overall human health. This descriptive analysis explored the relationship between pet ownership, attachment, and psychological health among college students in Mumbai. Animals that one keep as pet offers mental as physical health benefits. This existing evidence mentioned in this study is surveyed and responses show a direct correlation between pets and lower stress.

Keywords: *Pets, Stress, University Students, Happiness*

1. INTRODUCTION

Animals assume a significant job in numerous individuals' lives. Notwithstanding observing eye dogs that can be prepared to recognize seizures, animals can likewise be utilized in word related treatment, language training, or physical restoration to help patients recover. Aside from these assigned remedial jobs, animals are additionally esteemed as friends, which can surely influence the nature of our lives. Is that friendship helpful to our wellbeing?

This article condenses what is known and not thought about how creatures help improve the wellbeing and prosperity of individuals, and what the suggestions may be for helping individuals who don't have pets of their own. More than 71 million American families (62%) have a pet, and the vast majority thinks about their pets as individuals from the family.

In order to conduct our questionnaire we used the research "effect of pets on College students" which gave us insights to write valuable research questions. Furthermore, we used a thesis "Effects of pet ownership and self-efficacy." It gave us an insight to how pets help improving academic performance and at the same time helps one have a higher self-esteem. We also used the research "Impact of pets in human life," which helped us know that having pets makes one feel psychologically more stable and makes them have a higher sense of wellbeing. We also looked through the study, "The effect of pet ownership on Graduates," which highly emphasizes on the fact that having pets helps in reduction of stress. Lastly, researchers on pet therapy have helped us gain insight to how anxiety levels can dip due to pets. All the following research papers have helped us to formulate the following questionnaire.

Friendly animals may improve heart wellbeing by bringing down circulatory strain and controlling the pulse during upsetting circumstances. In a recent report, specialists estimated changes in pulse and circulatory strain among individuals who had a canine or feline, contrasted with the individuals who didn't, when members were under pressure (playing out a planned math task). Individuals with a canine or feline had lower resting pulses and circulatory strain measures toward the start of the analysis than non-pet proprietors. Individuals with a canine or feline were additionally more averse to have spikes in pulses and circulatory strain while playing out the math task, and their pulses and circulatory strain came back to typical more quickly. They likewise made fewer blunders

In their math when their pet was available in the room. All these discoveries showed that having a pooch or feline brought down the danger of coronary illness, just as bringing down pressure so execution improved.

A comparative report found that having your canine in the room brought down pulse superior to taking a well-known kind of circulatory strain medicine (ACE inhibitor) when you are under stress. Other research has demonstrated that the basic demonstration of stroking a pet can assist lower with bleeding pressure and cholesterol.

Kids' introduction to friend animals may likewise ease uneasiness. For instance, one investigation estimated pulse, pulse, and conduct trouble in sound youngsters matured 3 to 6 at two distinctive specialist visits for routine physicals. At one visit, a canine

(inconsequential to the youngster) was available in the room and at the other visit the pooch was missing. At the point when the canine was available, kids had lower circulatory strain measures, lower pulses, and less social distress. However, investigate on the medical advantages of kid and creature association is as yet restricted. Further research is required on how pets impact youngster improvement and explicit wellbeing results. In one investigation, old people that had a pooch or feline were better ready to play out certain physical exercises regarded "exercises of day by day living, for example, the capacity to climb stairs; curve, bow, or stoop; take drug; get ready suppers; and wash and dress oneself. There were not noteworthy contrasts among pooch and feline proprietors in their capacities to play out these exercises. Neither the time span of having a canine or feline nor the degree of connection to the creature affected execution capacities. Friend animals didn't appear to affect mental wellbeing however scientists recommended that a consideration taking job may give more established people an awareness of other's expectations and reason that adds to their general well-being.

2. LITERATURE REVIEW

Since ancient times, humans and animals have always been in a dynamic relationship, from dogs hunting and guarding to becoming a family member. One of the top types of stresses is known to be academic stress. The top frustrations from academic include fear of academic failure and facing demands from assignments, exams, attendance, trying to comprehend subject matter, and competing with other students. A research was done by the State University of New York Buffalo and it indicated that “pets can be more supportive than friends, family or spouses at times of stress” This is because humans know that dogs are non-judgmental, as opposed to a friend or family members. Barker et al. in 2010 found that anxiety levels, which is related to stress, were decreased when a dog owner was interacting with their own dog, as opposed with one they are unfamiliar with. On the other hand, when the dog passes away, the owner will experience severe grief, and not every person enjoys the company of dogs and not every person is happier with a dog or any other pet but most of them are. The results of the study showed lower cortisol levels in those who were in the presence of dogs. Two ways that dog therapy increases students who will not be ashamed to seek counseling is that as an alternative form of therapy, it may open students to more alternative forms of therapy and students may find this type of therapy as acceptable among peers and family. Some observation studies have shown that dogs bring social support, performance improvement, and increase in socialization. Two ways that dog therapy increases students who will not be ashamed to seek counseling is that as an alternative form of therapy, it may open students to more alternative forms of therapy; and students may find this type of therapy as acceptable among peers and family. Psychologists found that 94% of students would not have stopped at a counseling center if they did not see that dogs were there.

3. OBJECTIVES

People with pets are seen to be happier, less stressful and physically stronger with the regular exercise. So the objectives of this study is to find out whether this is true or not. The main objectives covered in this study on pets and stress are what are the effects of pets on stress whether people with pets less stressful or more when compared to people with no pets. And if less or more stressful, what’s the reason behind the same? Also are people with pets happier. Many studies show that people with pets are happier than people with no pets. This study will show whether this is true or a myth. This study also objectifies that if people with pets are happier which pet makes people the happiest, less stressful and also physically fit.

4. METHODOLOGY

The following research study is a field study conducted in India, Mumbai, in Mithibai University. Its aim and objective is to draw a cause effect relationship between pets and stress and to know if pets significantly reduce stress. It is important to note that the following study cannot be generalized since it is culturally biased.

To conduct the following field study we passed a questionnaire across to 60 participants (ages of the participants ranging from 18-60), of which, 30 were male participants and 30 were female. The participants were randomly selected. The questionnaire was supplied via the internet to both, those who have pets and those who don’t in order to gage full information to what people think about pets and their effects to the human brain and body. Furthermore, it was kept in mind to have equal number of male and female participants in order to evacuate any gender biases.

The following research method was used in order to gain quick first hand, empirical data of the people and to have a culturally backed response to pets. Furthermore, the following research method made it easier for us to reach our target participants quickly while the format and questions were still easily interpreted by them. Not to mention, the following research method is very effective since its responses are easily understood and can it can be easily converted into statistical data.

We kept in mind to include questions like, “Do you feel calmer around your pet? Does your pet make you feel happy and less lonely? Do you feel like people approach you more because you have a pet?”

5. RESULTS AND DISCUSSION

The descriptive and inferential analysis of data was conducted electronically using the SPSS software.

Descriptive Statistics

Dependent Variable:OpinionScore

Gender	Mean	Std. Deviation	N
1.00	21.5333	2.25501	30
2.00	20.2333	2.75034	30
Total	20.8833	2.57821	60

The above table talks about the Dependent variable where we've taken females as 1 and males as 2 and the mean of ages is 21.5333 and 20.2333 respectively. We've taken an equal count for males and females which is 30 (N=30) which brings to the total of 60 participants. The data was analyzed inferentially using ANOVA, F-test. There will be a significant difference between males and females basis of pet owners and non-pet owners. There is significant difference between females (M= 21.5333, SD= 2.25501) and males (M= 20.2333, SD= 2.75034).

Tests of Between-Subjects Effects

Dependent Variable:OpinionScore

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	25.350 ^a	1	25.350	4.008	.050
Intercept	26166.817	1	26166.817	4137.234	.000
Gender	25.350	1	25.350	4.008	.050
Error	366.833	58	6.325		
Total	26559.000	60			
Corrected Total	392.183	59			

a. R Squared = .065 (Adjusted R Squared = .049)

So, the f value in the above given table is 4.008 and its significant value is .050 (p<0.05>). The probability of the study is <0.05 hence this study is a significant study.

This study is a significant study as the sample consisted majorly of participants between the ages 18-25 and so it's seen in the study that they're more likely to have pets and their opinion on having better mood and lesser stress level shows positive correlation between pets and stress. In this study, more females are seen to have positive correlation than and have responded better than males. The reason is that females have a more favorable attitude towards pets than men or maybe they're sque over cute pets more because that's culturally accepted. It was also seen that more males were not allowed to have pets in their house by their parents than females. Clearly women are more caring, nurturing and likely to handle the dog's care than men, which is another reason why in our study there are more females with pets than men with pets.

Through our descriptive questions conducted in the survey, we get to know that almost all the participants are aware of the fact that pets and stress have a positive correlation. Also they've an opinion that they feel good coming home to a pet after a bad day, we do not have a proven explanation to this as we haven't recorded the responses of their mood before they had a pet. Most of the pet owner's reasons to get a pet was loneliness.

6. LIMITATIONS

The following research paper has a few limitations, which are as follows;

- **Sample Size-** The following study is based only on a group of 60 participants, which is a very small sample size. Although the population selected for the study was very large, the sample may have a bias of having students of predominantly just one university and a certain age group only.
- **Measure used to collect the data-** The method we used to collect data was through a questionnaire which can have its own limitations. Furthermore, the questions used in the survey could've been a little more sophisticated.
- **Cultural Bias-** The following study is conducted in Mumbai, India- only. Hence, it is culturally biased and cannot be generalised.

7. CONCLUSION

Pet owners and non-pet owners differ across many aspects like- age, gender etc. One of the strengths of this study is the sample of 60 respondents as it added weight to the study. The questionnaire was relatively shorter and simple, making it easy for them to complete and giving us an accurate result for our study. Our study hasn't proven the positive correlation between pets and stress but instead have taken their opinions on the same as their mood and stress level before having a pet was not conducted. After completing the questionnaire the participants did not have complains which is considered as a strength. Although studies are more about limitations than strengths. The major limitation of this study is that the participants were not always honest about their answers given in the questionnaire but answered for the sake of doing it which makes it insignificant. The limitation is that our study is all about people's opinion on pets and stress which doesn't conclude the exact purpose of the study. The study concludes that all the participants including pet owners and non-pet owners where aware about the positive correlations between pets and stress, but there was no significant difference found between the two groups in their descriptive answers. Although this study was relatively small research, I believe it contributes to the ever growing research investigating research investigating the relationship between pets and stress as well its effects on physical health.

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