

Pets: The Stress Busters

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As we are in a race of progress, our stress level is also increasing with the same pace. Urbanization and few recent pandemics like COVID compelled the human being to live alone. It reduces the socialization among human beings. In the era of high competitive environment, the students also face the extreme level of stress. Considering above mentioned facts it is important to know the methods of reducing stress, the pets can be the best stress busters. Before going to understand the fact that how a pet can be stress buster, let us understand what is pet?

A pet is an animal kept for companionship and enjoyment or a household animal, as opposed to wild animals. The most popular pets are noted for their loyal or playful characteristics, for their attractive appearance, or for their song. It could be a dog, a cat, parakeet, a gold fish or anything else. The only thing which matters is that the animal is of interest to you.

- **Dogs:** Dogs are loyal, loving, and like an animal best friend.
- **Cats:** Cats are typically easy to own and will happily sit in your lap.
- **Fish:** A fish tank has a calming effect for any room.
- **Horse:** Riding or grooming horses can be a relaxing activity.
- **Birds:** Birds will uplift your mood with their singing.

The Health Benefits of having a pet

A. Pets Can Improve Mood: For those who love animals, it's virtually impossible to stay in a bad mood when a pair of loving puppy eyes meets yours, or when a super-soft cat rubs up against your hand. Research supports the mood-enhancing benefits of



pets. A recent study found that men with AIDS were less likely to suffer from depression if they owned a pet. (According to a press release, men with AIDS who did not own a pet were about three times more likely to report symptoms of depression than men who did not have AIDS.)

- B. Pets Control Blood Pressure Better Than Drugs:** In a recent study, groups of hypertensive patients who have got dogs or cats were found to have lower blood pressure and heart rates than those who didn't get pets!
- C. Pets Encourage You To Get Out And Exercise:** Dog owners do spend more time walking than non-pet owners, at least if we live in an urban setting. Because exercise is good for stress management and overall health, owning a dog can be credited with increasing these benefits.
- D. Pets Can Help With Social Support:** When we're out walking, having a dog with us can make us more approachable and give people a reason to stop and talk, thereby increasing the number of people we meet, giving us an opportunity to increase our network of friends, which also has great stress management benefits.
- E. Pets Stave Off Loneliness and Provide Unconditional Love:** Pets can be there for you in ways that people can't. They can offer love and companionship, and can also enjoy comfortable silences, keep secrets and are excellent snugglers. And they could be the best cure to loneliness.
- F. Pets Can Reduce Stress—Sometimes More Than People:** While we all know the power of talking about your problems with a good friend who's also a good listener, recent research shows that spending time with a pet may be even better! Recent research shows that, when conducting a task that's stressful, people actually experienced less stress when their pets were with them than when a supportive friend or even their spouse was present! (This may be partially due to the fact that pets don't judge us; they just love us.)
- G. Reduce Stress-induced Symptoms:** In a study of people undergoing oral surgery spent a few minutes watching tropical fish in an aquarium, the relaxation level was measured by their blood pressure, muscle tension, and behaviour. It was found that the subjects who watched the fish were much more relaxed than those who did not

watch the fish prior to the surgery. People who watched the fish was as calm as another group that had been hypnotized before the surgery.

H. Adds years to life: Pets, thus, add years to the life of their owners by inducing them to exercise regularly and provides them with other social and mental relief.

I. Lifestyle Balance: Adopting healthy lifestyle changes can play an important role in easing symptoms of depression, stress, bipolar disorder and anxiety. Caring for a pet can help with those healthy lifestyle changes by:

- Increasing exercise
- Providing companionship
- Helping meet new people
- Reducing anxiety
- Adding structure and routine to your day
- Providing sensory stress relief

Pets and older adults:

The key to aging well is to effectively handle life's major changes, such as retirement, the loss of loved ones, and the physical changes of aging. Pets can play an important role in healthy aging by:

- **Helping you find meaning and joy in life.** As you age, you'll lose things that previously occupied your time and gave your life purpose. You may retire from your career or your children may move far away. Caring for a pet can bring pleasure and help boost your morale and optimism. Taking care of an animal can also provide a sense of self-worth.
- **Staying connected.** Maintaining a social network isn't always easy as you grow older. Retirement, illness, death, and moves can take away close friends and family members. And making new friends can get harder. Dogs especially are a great way for seniors to spark up conversations and meet new people.
- **Boosting vitality.** You can overcome many of the physical challenges associated with aging by taking good care of yourself. Pets encourage playfulness, laughter, and exercise, which can help boost your immune system and increase your energy.
- Therefore, we can say that the pets are the best option for stress management for all age groups of human being.

