

**Awareness and Perception of Energy Medicine and Its Impact on Bank
Employees Mental Health and Stress Intensity**

REPORT ON PROJECT

SUBMITTED BY

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Thesis Submitted to

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Master of Commerce



May - 2022

CERTIFICATE

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Coimbatore - 641043

CERTIFICATE

This is to certify that the project entitled

**Awareness and Perception of Energy Medicine and Its Impact on Bank
Employees Mental Health and Stress Intensity**

is a bonafide record work done by

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Submitted in partial fulfillment of the requirement for the award of the Degree of

Master of Commerce

Viva voce examination held on 20.05.2022

Signature of the Supervisor

Signature of the External Examiner

DECLARATION

DECLARATION

I hereby declare that work entitled **Awareness And Perception Of Energy Medicine and Its Impact on Bank Employees Mental Health And Stress Intensity** is submitted in partial fulfillment of the requirement for the award of the degree of Master of Commerce, under the supervision and guidance of Dr. V.Vimala, Assistant Professor (SS) department of Commerce, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore – 641043.

Place : Coimbatore

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LIST OF ABBREVIATIONS

ACRONYMS	ABBREVIATIONS
EM	Energy Medicine
AM	Allopathic Medicine.
SBI	State Bank of India
NIH	National Institute of Health
NCCIH	National Center for Complementary and Integrative Health
TCM	Traditional Chinese Medicine

ABSTRACT

Awareness and Perception of Energy Medicine and Its Impact on Bank Employees Mental Health and Stress Intensity

ABSTRACT

This study explores the awareness and perception of energy medicine among bank employees, further this study examines the stress level of bank employees and how the Energy Medicine helps the employees to manage stress intensity by themselves. It reveals about self help and self cure, which employees can reduce their work stress by certain Energy medicine techniques.

This study mainly focuses on Bank Employees awareness, perception, satisfaction level, usage of Energy Medicine towards Stress Management and its impact on the Employees. With the help of structured research instrument (questionnaire) for the selected Bank Employees; the study has been focused on factor influencing the Energy Medicine, its level of impact on the employees. The analysis and interpretation is made by using suitable statistical tools and techniques in order to arrive an authenticate information about the Energy Medicine in the present scenario.

This dissertation work made an attempt to examine the impact of Energy Medicine in Stress Management, awareness, perception, satisfaction Level and Association between the Energy Medicine and allopathic Medicine. Finally the study also made an attempt to offer new suggestions to bring more awareness about the Energy Medicine and enhance of energy medicine in managing the stress intensity.

Key Words: Energy Medicine, Mental Health, Bank Employees, Stress intensity, SBI Bank.

CHAPTER – I

CHAPTER – I

RESEARCH DESIGN

1.1 Introduction

1.2 Energy Medicine – A Global Context

1.3 Energy Medicine – A Paradigm Shift in India

1.4 Allopathic Medicine in India

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CHAPTER - I

1.1 Introduction

Medicine is one of the fastest growing and more demanded fields in the current world. The term energy medicine is one type of medicine that helps peoples to cure diseases. Energy Medicine is the oldest method of treating diseases it does not involve any surgeries or any costly equipment to treat. It is a traditional healing system that restores the balance and flow of energy throughout the body, mind, and sole. Any energetic or informational interaction with a biological system to bring back homeostasis in the organism, at the core of all this is the concept of subtle energy which seems to sustain and promote life processes in the biological system. Subtle energy is another term used along with Energy medicine. Quantum physics allows the scientific recognition of energy medicine and at the same time the inclusion of many ancient and modern therapies relating to subtle energies in the select world of medicine where only pharmaceutical and surgery has been adapted. Now a day there is a huge rise in the use of Energy Medicine in the Western Countries. (Donnaeden & David Feinstein, 1998)

Energy medicine is an added complement to medical care and it is a complete system of self-care and self-help. It can address physical illness and emotional or mental disorders, it can provide high-level wellness and peak performance. Under this method you heal the body by activating its natural healing energies; you also heal the body by restoring energies that have become weak, disturbed, or out of balance. (Radhaa Nilia, 2008)

In 1989 the term energy medicine was coined by the international Society for the study of subtle Energy and Energy Medicine which studies the science of medical and therapeutic applications of subtle energies. Energy medicine came under government guidelines in 1992 when the National Institute of Health (NIH) established the National center for complementary and alternative medicine.

Energy Healing can be used also as complementary therapy, because it is truly a complementary care. It complements and enhances the health care the patient receives in the hospital or from other health care providers. Energy healing complements Eastern and Western medicine and everybody can benefit from it. It is beneficial to the health of woman (even

pregnant), men, children and it is also excellent to be used on animals (dogs, cats, horses), plants, water, etc. (Sandy Edwards, 2004)

1.2 Energy Medicine – A Global Context

According to the National Center for Complementary and Integrative Health (NCCIH), this category of complementary therapies involves the use of various types of energy fields. In general, the goal of energy therapies is to bring energy into the patient or balance the energy within a patient.

There are many kinds of energy therapies, some which use treatments such as light, sound, and magnets. These treatments are relatively easy to measure. Other kinds of energy therapies, such as Healing Touch, Reiki, Qigong, and therapeutic touch, are "intended to affect energy fields that purportedly surround and penetrate the human body." These therapies cannot be as easily measured or researched. Even though the results of these therapies have not been measured quantitatively in a reliable way, some new instruments, such as the superconducting quantum interference device (SQUID) are showing promise for research with energy therapies. (Jill Blakeway, 2008)

Moreover, and importantly, many of the techniques used in energy therapies come from practices in shamanistic and Asian traditions with thousands of years of use. For example, more than 2,000 years ago, Asian healers believed that the flow and balance of life energies were important in maintaining health, and that illnesses were due to energy imbalances. They developed therapies and practices, such as acupuncture, yoga, and Qigong to correct these imbalances. Modern energy therapies such as Healing Touch are based on the same principles. (Donna Eden, 2007).

Energy medicine refers to many forms of therapies, which include practices such as healing touch, Reiki, Qigong, acupuncture, magnet and light therapies and Cymatic therapy that uses sound waves. Use energy medicine to treat illness and relieve pain; stop the onset of illness as soon as it begins, stimulate immune function, relieve headaches, release stress, improve memory, enhance digestion, relieve arthritis, neck, shoulder, and low back pain, and cope with electromagnetic pollution. By learning simple energy techniques to keep your energies balanced and humming, you can improve your health, sharpen your mind, and increase your joy and vitality.

It is based on the theory that we are all composed of atoms that are continuously moving and creating energy. When our energy field is injured from an outside influence such as a virus or smoke or pollution we become vulnerable to illness. An internal upset such as stress or grief can also affect our energy field. Various forms of energy medicine work to facilitate healthy energy flow in our bodies and restore balance and health. (Kalisa Augustine, 2004)

1.3 Energy Medicine – A Paradigm Shift in India

Energy is the common medium of the body, mind and Soul, as well as everything else in the Universe. Energy medicine is gentle to the body and allows you to recover more quickly and easily from an injury or illness, feel more vitality, sharpen your memory, enhance balance and coordination and have an improved sense of inner harmony, health and well being.

Energy medicine uses the science of movement in relation to energy in the body to detect an imbalance or blockage that may be causing distress, discomfort or disease. Energy methods use the body's own intelligence to get to the root of the problem and allow the body to heal itself. Energy Medicine can be used to compliment traditional medicine, or on its own as an independent system for self healing and care. Energy Medicine is safe and effective for people of all ages-even your pets.

Energy Medicine is one of five domains of "complimentary and alternative medicine" identified by the National Institutes of Health (NIH). Energy Medicine is being used at M.D. Anderson Cancer Center in Orlando, Florida, as well as many other places. Energy Psychology has been used in disaster relief in the United States, Rwanda, Kenya and many other countries. It is also currently being used at Walter Reed Army Medical Center, the Sutter Health network, and Kaiser Permanente.

1.3.1 Types of Energy Medicine

The field of energy medicine involving putative energy fields is based on the fundamental premise that all physical objects (bodies) and psychological processes (thoughts, emotions, beliefs and attitudes) are expressions of energy. Therefore, all bodies are believed to be infused with a “subtle” energy or life force. This life force is known by a variety of terms corresponding to different traditions. In traditional Chinese medicine it is called qi (pronounced CHEE), in the

Judeo-Christian tradition it is called spirit, and in Ayurvedic medicine it is represented in the doshas.(Christina L. Ross, 2012)

Acupuncture

Acupuncture originated as part of the Traditional Chinese Medical System (TCM), and today is often practiced in the West as a stand-alone energy medicine treatment. This treatment involves the (virtually) painless insertion of very fine needles shallowly into the skin at points all over the body.

QiGong and Tai Chi

These related therapies originated in the medical system developed centuries ago in China called Traditional Chinese Medicine (TCM). These techniques involve the use of meditation, movement and breathe regulation to improve or rebalance the flow of vital energy. (CP Chou, 2012)

Reiki/Healing Touch and Therapeutic Touch

Each of these energy medicine techniques involve the movement of a healer's hands over the patient's body, sometimes without actually touching the body. The practitioner uses his or her hands to sense imbalances of energy and to strengthen, correct or redirect the subtle energy flow as a means to promoting health by using energy medicine.

Ayurveda

Ayurveda is based on the view that everything is composed of five basic elements—space, air, fire, water and earth. In ayurvedic, it is believed that these elements combine to form three different metabolic and energetic body types, called doshas. Treatments are prescribed according to dosha type, and include a combination of diet, exercise (yoga), meditation, herbs, massage, exposure to sun and breathing exercises (pranayama). (R.Kandaswamy, 2017)

Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is one of the world's oldest medical systems and it is the true forefather of "holistic medicine." This system is based on the view that health is determined by proper flow and balance of a person's vital energy, or life force energy, called qi (pronounced CHEE). This life force energy is thought to flow throughout the body along channels

called meridians, and it is along these meridians that the points used in acupuncture and acupressure are found.

When we talk about energy medicine, we are really referring to two kinds of energy fields: veritable energy fields, which can be measured, and putative energy fields, which cannot be measured with our current technology. Veritable energy fields include things like vibrational energy (sound), and electromagnetic forces such as visible light, magnetism and monochromatic radiation.(L. Teuschler, 2000)

In therapies involving this subtle energy field, it is believed that health is determined by the overall flow and balance of a person's vital life force energy. Imbalances or blockages in the natural flow of the subtle energy fields in the body cause illness. Therapies such as acupuncture and acupressure are all believed to act by correcting imbalances in the flow of subtle energy along the meridians, or energy channels. In therapies such as healing touch, Reiki and even prayer, a healer is believed to emit or transmit the vital energy medicine to a recipient as a way to restore health.

There are many well established uses of measurable energy fields in the diagnosis and treatment of disease. Some of these include: magnetic resonance imaging, laser eye correction surgery, cardiac pacemakers, radiation therapy and UV light therapies for psoriasis and seasonal affective disorder. There are also a few less researched therapies that use this type of energy medicine. (CP Chou, 2012)

Magnetic therapy involves the use of magnets, which are placed on the body to relieve pain. Sound energy therapy (also sometimes known as vibrational therapy) involves using tuning forks to create certain healing sound frequencies that resonate with the body to promote healing. Music therapy is another type of sound energy therapy: listening to music has been shown to lower blood pressure and to reduce pain and anxiety. (Jill Blakeway, 2008)

1.3.2 BENEFITS OF ENERGY MEDICINE

One of the greatest benefits of energy healing is stress reduction and relaxation, which triggers the bodies natural healing abilities, and improves and maintains health. Energy healing is a natural therapy that gently balances the body's life-force and brings health and well being to the recipient.

Remote energy healing is done through the hands, allowing the flow of the energy to the client via the energy healer. It is an extremely powerful, yet gentle energy that is sent by intention. (JL Oschman, 2015)

When the flow of the “Life Force Energy” is disrupted, weakened or blocked, emotional or health problems tend to occur. Imbalances can be caused from many situations occurring in our lives, such as: emotional or physical trauma, injury, negative thoughts and feelings, including fear, worry, doubt, anger, anxiety, negative self-talk, toxicity, nutritional depletion, destructive lifestyle and relationships, neglect of self and lack of love for oneself or others, from emotions that are not expressed in a healthy way.

Energy healing is excellent for healing any physical, mental, emotional and spiritual issues of any kind and it gives wonderful results. (T Moses, L Teuschler, 2000)

Some of the Benefits of Energy Healing:

- Creates deep relaxation and aids the body to release stress and tension,
- It accelerates the body’s self-healing abilities,
- Aids better sleep,
- Reduces blood pressure
- Can help with acute (injuries) and chronic problems (asthma, eczema, headaches, etc.) and aids the breaking of addictions,
- Helps relieve pain,
- Removes energy blockages, adjusts the energy flow of the endocrine system bringing the body into balance and harmony,
- Assists the body in cleansing itself from toxins,
- Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery and chemotherapy,
- Supports the immune system,
- Increases vitality and postpones the aging process,
- Raises the vibrational frequency of the body,
- Helps spiritual growth and emotional clearing

When we are relaxed and stress-free, we are able to restore our natural ability to heal. When a person is in good health, regular energy healing therapy will increase the bodies built-in defenses. This will manifest itself as confidence and outward harmony in dealing with everyday events. The person will gain a positive outlook on life.

Energy healing will also provide the additional energy required to recover from illness. An energy healing session can induce an extremely comfortable state of being that can bring alteration in the clients consciousness. (Klepper, 1999)

1.4 Allopathic Medicine

Allopathic medicine is the general term for what most people understand as modern, Western medicine. The allopathic medicine definition describes it as a method of treating disease with remedies (such as surgery or drugs) that produce different effects from those caused by the disease. It takes a science-based approach to treating patients and uses conventional modern medical treatments such as surgery, medication, and therapies. (Samuel Hahnemann,2019)

Allopathic physicians have the title of MD or medical doctor and have various responsibilities related to maintaining health, such as prevention and acute care. They can specialize in several different specialty areas and build a career in research or teaching. Allopathic medicine is also called biomedicine, mainstream medicine, conventional medicine, and orthodox medicine.

A study released by the World Health Organization (WHO) in 2001 defined "allopathic medicine" as "the broad category of medical practice that is sometimes called Western medicine, biomedicine, evidence-based medicine, or modern medicine."The WHO used the term in a global study in order to differentiate Western medicine from traditional medicine, and from complementary/alternative medicine, noting that in certain areas of the world "the legal standing of practitioners is equivalent to that of allopathic medicine" where practitioners are certified in both complementary/alternative medicine and Western medicine.

The term allopathy was also used to describe anything that was not homeopathy. Kimball Atwood, an American medical researcher and alternative medicine critic, said the meaning implied by the label of allopathy has never been accepted by conventional medicine and is still considered pejorative by some. American health advocate and skeptic William T. Jarvis, stated that "although many modern therapies can be construed to conform to an allopathic rationale (e.g., using a

laxative to relieve constipation), standard medicine has never paid allegiance to an allopathic principle" and that the label "allopath" was "considered highly derisive by regular medicine." Most modern science-based medical treatments (antibiotics, vaccines, and chemotherapeutics, for example) do not fit Hahnemann's definition of allopathy, as they seek to prevent illness, or alleviate an illness by eliminating its cause. (William T. Jarvis, 2013)

Current practices in allopathic medicine measure different types of energy in the human body by using quantum field dynamics involved in nuclear medicine, radiology, and imaging diagnostics. Once diagnosed, current treatments revert to biochemistry instead of using biophysics therapies to treat the disturbances in subtle energies detected and used for diagnostics. Quantum physics teaches us there is no difference between energy and matter. All systems in the human being, from the atomic to the molecular level, are constantly in motion-creating resonance. This resonance is important to understanding how subtle energy directs and maintains health and wellness in the human being. Energy medicine (EM), whether human touch or device-based, is the use of known subtle energy fields to therapeutically assess and treat energetic imbalances, bringing the body's systems back to homeostasis (balance). The future of EM depends on the ability of allopathic medicine to merge physics with biochemistry. Biophoton emissions as well as signal transduction and cell signaling communication systems are widely accepted in today's medicine. This technology needs to be expanded to include the existence of the human biofield (or human energy field) to better understand that disturbances in the coherence of energy patterns are indications of disease and aging. Future perspectives include understanding cellular voltage potentials and how they relate to health and wellness, understanding the overlap between the endocrine and chakra systems, and understanding how EM therapeutically enhances psychoneuroimmunology (mind-body) medicine. (Sennaar, 2017)

1.4.1 Benefits of Allopathic Medicine

- One of the most significant benefits of allopathy is that its practitioners and technologies excel at treating acute and life threatening illness and injuries. Modern imaging identifies problems in the body even in early stages. Surgical procedures repair or remove diseased or damaged organs and tissues. Serious infections are cured with potent medications. Broken bones are reset and damaged joints replaced. Disfigurements are reconstructed. The list goes on.

- Thanks to highly skilled doctors and modern technology, many lives have been saved and quality of life improved. With the help of medical tests and training in diagnostics, doctors are able to figure out where things in the body have gone awry. They not only have the ability to diagnose problems in the body, they use advanced technologies for health care. Getting a proper diagnosis can be very helpful, whether or not you choose to avail yourself of conventional medical treatment.
- Patients have rights and protection under the law. Doctors, nurses, technicians, and medical facilities must be licensed and are held to high standards designed to protect patients and ensure quality care. Drugs and treatments must pass rigorous testing before being used on patients.
- An upside to the big business side of allopathy is that there is plenty of money for research and development. Research, including studies of alternative therapies, is continually conducted. Technological advances are continuously in progress for the benefit of patients. Medical facilities interested in being on the cutting edge of medicine, shell out lots of dollars for the latest and greatest diagnostic and surgical equipment.
- Pharmaceuticals help people manage illness and pain in the long and short term. Despite the fact that pharmaceuticals have a serious downside and natural remedies may be a better alternative at times, medication is one of the major benefits of allopathy. Antibiotics have saved countless lives in the last hundred years. Pain meds are a godsend to those suffering from severe pain. Thyroid hormone replacement keeps people alive and well after removal from cancer. Pharmaceuticals and their close cousins are used before, during and after surgeries and for some diagnostics. Other medications help people manage mental health conditions so they can live more normal lives.

1.5 Banking System in India

Bank is a financial institution that provides fundamental banking services such as accepting deposits and providing loans. Indian banking sector were regulated by RBI (Reserve Bank of India). It is the head of all banks. The RBI was established in the year 1935 with the provision of Reserve Bank of India Act, 1934. Central bank of the country execute multiple functions such as overseeing monetary policy, issuing currency, managing foreign exchange, working as a banker of government and scheduled commercial banks, etc. it also works for overall economic growth of the country. (L.S Goldberg, 2009)

The Indian banking sector is broadly classified into scheduled and non-scheduled banks. The scheduled banks are those included under the 2nd Schedule of the Reserve Bank of India Act, 1934. The scheduled banks are further classified into: nationalized banks; State Bank of India and its associates; Regional Rural Banks (RRBs); foreign banks; and other Indian private sector banks. The SBI has merged its Associate banks into itself to create the largest Bank in India on 1 April 2017. With this merger SBI has a global ranking of 236 on Fortune 500 index. The term commercial banks refers to both scheduled and non-scheduled commercial banks regulated under the Banking Regulation Act, 1949. (www.rbi.com)

The functions of commercial banks are of two types – Primary functions and Secondary functions. The primary functions of a commercial bank are accepting deposits and granting loans & advances. If the rate of interest is higher, the public is motivated to deposit more funds with the bank. The second important function of a commercial bank is to grant loans and advances. Such loans and advances are given to members of the public and to the business community at a higher rate of interest than allowed by banks on various deposit accounts. The secondary functions of banks are issuing letters of credit, cheques, demand draft, transferring money from one account to another, providing locker facilities etc. (www.rbi.com)

1.6.1 History of State Bank of India

The State Bank of India (SBI Bank) was established in 1806, in Kolkata. Three years after that, it acquired its charter and was re-designed as Bank of Bengal in 1809. It was the very first joint-stock bank of India, which the Bengal Government sponsored. Apart from Bank of Bengal, the Bank of Madras and the Bank of Bombay was also part of this joint stock and remained at the centre of the modern banking.

Initially, all three banks were Anglo-Indian creations and they came into play due to the following three reasons-

- Lack of modernization of the Indian economy due to several arbitrary reasons
- Local European commerce needs and requirements
- Compulsions imperial finance

The transformation or evolution of the State Bank of India came about due to the ideas adopted from the same movements happening in England and Europe. Another reason that contributed to this evolution was the changes and modifications in the local trading environment, along with India's economic relationships with that of Europe and the global economic structure.

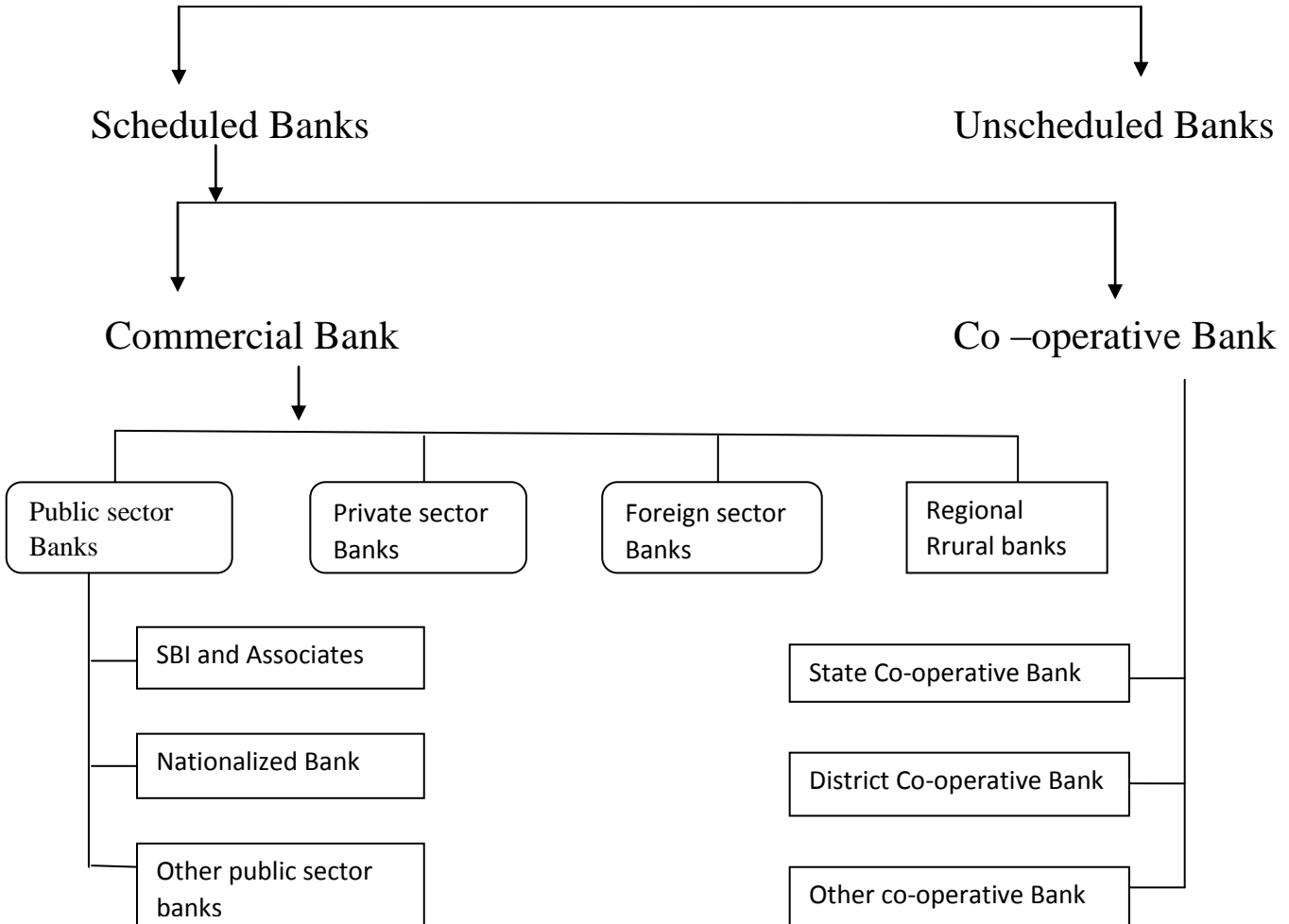
Facts and Figures of SBI Bank

Date of Establishment	02/06/1806
Type	Public Sector Undertaking
ISIN	INE062A01020
Industry	Banking, Financial services
Headquarters	State Bank Bhavan, Corporate Center, Madame Cama road, Nariman Point Mumbai – 400021
Number of location	22,219 branches, 62,617 ATMs in India
Financial Details	Revenue - Rs. 385,338 Crore Operating Income - Rs. 78,898 Crore Net Income - Rs. 22,405 Crore Total Asset - Rs. 4,845,619 crore
Key People	Dinesh Kumar Khara

Source: www.sbi.com

Chart – I : Indian Banking System

BANKING SECTOR IN INDIA (RBI)



Source: Computed Data

1.6 Stress Management and Its Intensity of Bank Employees:

The Banking industry has traditionally operated in a moderate domain for decades. For about 20-25 years now, banks have been going through enormous changes in style and structure. The banking sector presents several symptoms of this evolution, such as mergers, digitalization, outsourcing, job insecurity, increasing competition from private sector banks, and multifunctional tasks, leaving a mark on the working conditions and daily lives of bank employees.

Job stress, in the new banking format, is now at critical levels, showing injurious physical and psychological signs on employees, hurting the organizational performance too. At least, three out of five bank executives describe their job as “extremely stressful”.

Employees cite unrealistic demands and deadlines, technology overload, under-recruitment, unfair geographical transfers, imbalance of deploying the staff to various departments/branches as the main causes. The Bankers whisper that it is damaging their business, as they lose ‘cream’ staff and are faced with an increase in absenteeism, and also ‘presenteeism’ where workers stay for long hours without being productive.

Causes of Stress in the Workplace

- Poor company culture
- Long hours & excessive workload
- Worrying about job security
- Poor management, including both under and over-managing
- Lack of communication/transparency about business changes
- Workplace harassment

1.6.1 Advantages of Stress Management in the Workplace

- **Strong company culture:**

Employees have a major role in a company’s culture. Healthier employees operating under manageable levels of stress will be happier and more positive, helping to maintain a strong, healthy workplace culture that’s conducive to creativity and productivity.

- **Less sick days:**

Stress is one of the leading causes of absenteeism in the workplace. Not only will less stress in the workplace result in less “mental health days,” but it will also reduce the amount of sick days taken by employees due to a weakened immune system as a result of excessive stress.

- **Employee retention & talent acquisition:**

Employees who aren't overly stressed are much more likely to stick around, and prospective employees are much more likely to work for an employer that promotes a low-stress work environment and takes the initiative to help keep their employees healthy.

- **It shows you care:**

Actively working to reduce stress through measures like stress management programs and policy shows that you care about your employees and their health and happiness.

(positivepsychology.com)

1.6.2 Role of Management in Stress Management:

There is no such thing as a stress-free job. Though this can be related to individual's personality, perceptions, and mindset, it is not uncommon that it raises its head as a result of insults, jealousy due to the attention is given to one peer by the boss and neglecting the other.

Though some employees bring work-related issues home and take family problems to work, most employees suffer from mild to acute stress. Workplace stress is found to be “leading cause of depression” in the developing countries, especially in India. Remember, a healthy employee is a productive employee. Stress endured by one employee can affect other employees. As the purpose of the HR management is to retain a satisfied workforce, they should be unbiased and capable of identifying “overloaded employee”, “unclear employee” and “underutilised employee”.

Often, the high-achievers don't confide in a junior, as they may be looked down upon. A colleague at the same level may be a threat to their position, and confessing in a senior could mean their job is at risk. Failure to establish a good mutual rapport with co-workers can be due to aggressive management style, bullying, lack of understanding and leadership, manager often finding faults in your work and so on. An inability to relax or take a break can result in burnout. When an employee does not take any holidays for a long time, it is a worrying sign. (Webster,2014)

1.7 Statement of Problem

In present scenario, the use of conventional medicine has been increased and it creates lot of side effects. People started using alternative medicine like Energy Medicine. Many Western countries started using Energy Medicine in their daily practices. Energy healing therapy does not cause any side effects and improve our health both mentally and physically. However this energy medicine can't be practiced in Emergency Situation.

While considering the Indian banking system, there is a drastic change in Services which includes use of New Technology. Thus bank employees face stress in their work. Stress can be better managed by Practicing Energy Medicine like Touch Therapy, Mediation, and Reiki Healing.

In this background, present research aims to understand the Energy Medicine and various methods that can be used to manage stress among Bank Employees. In addition to this, it concentrated on association between the Energy Medicine and Allopathic Medicine. Further it suggest and facilitate the employee to implement the energy medicine for the improvement of both psychosomatic issues.

1.8 Need of the Study

Energy Medicine is currently used by most peoples in the world. Western countries started Recognizing legally and used to cure many types of disease. They are many types of Energy Medicine which is acknowledged by Asian Countries like India and China. Now a Days banking technology is becoming fastest growing sector which uses technology for services. The fast drastic change in the technology may result in more work stress for the banking employees. To mange such work stress the employees can use EM techniques which has high effective in stress management. The following are the needs identified for the study -

- This study is conducted to analyze awareness and perception among youth.
- The Energy Medicine is not recognized legally in many countries, so to get noted by government it get recognized.
- It's to bring awareness among employees, and various types of therapies which Stress can be healed.
- Every time a person cannot visit a doctor for a normal cold and fever, instead which they can cure by themselves.

1.9 Objective of the Study:

1. To know the awareness and perception of energy medicine among youth.
2. To understand the influential factors of energy medicine to improve the mental health of the youth.
3. To find out the association between the Energy medicine and Allopathic Medicine.
4. To analyse the impact of energy medicine on employee psyche behavior / pattern.
5. To suggest and facilitate the employee to implement the energy medicine for the improvement of both psychosomatic issues.

1.10 Scope of the Study

This study provides a guide to the current nature of Energy Medicine, its awareness and perception among Bank Employees, and their perception and satisfaction towards Energy Medicine in Managing Stress. It helps to know the details about the type of Energy Medicine and reason for choosing it. Ultimately this would help in understanding the benefits of Energy Medicine. The present study tries to cover the factors influencing the Energy Medicine, passion the awareness, perception, satisfaction towards the Bank Employees and the impact relating to Stress Management. The present study covers only the Bank Employees.

1.11 Hypothesis of the Study

01. H₀1- Energy Medicine Strongly Influence the Mental Health of the Bank Employees.

02. H₀ 2– Energy Medicine is associated with the Allopathic Medicine and Mental Health of the Bank Employees.

1.12 Limitations of the Study

The limitations of the study are:

01. The study covers the sample size of about 157 Bank Employees of SBI Bank in Coimbatore branch.
02. The period of the study is limited to the period of December 2021 to May 2022.

1.13 CHAPTER SCHEME

The present study is categorized tabulate into six main chapters which are given below –

CHAPTER NUMBER	CHAPTER NAME
I	Introduction
II	Review of Literature
III	Methodology of the study
IV	Energy Medicine and its impact on Bank Employees Mental Health and Stress Intensity – An Empirical Evidence.
V	Findings, Suggestion and Conclusion
-	Bibliography
-	Annexure

In the first Chapter – *Introduction* deals with the introductory aspects of Energy Medicine and banking System, statement of the problem, scope, objectives, hypothesis and the limitations of the study. The second chapter – *Review of Literature* provides the various Literature work carried in different aspects. The third chapter – *Research Methodology of the study* deals with the research design, the sample size adopted, the area of study and the statistical tools used for the study. The fourth chapter *Energy Medicine and its impact among bank employees Stress intensity* presents a detailed analysis and interpretation of the primary data collected. The fifth chapter – *Findings, Suggestions and Conclusion* provides a comprehensive idea of the entire research work.

1.14 Conclusion

To sum up, this particular chapter provide introductory aspects of Energy Medicine, Benefits, Types and Stress management Services and transaction and it also explained about the research design of the study like statement of the problem, objectives of the study, need for the study, scope for the study, hypothesis of the study , limitation of the study and chapter scheme.

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CHAPTER – II

CHAPTER – II
REVIEW OF LITERATURE

2.1 Introduction

2.1.1 Energy Medicine Awareness, Satisfaction, Factors, Perception, and Usage

2.1.2 Types of Energy Medicine

2.1.3 Stress Management of Bank Employees

2.1.4 Energy Therapies used to cure Stress management

2.1.5 Indian Banking Sector

2.2 Conclusion

Reference and Notes

CHAPTER –II

Revive Of Literature

2.1 Introduction

The literature in the area of Energy Medicine and its impact on bank employees is vast and the studies vary from simple case studies to different state studies / cross - country studies to sector-wise comparison studies. Since it is difficult to review all the works carried out in the area of Energy medicine, this review is limited to only those studies which are relevant to the objectives of the present study. With this background, review of a few important works is made in the following paragraphs with an important objective to identify the research gap that exists at present.

The review of literature has been categories into five categories based on the need of the study. They are – Energy Medicine, Stress management and its Intensity, Energy Therapies for Stress Management.

2.1.1 Energy Medicine Awareness, Satisfaction, Factors, Perception, and Usage

2.1.2 Types of Energy Medicine

2.1.3 Stress Management of Bank Employees

2.1.4 Energy Therapies used to cure Stress management

2.1.5 Indian Banking Sector

2.1.1 Energy Medicine Awareness, Satisfaction, Factors, Perception, and Usage

“An autoethnographic exploration of the phenomenon of energy healing from the perspective of the healer” This thesis tells the experience of healer about the energy medicine. They choose to use autoethnography to capture and share my own personal understanding of this phenomenon. This thesis also includes conversation that I had with my teachers and fellow healers.(Feinstein, 2021)

“An introduction to Energy Medicine” this study provides an introduction to energy medicine, definitions of basic terms, a fundamental scientific explanation of energy medicine, and discusses how energy in the human body may be used to achieve greater health, or effect disease. (Waygood & Wellness, 2017)

(Christina L Ross, 2018) “Energy Medicine : Current Status and Future Perspective” this study explains the understanding how subtle energy directs and maintain health and wellness in human being. Further this study says that, future of energy Medicine depends on ability of allopathic medicine to merge physics with biochemistry. This study also tells us the current status of Energy Medicine, Modalities of Energy medicine, various human touch therapies and future perspectives.

(James L. Oschman, 2016) “The Energy Medicine” this book gives a detailed information regarding Definition of Energy Medicine, Historical Origins of Energy Medicine, Measuring the fields of life, electrophysiology and electro biology, silent pulses and Rhythmic Entrainment, Use of Energy Medicine in Daily Life.

(Art martin N.D & James Landrell D.C, 2004) “ Energy Psychology / Energy Medicine: The Practice of Neuro Kinesiology and Psychoneuroimmunology in Exploring the mind / Body Connection” this book clearly explains the energy psychology, history of Neuro Repatterning, Cracking the Minds codes, steps a Practitioner must take before Testing, steps in N/CR sessions. It also further explains the how the mind works and body maps are functioning. This also says how the stress can be relieved.

(John A. Astin, 1998) “A Review of the Incorporation of complementary and alternative medicine by mainstream physicians”the objective of the study is to investigate possible predictors of alternative health care use. Methods used in the study are three primary hypotheses were tested.

People seek out these alternatives because (1) they are dissatisfied in some way with conventional treatment; (2) they see alternative treatments as offering more personal autonomy and control over health care decisions; and (3) the alternatives are seen as more compatible with the patients' values, worldview, or beliefs regarding the nature and meaning of health and illness. Additional predictor variables explored included demographics and health status.

(Miriam S. Wetzel, & David M. Eisenberg, 1998) "Courses Involving Complementary and Alternative Medicine at US Medical Schools" this study reveals the public's increasing use of complementary and alternative medicine, medical schools must consider the challenge of educating physicians about these therapies. Objectives are to document the prevalence, scope, and diversity of medical school education in complementary and alternative therapy topics and to obtain information about the organizational and academic features of these courses. Mail survey and follow-up letter and telephone survey conducted in 1997-1998. There is tremendous heterogeneity and diversity in content, format, and requirements among courses in complementary and alternative medicine at US medical schools.

(Dale W. Saxon & Godfrey Tunnicliff, 2004) "Status of Complementary and Alternative Medicine in the Osteopathic Medical School Curriculum" Reflecting society's interest in complementary and alternative medicine (CAM), most allopathic medical schools in the United States offer instruction in CAM. Pertinent information about the teaching of CAM at osteopathic medical schools is lacking. The authors therefore sought to document the form and content of CAM instruction at osteopathic medical schools and compare their findings with those reported for allopathic medical schools in a recently published survey.

(Phil B. Fontanarosa, & George D, 1998) "Alternative Medicine Meets Science" There is only scientifically proven, evidence-based medicine supported by solid data or unproven medicine, for which scientific evidence is lacking. Whether a therapeutic practice is "Eastern" or "Western," is unconventional or mainstream, or involves mind-body techniques or molecular genetics is largely irrelevant except for historical purposes and cultural interest. We recognize that there are vastly different types of practitioners and proponents of the various forms of alternative medicine and conventional medicine, and that there are vast differences in the skills, capabilities, and beliefs of individuals within them and the nature of their actual practices.

(RT Mathie, 2003) "The research evidence base for homeopathy: a fresh assessment of the literature" This review examines the cumulative research from randomised and/or double-blind

clinical trials (RCTs) in homeopathy for individual medical conditions reported since 1975, and asks the question: What is the weight of the original evidence from published RCTs that homeopathy has an effect that is statistically significantly different from that in a comparative group. Analysis of the 93 substantive RCTs that compare homeopathy either with placebo or another treatment. The available research evidence emphasises the need for much more and better-directed research in homeopathy. A fresh agenda of enquiry should consider beyond (but include) the placebo-controlled trial. Each study should adopt research methods and outcome measurements linked to a question addressing the clinical significance of homeopathy's effects.

(Diane Wind Wardell & Joan Engebretson, 2008)“Biological correlates of Reiki Touch healing” The aim of this study was to test a framework of relaxation or stress reduction as a mechanism of touch therapy. A single group repeated measure design was used to study Reiki Touch's. The study was conducted in 1996 and involved the examination of select physiological and biochemical effects and the experience of 30 effects with a convenience sample of 23 essentially healthy subjects. Data were collected before, during and immediately after the session. These findings suggest both biochemical and physiological changes in the direction of relaxation. The salivary IgA findings warrant further study to explore the effects of human TT and humeral immune function.

2.1.2 Types of Energy Medicine

(R.Jeffery, 2006) “Allopathic medicine in India: A case of deprofessionalization” This study is based on Allopathic Medicine and doctors in India in terms of their social organisation and values, and considers the attempts which have been made to secure and extend their autonomy and monopoly. Their indigenous competitors have produced a situation of medical oligopoly, the political structures have intruded more deeply into decision-making on promotions, entrance to medical college, and the establishment of new medical colleges. As a result, the Western doctors are experiencing deprofessionalization, in that they have lost autonomy both within the outside public employment, and have been vulnerable to political intrusions, though they remain powerful and prestigious. These trends are to be understood as results of the dependent position of India in the medical world, and as a result of the nature of post-colonial society within India.

(T.PEEK, 2014) “ The State of the banking Sector in Europe” This paper reviews the state of the banking sector in Europe. At the aggregate level, the empirical data suggest that the Baltics,

Cyprus, Greece and Ireland, in particular, are hit by a strong decline in lending in the wake of the financial crisis. This deleveraging is mainly caused by a reduction in cross-border supply of credit. We also examine the capital position of the European banking system, using November 2013 stock market data. In the basic scenario to restore capital to a market based leverage ratio of 3%, € 84 billion of extra capital would be needed for the largest 60 banks. The findings provide prima facie evidence of a credit crunch in Europe.

(C Budd, B Fisher, D Parrinder and L Price, 1990) “A model of cooperation between complementary and allopathic medicine in a primary care setting” This paper describes an acupuncture and osteopathy service offered free of charge to patients at a National Health Service general practice. The background to the setting up of this service, its organization, funding, aims and philosophy, and the ethical and legal implications for the general practitioners whose patients are treated by complementary therapists are discussed. This service provides a model of cooperation between allopathic and complementary medicine in a primary care setting and could be copied elsewhere.

2.1.3 Stress Management of Bank Employees

“A study on Stress Management with special reference to a private sector unit” this study in SRF limited a technical textile business organization studies the stress factors for the employees and recommends the solution for minimizing the stress effects. This study is limited to the low level employees. Both primary and secondary data was used and stratified sampling was used. The study concludes that stress level should be reduced and employees themselves are becoming trainers of managing stress.(Cvb & Yanamandram, 2010)

“A study on stress Management of working women in twin cities” this study is based on the stress level and intensity of working women in Telangana city, how they balancing family and professional as women. It tells us the different ways how women manage their stress. Primary data is used in the study. Findings of this paper is that women are facing more family problems, so they fell more stressed due to lack of proper management of stress. So it is need for every organization should help employees to get relived from stress.(Kumari & Saradadevi, 2016)

“Stress Management with Special reference to Public Sector Bank Employees In Chennai” the purpose of this study is to analyze the job stress among the public sector bank employees in Chennai. Findings of the study shows us that respondents were overburdened with workload in

their workplace. The researcher identified few initiatives for effectively handling stress. Meditation was found to be integral part of life to reduce stress. (Rajendren & Jayashree, 2010)

(Prathiba P. Kane, 2009) “Stress causing Psychosomatic Illness among nurses” it aims Establishing the existence and extent of work stress in nurses in a hospital setting, identifying the major sources of stress, and finding the incidence of psychosomatic illness related to stress. Stress in nurses is an endemic problem. It contributes to health problems in nurses and decreases their efficiency. Documenting the causes and extent of stress in any healthcare unit is essential for successful interventions. This study used a questionnaire relating to stressors and a list of psychosomatic ailments. One hundred and six nurses responded and they were all included in the study. Healthcare organizations need to urgently take preemptive steps to counter this problem.

(Elizabeth George, Zakkariya k.A, 2008)”Job related stress and job Satisfaction: a comparative study among bank employees”The purpose of this paper is to examine whether job satisfaction and job-related stress differ among employees of different banking sectors. Questionnaire were administered to 337 employees from various banks belonging to private sector, public sector and new generation banks. One way ANOVA was conducted to find out whether job satisfaction and job relates stress varied on the basis of three different sectors of banks. Further *post hoc* test was conducted to find out which sector differs significantly. Results indicated that employees of different sectors of bank had different level of job satisfaction and job-related stress. Further it was revealed that public sector banks have lower job-related stress when compared to private sector banks and new generation banks; and higher job satisfaction when compared to new generation banks.

(M.Vivek & S.Janakiraman, 2013) “A survey on Occupational Stress of Bank Employees” this paper attempts to review such studies that have been carried out in the recent past in finding out bank employees stress level.

(T.R. Rajeshwari, 1992) “ Employee Stress : A study with reference to Bank Employees” The present study attempts to identify the potent stress situations (stimulus) of bank employees and then classifies them into factors relating to organisational policy, structure, process, physical working conditions, group behaviour and others. The study identified structural rigidity, poor physical working conditions and extra organisational factors to be potent stressors.

(Gary Jon Springer, 2014) “A Study of Job Motivation, Satisfaction, and Performance among Bank Employees” the extant research offers conflicting results of the effects of job motivation and job satisfaction on job performance. This study examines the relationship among these variables to determine the effects of job satisfaction and job performance in bank employees. Results of the study suggest a positive correlation between job motivation and job performance and a positive correlation between job satisfaction and job performance.

(Salman Khalid and Muhammad Zohaib Irshad, 2010) “Job Satisfaction among Bank Employees in Punjab, Pakistan: A Comparative Study” Five components of job satisfaction; work, pay, promotion, salary and recognition, were examined besides overall job satisfaction. The aim of this study was to examine job satisfaction level of bank employees in Punjab Province. A structured questionnaire survey was conducted. Whereas, the employees of the public sector were satisfied with job security as compared to private sector bank employees.

(Uma Sekaren) “Paths to the Job Satisfaction of Bank Employees” Using a sample of 267 bank employees, this study traced the paths to the job satisfaction of employees at the workplace through the quality of life factors of job involvement and sense of competence. Results indicated that personal, job, and organizational climate factors influenced the ego investment or job involvement of people in their jobs, which in turn influenced the intrapsychic reward of sense of competence that they experienced, which then directly influenced employees' job satisfaction. Implications of these findings for managers are discussed.

2.1.4 Energy Therapies used to cure Stress management

(McGrady, 2007) “Psychophysiological mechanisms of Stress: A foundation for the Stress management therapies” Stress pervades human existence, from the prenatal period to birth until the end of life. The brain is hardwired to perceive experiences, to identify them as negative, neutral, or positive, and to react to them. Factors contributing to the valence of perceptions are discussed, including individual differences in the stress response. Finally, examples of maladaptive responses to stress in control systems are addressed, along with the long-term consequences that lead to the development of medical and psychiatric illness.

(Elizabeth V. Kinchen, 2018) “Nursing Students’ Attitudes and Use of holistic Therapies for Stress Relief” The purpose of this study was to explore student nurses’ openness to using or recommending holistic therapies, the strategies they use to manage stress from school or work, and their perceptions of the impact of holistic therapies on personal health. Qualitative component of a quasi-experimental, mixed-methods study. A convenience sample of undergraduate nursing students in a southeastern U.S. university completed baseline surveys, including demographics and three open-ended questions regarding attitudes toward holistic therapies and strategies used for stress management.

(Astin, Johan A, 2004) “Mind- Body Therapies for the Management of Pain” This paper reviews the evidence for mind-body therapies like relaxation, meditation, imagery, cognitive-behavioral therapy in the treatment of pain-related medical conditions and suggests directions for future research in these areas. Mind-body approaches may be considered as adjunctive therapies to help ameliorate pain during invasive medical procedures.

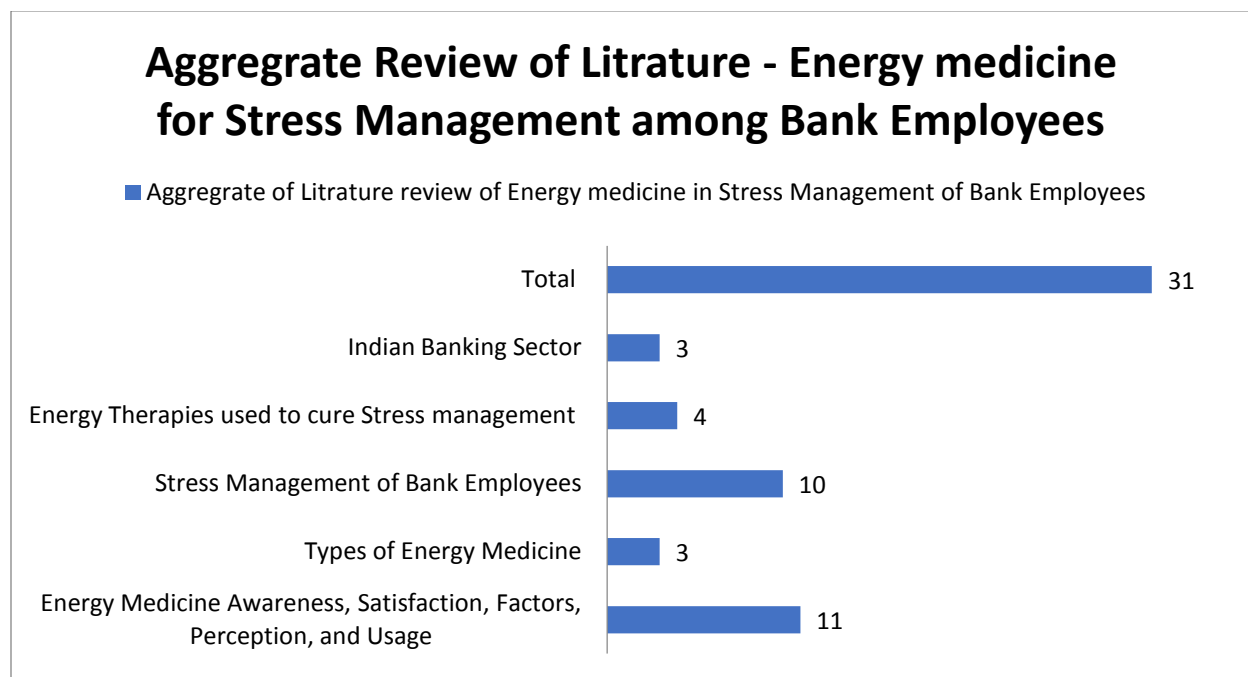
(Feldman, Jonathan M and Eisenberg, Erika, 2007) “Differential effects of stress management therapies on emotional and behavioral disorders” This chapter reviews the literature on stress management techniques that have been used to treat emotional and behavioral disorders in adults and children. We evaluate each treatment to determine whether it meets criteria for an empirically supported therapy in accordance with the guidelines set forth by Chambless and Hollon (1998). The following categories are employed in this review: efficacious and specific, efficacious, possibly efficacious, and further research needed to establish efficacy.

2.1.5 Indian Banking Sector

(Linda S Goldberg, 2009) “Understanding Banking Sector Globalization” This article profiles the recent evolution and consequences of banking sector globalization. After presenting trends in international banking, the article overviews macroeconomic consequences of banking sector globalization, including the role of banks in the international transmission of shocks, comovements of business cycles, financial crises, and economic growth. Other consequences of banking globalization have parallels with the effects of real-side foreign direct investment, including technology transfers, productivity enhancements, and wage spillovers into the host country. Finally, the article provides arguments that banking globalizing can have important consequences for financial supervision and regulation.

(R.K Jain & R.Natarajan, 2011) “Factor Influencing the Outsourcing decision: A Study of the Banking Sector in India” This paper is an empirical study of outsourcing practices in the banking sector in India. The purpose of the paper is to investigate the impact of factors which influence the decision makers' attitude towards outsourcing. The constructs in the instrument that measured these factors were validated by factor analysis. An important insight from this study is that the clients, at least in the banking sector in India, tend to value in outsourcing quality factors such as process improvement, services improvement and cost transparency more than cost savings. The results of the study provide a basis for rethinking the value proposition offered by outsourcing vendors and for refocusing the research on outsourcing of services in particular.

(Majid Karimzadeh & S.M Jawed Akhtar, 2013) “ Determinants of Profitability of banking Sector in India” In this research we shall try to examine the most important factors that may stem from both internal and external factors, which affect profitability of Indian banking sector. For this study a balanced panel data set is used that is drawn from Indian banking industry. The data is compiled for the purpose of investigating the nature of the relationship between the profitability and the factors that determine profitability of banks in India. The results of the study clearly demonstrate a close correlation between both internal and external factors and the level of profitability of banks in India.



2.2 Conclusion

This chapter deals with the review of the literatures of Energy Medicine and various types of therapies, where it covers the literature relating to the Energy Medicine awareness, satisfaction, perception and usage of Energy Medicine in Stress Management, comparison of Energy Medicine and Allopathic Medicine and reason for choosing energy medicine among other conventional medicine, with the help of above literatures it was able to identify the research gap of the study.

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CHAPTER - III

CHAPTER – III

RESEARCH METHODOLOGY

3.1 Introduction

3.2 Sample Design

3.3 Sample Size

3.4 Methods of Data Collection

3.5 Statistical Tools and Techniques

3.6 Period of the Study

3.7 Conclusion

References and notes

CHAPTER - III

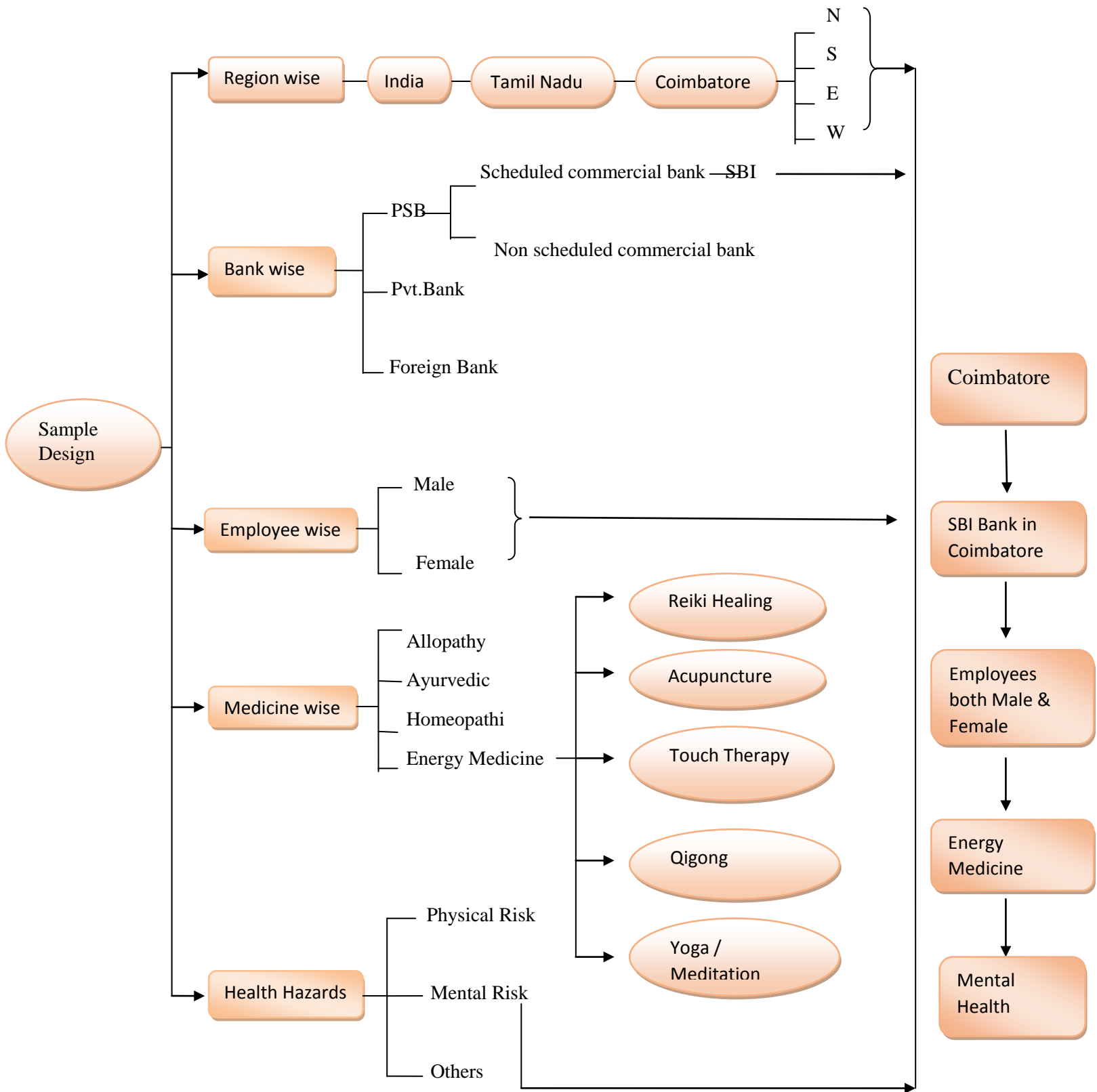
RESEARCH METHODOLOGY

3.1 Introduction

Research as an organized, systematic, data based, critical, objective, scientific, inquiry or investigation into a specific problem, undertaken with the purpose of finding answers or solutions to it. The information provided could be the result of a careful analysis of data gathered firsthand or of data that are already available in the company, industry; archives etc. data can be quantitative or qualitative. The present study will be based on exploratory and descriptive nature. Accordingly, the uses of data have to be made of both primary as well as the secondary data. The relevant reports viz., Magazines, news papers, business dailies, books and journals, e-media and other literature available in this field constitute Secondary sources for the present study. The merits and demerits are studied with the help of research instrument of structured questionnaire for customers will be used to collect the data from them using green banking. The primary data has been collected, through a separate pre tested Questionnaire from 200 selected bank customer located in Coimbatore division of Tamil Nadu.

3.2 Sample Design

The Multi Stage Sampling technique was adopted for selection of respondents for the present research study. The purpose of the study it is divided into four stages. In first stage, Public Sector Bank and Private Sector bank were selected. In India there are 96,736 Public Sector Bank branches, out of which 6,563 Public Sector Bank Branches in Tamil Nadu, out of which 1,126 State Bank of India Bank Branches in Tamil Nadu, out of that 106 State Bank of India Bank Branches are in Coimbatore. In India there are about 20,174 Private Sector Bank Branches. Next both the Male and Female Employees were taken for the study.



3.3 Sampling Size

Measuring a small portion of something and then making a general statement about the whole thing. Process of selecting a number of units for a study in such a way that the units represent the larger group from which they are selected. In the present study the actual sample size is 157 were taken.

3.4 Methods of Data Collection

The present study will be based on exploratory and descriptive nature. Accordingly, the uses of data have to be made of both primary as well as the secondary data. The relevant reports viz., RBI monthly bulletins, Magazines, news papers, business dailies, books and journals, e - media and other literature available in this field constitute Secondary sources for the present study. The awareness, perception, satisfaction, and others impacts of Energy Medicine, is studied with the help of research instrument of structured questionnaire for Employees will be used to collect the data from them. The primary data has been collected, through a separate pre-tested Questionnaire from 157 selected SBI Bank Employees, in District Coimbatore.

3.5 Statistical Tools and Techniques

The collected data were coded and decoded in a systematic way for the analysis and presented very legibly in the form of suitable tables, frequency, and percentage and followed by inferences. For the purpose of analysis, few statistical tools and techniques were used based on the applicability of data available. The Percentage Analysis, factor Ananalysis, correlation were used for analysis. The SPSS version 16.0 Package was also used for the analysis of the study. The various tools used for the study are below:

- (a) Percentage Analysis
- (b) Correlation
- (c) Factor Analysis
- (d) Ranking

(a) Percentage Analysis

A percent change analysis shows how two items changed as a percentage from one period to another period. Used on a balance sheet, a percent change analysis shows how a balance sheet account changes from year to year, or quarter to quarter. The balance sheet accounts are assets, liabilities and stockholders' equity. Percent change analysis is important for managers and investors to see how a company is growing or retracting from year-to-year.

(b) Correlation

In statistics, the Pearson correlation is a measure of the linear correlation between two variables X and Y giving a value between +1 and -1 inclusive, where 1 is total positive correlation, 0 is no correlation, and -1 is total negative correlation. It is widely used in the sciences as a measure of the degree of linear dependence between the two variables.

(c) Factor Analysis

Factor analysis is a way to condense the data in many variables into a just a few variables. For this reason, it is also sometimes called “dimension reduction.” You can reduce the “dimensions” of your data into one or more “super-variables.” The most common technique is known as Principal Component Analysis (PCA).

(d) Ranking

Ranking is one of the simple and efficient data collection techniques to understand people's perceptions and preferences for some articles such as products, people, and species. Ranking data is often collected when individuals are asked to rate a series of articles based on a specific preference criterion. In statistics, a rank correlation is one of several statistics that measure ordinal association, the relationship between ranks of different ordinals or different rankings of the same variables, where a ranking is the assignment of the sort labels first, second, third, and so on to different observations of a particular variable.

A rank correlation coefficient measures the degree of similarity between two rankings and can be used to assess the significance of the relationship between them. For example, two common nonparametric significance methods that use rank correlation are the Mann-Whitney-U test and the Wilcoxon signed-rank test. With ranking questions, respondents can determine which items from a list are the most and least preferred. Analyzing a ranking question isn't as easy as performing a simple numerical analysis.

It uses an average ranking analysis that assigns a value to two levels of each rank and averages the answers for the values assigned to them. Learn more about ranking in research methodology, including details on different types of ranking systems. In addition to the middle ranks, pairwise frequencies, i.e. the frequency with which point i is ranked higher than point j for all possible C2k article pairs (i, j) , are also often used. The two most commonly used conclusions are the test for uniformity across a set of ranking data and the test for the preference of common ranking for two sets of ranking data.

3.6 PERIOD OF THE STUDY

The present study covers a period from December 2021 to May 2022.

3.7 CONCLUSION

To sum up, this chapter, explains about the methodology of study and provides details about the statistical tools and techniques used for the analysis of collected data which help to interpret the results.

Reference and Notes

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CHAPTER - IV

CHAPTER – IV

AWARENESS AND PRECEPTION OF ENERGY MEDICINE AND ITS IMPACT ON BANK EMPLOYEES MENTAL HEALTH AND STRESS INTENSITY.

4.1 Introduction

4.2 Analysis and Interpretation

4.3 Testing of Hypothesis

4.4 Conclusion

CHAPTER – IV

AWARENESS AND PRECEPTION OF ENERGY MEDICINE AND ITS IMPACT ON BANK EMPLOYEES MENTAL HEALTH AND STRESS INTENSITY.

4.1. Introduction

Data analysis and interpretation is the process of analyzing the collected information and determining the conclusions, significance, and implications of the findings. The step involved in data analysis are a function of the type of information collected, however, returning to the purpose of the assessment and the assessment questions will provide a structure for the organization of the data and a focus analysis. When planning for monitoring and evaluation it will have series of questions. These questions now need to be broken down into a set of sub - questions which will enable you to find patterns for analysis. Factors such as what influenced or prevented change, whether there were unexpected outcomes, and whether the planned benefits were those most valued by users can be investigated.

In this way information can be obtained not just about overall outcomes, but about which particular groups benefited or did not receive benefits, and in what circumstances Organizations sometimes have difficulty in analyzing qualitative outcome data. One important element in overcoming this is to design questionnaires and other data collection tools to allow responses against pre - set categories, so that information can be presented quantitatively. Completely open questions and responses, permitting a wide variety of information to be collected, will require breaking down into categories at the analysis stage, so that themes and trends can be established.

More detailed qualitative information can be used to supplement and illustrate the emerging themes. Interpretation means looking beyond the data itself and asking what the results mean in relation to your evaluation questions. By way of assuming that there are links of cause and effect between your project activities and results. Involve other people in this level of interpretation and, where appropriate, acknowledge in your report the possibility of other interpretations. Remember to place data in context, bringing out the individual differences behind the responses.

4.2 Analysis And Intrepretation

(a) Construction of Questionnaire

Based on suggestions given by experts from banking sector, the questionnaire was modified and the number of items taken was 184 variables to be responded on a five (5) point likert scale. Then, a pilot study was done in which the questionnaire was tried out on a sample of 184 Green Banking customers of both private and public banks. The reliability and the validity of the questionnaire were thus established.

(b) Scoring

The questionnaire consisted of 157 items / variables. No reverse scoring item is given in the questionnaire. The scoring was on a five point Likert scale from one (1) to five (5). For a response Level of usage – the scoring was one (1), the response for Never – the scoring was two (2), Almost Never – the scoring was three (3), Sometimes – the scoring was four (4), Almost Every Time and Every Time–the scoring was five (5). Whereas the responses for “Strongly Agree, the scoring was five (5), for the response of 'Agree' the scoring was four (4), for the response of 'Neutral' the scoring was three, for the response of 'Agree' the scoring was two (2), for the response of 'Strongly Agree' the scoring was one (1).

On the other hand, for few items, the likert scale scoring is: for the response of “Highly satisfied, the scoring was one (1), for the response of 'Satisfied' the scoring was two, for the response of 'Can't Say' the scoring was three (3), for the response of 'Dissatisfied' the scoring was four (4), for the response of Highly Satisfied' the scoring was five (5). Whereas the responses for “Very important, - the scoring was (1), for the response of important – the scoring was (2), for the response of moderate important – the scoring was(3), for the response of little important – the scoring was,(4) and for the response of not at all important – the scoring was(5). For a response Level of Influence or Impact – the scoring was one (1), the response for Not at all Influential – the scoring was two (2), Slightly Influential– the scoring was three (3), Somewhat Influence – the scoring was four (4), Very Influentialand Extremely Influential–the scoring was five (5).

On the other hand, for few items, the likert scale scoring is: for the response of most preferred – the scoring was one (1), for the response of preferred – the scoring was – two(2), for the response of least preferred – the scoring was three(3) and for the response of mostly least preferred and not preferred – the scoring was four(4) and five(5).

(c) Sample and Data Collection

The researcher personally collected data from a total of 157 Bank Employees of Public Sector Bank (SBI), which were taken for the present study. The questionnaire was personally administered to all of them. Clear-cut instructions were given to fill up the responses to the items in the tool. Respondents were assured that the information that they share will be used for academic research purpose only and will be kept confidential. After collection of questionnaires, data was entered and systematically used for further analysis.

(d) Item analysis

The questionnaire initially had about 157 items capturing the data on a five point likert scale. However, it was felt that there were too many items for statistical test to allow for appropriate statistical analysis, and hence it was decided to drop certain items. Accordingly, on judgmental analysis, pair of items with same underlying meaning was chosen and dropped.

Table 4.1: Socio – Economic Profile of the Selected Bank Employees

Sl.No	Description	Category	Frequency	Percentage
1)	Gender	Male	31	19.7
		Female	126	80.3
		Total	157	100.0
2)	Age	Below 20	25	15.9
		21-30	112	71.3
		31-40	20	12.7
		Total	157	100.0
3)	Monthly Income	Below 20	34	21.7
		20,001 to 30,000	47	29.9
		30,001 to 40,000	14	8.9
		40,001 to 50,000	52	33.1
		50,001 to 1,00,000	10	6.4
		Total	157	100.0
4)	Marital Status	Married	53	33.8
		Unmarried	103	65.6
		Total	157	100.0
5)	Educational qualification	HSC	10	6.4
		Graduation	116	73.9
		Professional Degree	31	19.7
		Total	157	100.0
6)	Designation held	Clerks	14	8.9
		Officer	62	39.5
		Bank Teller	7	4.5
		Loan Processor	22	14.0
		Data processing officer	30	19.1
		Marketing Representatives	5	3.2
		Manager	6	3.8
		Finance Manager	11	7.0
		Total	157	100.0
7)	Name of the Bank, You are working	State Bank of India	157	100.0

Source: Primary data, 2022 (N = 157)

Inference

From the table – 4.1, it clearly shows that 80.3 percent of the female employees have preferred to use Energy Medicine; it also reveals that 71.3 percent of the bank employees were between the age group 21-30 years; and 65.6 percent of the respondents were unmarried; it is also clear that 73.9 per cent of degree holders are more aware and make use of these Energy Medicine. It also clear that 33.1 per cent of the bank employees using energy medicine and their income fall under the group of 40001 – 50000. 100 percent of the respondents were employees of State bank of India and 39.5 were Officers in the SBI.

Table – 4.2 Awareness Level of Energy Medicine among Bank Employees

Description	Category	Frequency	Percentage
Awareness Level	Yes	73	46.5
	No	33	21.0
	Maybe	51	32.5
	Total	157	100.0

Inference:

From the above table 4.2 reveals that 46.5 percent of the Bank Employees were Aware of Energy Medicine and 32.5 percent of the employees are May be aware of Energy Medicine; it also further reveals that 21.0 percent of the Bank Employees were Not Aware of Energy medicine.

Table – 4.3 Awareness Level of Different types of Energy Medicine

Sl.No	Types of Energy Medicine	NA	SA	SWA	MA	EA
1	Touch Therapy	45 (28.7)	18 (11.5)	40 (25.5)	44 (28.0)	10 (6.4)
2	Reiki Healing	42 (26.8)	27 (17.2)	48 (30.6)	34 (21.7)	6 (3.8)
3	Acupuncture	32 (20.4)	31 (19.7)	24 (15.3)	45 (28.7)	25 (15.9)
4	Chakra balancing	21 (13.4)	52 (33.1)	44 (28.0)	33 (21.0)	7 (4.5)
5	Somatic Experience	48 (30.6)	28 (17.8)	42 (26.8)	35 (22.3)	4 (2.5)
6	Aura Cleansing	33 (21.0)	24 (15.3)	47 (29.9)	43 (27.4)	10 (6.4)

Source: Survey Data, 2022 (N = 157 Samples)

Note: NA – Not Aware, SA – Slightly Aware, SWA- Some What Aware, MA- Moderately Aware, EA- Extremely Aware.

Inference

From the table – 4.3 reveals that 28 percent of the employees are Moderately Aware of Touch Therapy. And 48 percent of the employees are some what aware of Reiki Healing Technique. 45 percent of the bank employees are Moderately aware of Acupuncture therapy. 53 percent of the bank employees are Slightly Aware of Chakra Balancing. 48 percent of the bank employees are not aware of Somatic Experience. 47 percent of the employees are somewhat aware of Aura cleansing. This table finally concludes that Acupuncture therapy is mostly known by Employees.

Table – 4.4 Modes of Awareness Level of Bank Employees towards Energy Medicine

Sl.No	Different types of Modes	NA	SA	SWA	MA	EA
1	Through Friends and Family	20 (12.7)	43 (27.4)	52 (33.1)	31 (19.7)	11 (7.0)
2	Medical Practitioner	32 (20.4)	28 (17.8)	45 (28.7)	46 (29.3)	6 (3.8)
3	Words of Mouth	31 (19.7)	27 (17.2)	51 (32.5)	36 (22.9)	12 (7.6)
4	Books / Magazine	29 (18.5)	25 (15.9)	49 (31.2)	45 (28.7)	9 (5.7)
5	Others	37 (23.6)	27 (17.2)	39 (24.8)	47 (29.9)	7 (4.5)

Source: Survey Data,2022 (N = 157 samples)

Note: NA – Not Aware, SA – Slightly Aware, SWA- Some What Aware, MA- Moderately Aware, EA- Extremely Aware.

Inference

From the table – 4.4 reveals that 33.1 per cent of the employees became Aware of Energy Medicine to cure Mental Stress through Friends and Family. 29.3 per cent of the employees became Moderately aware through Medical Practitioner. 32.5 percent of the employees became some what aware of energy medicine through Words of Mouth. 31.2 percent of the employees became some what aware through Books / Magazines. And 29.9 percent of the employees became aware of Energy Medicine through Other Modes of information.

Table – 4.5 Perception about Energy Medicine

Sl.No	Perception of Energy Medicine	SD	D	N	A	SA
1	It brings changes in the disease rather than the symptoms.	29 (18.5)	17 (10.8)	46 (29.3)	50 (31.8)	15 (9.6)
2	EM regulates biological process with precision, speed, and flexibility.	20 (12.7)	16 (10.2)	42 (26.8)	73 (46.5)	6 (3.8)
3	EM fasters healing and prevents illness.	20 (12.7)	58 (36.9)	48 (30.6)	15 (9.6)	16 (10.2)
4	EM includes methods that can be utilized on home and self-help basis.	16 (10.2)	50 (31.9)	61 (38.8)	15 (9.6)	15 (9.6)
5	EM strengthens the integration of body, mind, and spirit.	31 (19.7)	22 (10.0)	39 (24.8)	15 (9.6)	50 (31.8)
6	It not only focus on healing, but to achieving greater well being, peace and passion for life.	20 (12.7)	67 (42.7)	42 (26.8)	14 (8.9)	14 (8.9)

Source: Survey Data,2022 (N = 157 samples)

Note: SD – Strongly Disagree, D – Disagree, N – Neutral, A – Agree, SA – Strongly Agree.

Inference

Form the table – 4.5 it clear that 31.8 percent of the employees agree that energy medicine brings changes in the disease rather than Symptoms. 46.5 percent of the employees agree that Energy medicine regulates biological process with precision, Speed, and Flexibility. 36.9 percent of the employees Disagree that Energy Medicine fasters healing and prevents illness. 31.9 percent of the employees Disagree that Energy Medicine includes methods that can be utilized on home and self – help basis. 31.8 percent of the employees strongly agree that Energy medicine strengthens the integration of body, mind, and spirit.

Table – 4.6 Knowledge towards Energy Medicine

Description	Category	Frequency	Percentage
Knowledge towards Energy Medicine	Satisfied	56	35.7
	Not Satisfied	52	33.1
	Somewhat Satisfied	49	31.2
	Total	157	100.0

Inference

From the above table it is clear that 35.7 percent of the employees are satisfied with their knowledge towards Energy Medicine. 33.1 percent of the employees are Not satisfied with their knowledge towards energy medicine, and 31.2 percent of the employees are somewhat satisfied towards energy medicine.

Table – 4.7 Usage of Energy Medicine by Bank Employees

Sl.No	Statement	SD	D	N	A	SA
1	Immediately on getting unwell.	26 (16.6)	11 (7.0)	60 (38.2)	50 (31.8)	10 (6.4)
2	Not getting relieved by allopathic	8 (5.1)	35 (22.3)	49 (31.2)	52 (33.1)	13 (8.3)
3	Soon after taking other medicines.	29 (18.5)	19 (12.1)	72 (45.9)	28 (17.8)	9 (5.7)
4	Immediately knowing Symptoms of disease.	18 (11.5)	15 (9.6)	40 (25.5)	74 (74.1)	10 (6.4)
5	Taking medicines for prolonged time.	22 (14.0)	20 (12.7)	61 (38.9)	49 (31.2)	5 (3.2)

Source: Survey Data, 2022 (N = 157 samples)

Note: SD – Strongly Disagree, D – Disagree, N – Neutral, A – Agree, SA – Strongly Agree.

Inference

From the above table it is clear that 38.2 percent of the Employees are Neutral to the statement immediately on getting unwell. 33.1 percent of the employees agree that they use energy medicine after not getting relieved by allopathic. 45.9 percent of the employees are neutral that they take energy medicine soon after taking other medicines. 74.1 percent of the employees agree to take energy medicine immediately knowing symptoms of disease. 38.9 percent of the employees are Neutral that they take energy medicine after taking other medicines for prolonged time.

Table – 4.8 Level of Satisfaction of Energy Medicine

Sl.No	Statement	SD	D	N	A	SA
1	It lessens aches and pains	27 (17.2)	16 (10.2)	48 (30.6)	55 (35.0)	11 (7.0)
2	It increases focus, Clarity and Memory.	6 (3.8)	49 (31.2)	44 (28.0)	46 (29.3)	12 (7.6)
3	It reduces Stress and Anxiety	21 (13.4)	19 (12.1)	44 (28.0)	46 (29.3)	27 (17.2)
4	It creates deeper happiness and Satisfaction.	18 (11.5)	22 (14.0)	41 (26.1)	62 (39.5)	14 (8.9)
5	It improves overall health and vitality.	22 (14.0)	14 (8.9)	39 (24.8)	61 (38.9)	21 (13.4)

Source: Survey Data, 2022 (N = 157 samples)

SD – Strongly Disagree, D – Disagree, N – Neutral, A – Agree, SA – Strongly Agree.

Inference

From the above table it is said that 35.0 percent of the employees agree that energy medicine lessens aches and pains. 31.2 percent of the employees Disagree that it increase focus, Clarity and Memory. 29.3 percent of the employees Agree that energy medicine reduces Stress and Anxiety. 39.5 percent of the employees Agree that energy medicine creates deeper happiness and satisfaction. 38.9 percent of the employees agree that energy medicine improves overall health and vitality.

Table – 4.9 Suggestion in Usage of Energy medicine

Sl.No	Suggestion	SD	D	N	A	SA
1	Family and Relatives	14 (8.9)	26 (16.6)	43 (27.4)	57 (36.3)	17 (10.8)
2	Friends	10 (6.4)	30 (19.1)	68 (43.3)	41 (26.1)	8 (5.1)
3	On my own will	12 (7.6)	18 (11.5)	68 (43.3)	46 (29.3)	13 (8.3)
4	Referred by Medical practitioner.	24 (15.3)	11 (7.0)	10 (6.4)	51 (32.5)	61 (38.9)

Source: Survey Data, 2022 (N = 157 samples)

Note: SD – Strongly Disagree, D – Disagree, N – Neutral, A – Agree, SA – Strongly Agree.

Inference

From the above table it is clear that 36.3 percent of the employees Agree that they used Energy Medicine on Advice of Family and Relatives. 43.3 percent of the employees are Neutral that they used Energy Medicine on Advice of Friends. 43.3 percent of the employees are Neutral that they used Energy Medicine on their own will. 38.9 percent of the employees Strongly agree that they used Energy medicine on advice of Medical Practitioner.

Table – 4.10 Work Stress of Bank Employees

Description	Category	Frequency	Percentage
Employees Stress in their work	Yes	95	60.5
	No	12	7.6
	Maybe	50	31.8
	Total	157	100.0

Source: Survey Data, 2022 (N = 157 samples)

Inference

From the above table 4.10 reveals that 60.5 percent of the Bank Employees faced Stress in their work. 7.6 percent of the employees have not faced stress in their work. 31.8 percent of the employees may be faced stress in their work.

Table – 4.11 Period of Using Energy Medicine to cure Stress

Description	Category	Frequency	Percentage
Period of using Energy Medicine	Less than 1 year	112	71.3
	1year to 3 year	25	15.9
	More than 3 year	20	12.7
	Total	157	100.0

Source: Survey Data, 2022 (N = 157 samples)

Inference

From the above table it is said that 71.3 percent of the employees used for the period of less than one year. 15.9 percent of the employees used energy medicine for the period of one to three year. 12.7 percent of the employees used energy medicine for the period of more than 3 years.

Table – 4.12 Reason Motivated the Employees to use Energy Medicine

Variables	No. of Respondents (157)					Total Score	Mean score	Rank
	SA (5)	A (4)	N (3)	D (2)	SD (1)			
It is more effective	23 (115)	13 (52)	54 (162)	51 (102)	15 (15)	156 446	3.14	VII
It is Safer to use	10 (50)	33 (132)	39 (117)	56 (112)	19 (19)	157 430	3.26	V
It can be used at home and it is self help in nature	12 (60)	23 (92)	36 (108)	66 (132)	20 (20)	157 412	3.38	I
It is easily available	19 (95)	23 (92)	52 (156)	45 (90)	18 (18)	157 451	3.13	VIII
It doesn't cause any side effect	12 (60)	18 (72)	53 (159)	51 (102)	23 (23)	157 416	3.35	II
It is less costly	7 (35)	27 (108)	62 (186)	48 (96)	13 (13)	157 438	3.21	VI
It doesn't need any surgeries.	13 (65)	25 (100)	38 (114)	59 (118)	22 (22)	157 419	3.33	III
Less fear in use of medicine	18 (90)	17 (68)	51 (153)	45 (90)	26 (26)	157 427	3.28	IV

Source: Survey Data, 2022 (N = 157 samples)

Note: SD – Strongly Disagree, D – Disagree, N – Neutral, A – Agree, SA – Strongly Agree.

Inference

From the above table it is stated that “Energy Medicine can be used at home and it is self help in nature” stands First Rank with a mean score of 3.38. follows the variable “it doesn't cause any side effects” stands second with a mean score of 3.35. The variable “it doesn't need any surgeries” stand Third with a mean score of 3.33. “Less fear in use of medicine” stands Fourth with a mean score of 3.28. “it is safer to use” stand Fifth with a mean score of 3.26. “it is less costly” stand Sixth with a mean score of 3.21. “It is more effective” stands seventh with a mean score of 3.14. “It is easily available” stand eight with a mean score of 3.13.

Table – 4.13 Energy Medicine the Employees used to overcome Stress

Variables	No. of Respondents (157)					Total Score	Mean score	Rank
	ET (5)	AET (4)	S (3)	AN (2)	N (1)			
Touch therapy / Massage	43 (215)	0 (0)	57 (171)	22 (44)	35 (35)	157 465	2.96	VII
Acupuncture	41 (205)	0 (0)	56 (168)	43 (86)	17 (17)	157 476	3.03	V
Yoga and meditation	64 (320)	0 (0)	59 (177)	23 (46)	11 (11)	157 554	3.53	I
Any physical sport	50 (250)	0 (0)	64 (192)	29 (58)	14 (14)	157 514	3.27	II
Conventional Medicine	50 (250)	0 (0)	60 (180)	34 (68)	13 (13)	157 511	3.25	III
Herbal Medicine	47 (235)	0 (0)	66 (198)	21 (42)	23 (23)	157 498	3.17	IV
Reiki Healing	41 (205)	0 (0)	58 (174)	32 (64)	26 (26)	157 469	2.99	VI

Source: Survey Data, 2022 (N = 157 samples)

Note: ET – Every Time, AET – Almost Every Time, ST – Sometimes, AN – Almost Never, N – Never.

Inference

From the above table it is stated that “Yoga and Meditation” stands First Rank with a mean score of 3.53. Followed by the variable “Any physical sport” stands second with a mean score of 3.27. The variable “Conventional Medicine” stands Third with a mean score of 3.25. “Herbal medicine” stands Fourth with a mean score of 3.17. “Acupuncture” stands Fifth with a mean score of 3.03. “Reiki Healing” stand Sixth with a mean score of 2.99. “Touch therapy / Massage” stand seventh with a mean score of 2.96.

Table – 4.14 Level of Satisfaction in Use of Energy Medicine and allopathic Medicine in Stress Management and Intensity

Sl.No		NS (1)	SS (2)	MS (3)	VS (4)	ES (5)
1	Energy Medicine	13 (8.3)	50 (31.8)	62 (39.5)	24 (15.3)	8 (5.1)
2	Allopathic Medicine	6 (8.3)	63 (40.1)	66 (42.0)	15 (9.6)	7 (4.5)

Source: Survey Data, 2022 (N = 157 samples)

Note; ES – Extremely Satisfied, VS – Very Satisfied, MS – Moderately Satisfied, SS – Slightly Satisfied, NS – not at all Satisfied

Inference

From the above table it is clear that 39.5 percent of the employees are Moderately Satisfied with the use of Energy Medicine. 42.0 Percent of the employees are Moderately Satisfied with the use of Allopathic Medicine.

TESTING OF HYPOTHESIS

The hypothesis framed in the present study is tested by using suitable statistics tools and techniques which were detailed below:

Factor Analysis

Factor analysis is a way to condense the data in many variables into a just a few variables. For this reason, it is also sometimes called “dimension reduction.” You can reduce the “dimensions” of your data into one or more “super-variables.” The most common technique is known as Principal Component Analysis (PCA).

Factor analysis is useful in:

1. Condensing variables
2. Uncovering clusters of responses

Factor analysis provides simplicity after reducing variables. For long studies with large blocks of Matrix Likert scale questions, the number of variables can become unwieldy. Simplifying the data using factor analysis helps analysts focus and clarify the results.

Test of Hypothesis I:

H_{01} : Energy Medicine Strongly Influence the Mental Health of the Bank Employees.

Table 4.15 KMO and Bartlett's Test

Kaiser-Meyer-Olkin Measure of Sampling Adequacy		0.844
Bartlett's Test of Sphericity	Approx. Chi-Square	2.649
	Degree of Freedom	190
	Significance	0.000

Source: Computed Data

KMO Measure of sampling adequacy value is 0.844 which means that all the variables are positively correlated. Bartlett's test of Sphericity Significance value is less than 0.05 and hence it is concluded that factor analysis can be performed for these variables.

Table 4.16

Influential factor of Energy Medicine

Variables	Component			
	1	2	3	4
Types of Disease				
Cardiovascular/Respiratory		.919		
Arthritis		.916		
Diabetes		.932		
Hypertension		.925		
Stress, Depression, Anxiety		.867		
Usage				
No usage of Drugs	.842			
No side effects	.867			
No need too much test	.848			
No scientific equipment needed	.893			
Not allergic to medicine	.900			
Perception				
It brings changes in the disease rather than the symptoms.			.649	
EM regulates biological process with precision, speed, and flexibility.				.811
EM fasters healing and prevents illness.				.851

EM includes methods that can be utilized on home and self-help basis.				.733
EM strengthens the integration of body, mind, and spirit.				.738
Employee Attitude				
Complementary therapies are threat to public health			.854	
Treatments not tested in scientifically recognized manner should be discouraged.			.866	
Energy medicine includes ideas and methods from which conventional medicine can benefit.			.738	
It stimulates the body natural therapeutic power.			.611	
It is a natural way of healing			.779	
Total variance	8.633	4.320	1.710	1.440
Percentage of Variance	43.165	21.600	8.549	7.200
Cumulative percentage	43.165	64.765	73.314	80.515
Extracted Factors	Usage of Energy medicine	Types of Disease that EM Cure	Perception of Energy Medicine	Employee Attitude towards Energy Medicine

Source: Survey Data, 2022 (N = 157 samples)

Inference

The above table spelled that five statements namely Cardiovascular/Respiratory, Arthritis, Diabetes, Hypertension, Stress, Depression, Anxiety are grouped and named as Type of Disease that Energy Medicine cures. It has a total variance of 4.320.

The five variable namely No usage of Drugs, No side effects, No need too much test, No scientific equipment needed, Not allergic to medicine is group under the factor Usage of Energy Medicine , it has a total variance of 8.633.

The five statements namely It brings changes in the disease rather than the symptoms, Energy Medicine regulates biological process with precision, speed, and flexibility, Energy Medicine fasters healing and prevents illness, Energy Medicine includes methods that can be utilized on home and self-help basis, Energy Medicine strengthens the integration of body, mind, and spirit are grouped under the Factor Perception of Energy Medicine and it has a total Variance of 1.440.

The next five variable namely Complementary therapies are threat to public health, Treatments not tested in scientifically recognized manner should be discouraged, Energy medicine includes ideas and methods from which conventional medicine can benefit, It stimulates the body natural therapeutic power, It is a natural way of healing are grouped under the factor Employees Attitude towards Energy Medicine and it has a total variance of 1.710.

Test of Hypothesis – II

H₀₁ : Energy Medicine is not associated with the Allopathic Medicine and Mental Health of the Bank Employees.

KARL PEARSON’S CORRELATION

The degree and direction of a relationship between two variables is measured by correlation. Correlation is the study of how variables are connected and is a statistical measure that reveals the extent to which two or more variables fluctuate together. The most often used correlation coefficient is Pearson’s Correlation Coefficient.

Table -4.17 Relationship between Reason for choosing Energy Medicine and Allopathic Medicine.

	Reason for choosing Energy Medicine	Reason for choosing Allopathic Medicine
Reason for choosing Energy Medicine	1	-.709** (.001)
Reason for choosing Allopathic Medicine	-.709** (.001)	

**0.01 level of significance

The interrelationship between the reason for choosing Energy Medicine and Allopathic medicine was presented in the Table 4.13. The dependent variables reason for

choosing Energy Medicine and Allopathic medicine are related to each other by using Karl Pearson's Correlation analysis. The obtained Pearson Correlation value helps to know about the strength and direction of the relationship that exist between the variables.

Reason for choosing Energy Medicine was found to have a significant and negative relationship with Allopathic medicine ($r = -.709, p < 0.05$). This indicates that when the reason for Energy Medicine increases the reason for Allopathic Medicine will be less. Likewise the Allopathic Medicine also have negative impact with the Energy Medicine ($r = -.709, p < 0.05$). This states that when the Allopathic medicine increases, the psychological wellbeing will not be better.

4.3 CONCLUSION

To conclude this particular chapter provides the detailed analysis and interpretation of green banking challenges and opportunities among selected bank employees. In addition to this, it also covers the various hypotheses testing for the present study. To prove the first hypothesis Factor analysis was used. To prove the second hypothesis correlation was used and to prove correlation was used.

CHAPTER – V

FINDINGS, SUGGESTION AND CONCLUSION

5.1 Major findings of the study

5.2 Suggestion

5.3 Conclusions

CHAPTER – V

FINDINGS, SUGGESTION AND CONCLUSION

5.1 Findings of the Study

The major findings of the study has been categorized in 9 ways, they are-

- 5.1.1 Socio-Economic profile of the Bank Employees
- 5.1.2 Awareness Level of Energy Medicine among Bank Employees
- 5.1.3 Awareness Level of Types Energy Medicine among Bank Employees
- 5.1.4 Modes of Awareness Level of Bank Employees towards Energy Medicine.
- 5.1.5 Perception and Knowledge towards Energy Medicine
- 5.1.6 Level of Satisfaction of Energy Medicine.
- 5.1.7 Reason motivated to Choose Energy medicine and Allopathic Medicine
- 5.1.8 Level of Satisfaction in use of Energy Medicine and allopathic Medicine in stress management

5.1.1 Socio-Economic profile of the Bank Employees

- The study clearly shows that 80.3 percent of the female employees have preferred to use Energy Medicine.
- It also reveals that 71.3 percent of the bank employees were between the age group 21-30 years.
- The 65.6 percent of the respondents were unmarried.
- It is also clear that 73.9 per cent of degree holders are more aware and make use of these Energy Medicine.
- It also clear that 33.1 per cent of the bank employees using energy medicine and their income fall under the group of 40001 – 50000.
- 100 percent of the respondents were employees of State bank of India and 39.5 were Officers in the SBI.

5.1.2 Awareness Level of Energy Medicine among Bank Employees

- The study reveals that 46.5 percent of the Bank Employees were Aware of Energy Medicine.
- 32.5 percent of the employees are May be aware of Energy Medicine.
- It also further reveals that 21.0 percent of the Bank Employees were Not Aware of Energy medicine.

5.1.3 Awareness Level of Types Energy Medicine among Bank Employees

- The Study reveals that 28 percent of the employees are Moderately Aware of Touch Therapy.
- 48 percent of the employees are some what aware of Reiki Healing Technique.
- 45 percent of the bank employees are Moderately aware of Acupuncture therapy.
- 53 percent of the bank employees are Slightly Aware of Chakra Balancing.
- 48 percent of the bank employees are not aware of Somatic Experience.
- 47 percent of the employees are somewhat aware of Aura cleansing.
- This table finally concludes that Acupuncture therapy is mostly known by Employees.

5.1.4 Modes of Awareness Level of Bank Employees towards Energy Medicine.

- The study reveals that 33.1 per cent of the employees became Aware of Energy Medicine to cure Mental Stress through Friends and Family.
- 29.3 per cent of the employees became moderately aware through Medical Practitioner.
- 32.5 percent of the employees became some what aware of energy medicine through Words of Mouth.
- 31.2 percent of the employees became some what aware through Books / Magazines.
- And 29.9 percent of the employees became aware of Energy Medicine through Other Modes of information.

5.1.5 Perception and Knowledge towards Energy Medicine

- It is clear from the study that 31.8 percent of the employees agree that energy medicine brings changes in the disease rather than Symptoms.
- 46.5 percent of the employees agree that Energy medicine regulates biological process with precision, Speed, and Flexibility. 36.9 percent of the employees Disagree that Energy Medicine fasters healing and prevents illness.
- 31.9 percent of the employees Disagree that Energy Medicine includes methods that can be utilized on home and self – help basis. 31.8 percent of the employees strongly agree that Energy medicine strengthens the integration of body, mind, and spirit.
- It is clear that 35.7 percent of the employees are satisfied with their knowledge towards Energy Medicine.
- 33.1 percent of the employees are Not satisfied with their knowledge towards energy medicine, and 31.2 percent of the employees are somewhat satisfied towards energy medicine.

5.1.6 Level of Satisfaction of Energy Medicine.

- The study clearly said that 35.0 percent of the employees agree that energy medicine lessens aches and pains.
- 31.2 percent of the employees Disagree that it increase focus, Clarity and Memory.
- 29.3 percent of the employees Agree that energy medicine reduces Stress and Anxiety.
- 39.5 percent of the employees Agree that energy medicine creates deeper happiness and satisfaction.
- 38.9 percent of the employees agree that energy medicine improves overall health and vitality.

5.1.7 Reason motivated to Choose Energy medicine and Allopathic Medicine:

- It is stated that “Energy Medicine can be used at home and it is self help in nature” stands First Rank with a mean score of 3.38.
- Follows the variable “it doesn’t cause any side effects” stands second with a mean score of 3.35.

- The variable “it doesn’t need any surgeries” stand Third with a mean score of 3.33. “Less fear in use of medicine” stands Fourth with a mean score of 3.28. “it is safer to use” stand Fifth with a mean score of 3.26. “it is less costly” stand Sixth with a mean score of 3.21. “It is more effective” stands seventh with a mean score of 3.14. “It is easily available” stand eight with a mean score of 3.13.

5.1.8 Level of Satisfaction in use of Energy Medicine and allopathic Medicine.

- From the above table it is clear that 39.5 percent of the employees are Moderately Satisfied with the use of Energy Medicine. 42.0 Percent of the employees are Moderately Satisfied with the use of Allopathic Medicine.

5.2 SUGGESTIONS OF THE STUDY:

In the present study few of the suggestions were included. They are-

1. It is advised that, the Energy Medicine should use or prefer more number of Bank Employees in their routine life for Managing Stress transactions.
2. Measurement to be taken to avoid fear among the bank employees and to protect them in their banking activities.
3. To provide more number of trainings, provide knowledge and more skills to understand new green Banking products and services to improve their operational activities so that, the customer feel comfort about their transactions.
4. Government should provide detailed guideline about Green Banking for environmental protection, conservation of Biodiversity, to the public.
5. Bank should conduct more seminars and participative meeting with the customers and public.
6. Bankers should setup new outlet and promote about the Green Banking and its products.
7. The bank should create separate website for green banking, which helps to spread the information regarding green banking quickly another usage of green banking will be increasing.

CONCLUSION:

The pandemic had made the people to survive from all the difficulties. This covid made Medical Sector were on boom. Where the whole economy faced a short fall the medical industries faced high rise. This not only made rise to allopathic medicine, the other complementary medicine has also grown. The people started to be aware of energy medicine which is great alternative incase of allopathic medicine. People started to use even natural medicine and home medicine. Unfortunately, the large number of employees do not use energy medicine.

To sum up the present study focused on Energy Medicine in managing Stress of Bank Employees in the Coimbatore District, where it reveals that selected employees have positive impact on the awareness, perception, satisfaction level of Energy Medicine. The study mainly focuses on the association between the energy medicine and allopathic medicine. It further studies about Stress level of bank employees. The studies concludes energy medicine have good impact in managing stress of the bank employees.

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