

A STUDY ON ROLE OF PETS REDUCING STRESS IN CHROMPET

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ABSTRACT

This study investigates, the concerns of stress has become an almost daily companion for many people—especially in urban areas like Chrompet, Chennai, where the hustle and bustle never seem to pause. Amidst the noise, deadlines, and constant movement, one quiet but powerful source of comfort stands out: pets. Be it a loyal dog, a gentle cat, or even a cage of chirping lovebirds, pets bring a kind of emotional relief that many people in the area have come to deeply appreciate.

This study takes a closer look at how pets are helping individuals in Chrompet deal with stress—not through complicated therapy or medication, but simply through love, presence, and companionship. Through personal observations and local examples, this study highlights the deep emotional connection between humans and animals, and how that bond can bring peace in an otherwise chaotic life. The role of pets in reducing stress is not just real—it's quietly life-changing.

Keywords: Stress Reduction, Pet Therapy, Human Animal Bond, Emotional - Well Being

1. INTRODUCTION

Living in Chrompet, a busy and fast-growing part of Chennai, it's easy to feel overwhelmed at times. With the constant noise of traffic, crowded streets, academic pressure, and the general stress of city life, many people find it hard to take a break and truly relax. In the middle of all this, there's something simple yet powerful that has been quietly helping people feel better: pets. Whether it's the playful bark of a dog welcoming its owner home, the soft purring of a cat after a long day, or even watching fish swim peacefully in an aquarium, these small interactions with animals seem to have a calming effect. I've seen it around me some of my neighbours who once seemed very stressed out now appear more cheerful and relaxed, ever since they adopted pets. Even in the researcher experience, spending time with animals creates a sense of comfort that is hard to explain, but very real.

The research area at Chrompet, where people juggle work, studies, and household responsibilities, pets are becoming more than just animals they are companions, stress-relievers, and sometimes even emotional healers.

This study aims to explore the role of pets in reducing stress, especially in our everyday lives specific reference to Chrompet, and pet's role how these loyal companions are quietly making a difference in people's mental well-being and reducing stress.

Statement of the problem

Life in an urban setting like Chrompet, a bustling part of Chennai, brings with it a unique set of challenges. The constant rush to meet work deadlines, the pressure of academic performance for students, the noise and congestion of traffic, and the lack of open spaces for relaxation all contribute to growing levels of stress among residents. Over time, this continuous strain can affect not only a person's mental health but also their physical well-being, relationships, and overall quality of life. While various coping strategies such as yoga, meditation, exercise, and counseling are known and practiced, there is an often-overlooked source of comfort: companionship from pets. Pets offer unconditional love, a sense of responsibility, and moments of joy that can distract individuals from daily worries. The simple act of spending time with a dog, cat, or even a small bird can calm the mind, lower anxiety, and create a sense of belonging that is deeply human in nature. In this research area, many families and individuals keep pets, yet there is little organized understanding of how these animal companions actually influence stress levels in their owners.

Without such knowledge, the emotional and psychological benefits of pets remain underappreciated, and their potential role in promoting community well-being is largely unrecognized. Identifying and understanding this connection could not only highlight an affordable and natural way to reduce stress but also encourage a more compassionate and inclusive view of pets as essential members of society.

Objectives

1. To understand how living with pets influences the stress levels of people in Chrompet, Chennai.
2. To explore the emotional, mental, and social benefits that pet companionship brings to daily life.
3. To compare stress levels between pet owners and non-pet owners in the community.

4. To highlight the unique ways pets, contribute to creating a happier and healthier living environment.
5. To provide insights that can encourage more people to appreciate the value of pets in improving emotional well-being.

Need for the study

In an area like Chrompet, where people juggle work, studies, and household responsibilities in the midst of city noise and traffic, stress has quietly become a part of everyday life. While many turn to modern solutions like gadgets, therapy, or weekend getaways, the healing power of a wagging tail, a gentle purr, or a playful chirp often goes unnoticed. This study is needed to shed light on the simple yet profound ways pets help people relax, feel loved, and cope with emotional strain. By documenting these benefits, the research can inspire a deeper respect for pets not just as animals we own, but as companions who share our lives and lighten our burdens.

2. REVIEW OF THE STUDY

Priyadharshini Arasu, Srihari Ramamoorthy, Manickam Subramanian, and Mathangi Damal Chandrasekar (2025) conducted a study titled “Effects of Pet Ownership on Stress and Sleep Quality Among Working Professionals in Chennai”. They have studied 210 participants—103 pet owners and 107 non-pet owners—and found that those with pets experienced noticeably lower stress levels and better-quality sleep. This effect was especially strong among male participants. The researchers explained that the daily care, affection, and companionship pets provide can calm the mind and create a healthy routine.

According to Priyadharshini Arasu et al. (2025), has pointed out that the soothing presence of pets helps reduce anxiety by offering unconditional love, emotional support, and distraction from work pressures. These benefits go beyond simple enjoyment, physiological measures like heart rate variability in their study proved that pets genuinely help the body cope better with stress.

Ashna Khare (2025), has noted that in her article “How Pets Fight Stress and Anxiety in India” published in Times Pets, highlighted that pets whether dogs, cats, or even birds play a significant role in improving mental well-being. She explained that spending time with pets can lift mood, reduce feelings of isolation, and create a sense of purpose in the owner’s life.

A national survey by Mars Petcare and Calm India (2025), has reported in the Times of India, revealed that 82 per cent of Indian pet owners feel more relaxed when interacting with their pets, 79 per cent enjoy better sleep, and 88 per cent experience less overthinking. These numbers reinforce the idea that pets are a valuable form of emotional therapy for people living in both urban and semi-urban environments.

AREA OF THE STUDY

The present research study area Chrompet has many urban challenges such as traffic, work pressure, and limited leisure time, and how pets may help to ease these stress levels.

This study focuses on Chrompet, a busy residential and commercial area in Chennai, Tamil Nadu. Residents of Chrompet, including both pet owners and non-pet owners.

The research respondents are coming under adults and young adults (students, working professionals, homemakers) living in the locality. The present study analyses the relationship between pet owners how to reduce stress in their daily life.

3. METHODOLOGY

This study has been adopted descriptive research method, focusing on understanding how pets help reduce stress among students and residents in Chrompet, Chennai district. Both primary data and secondary data were used. Primary data was collected through questionnaires and direct interaction with participants, while secondary data came from articles, journals, and reports. A simple random sampling method was applied to select respondents, ensuring fairness and diversity in responses. The data were analyzed to identify patterns, experiences, and insights regarding the role of pets in stress relief.

SELECTION OF SAMPLE

The study uses a random sampling method and purposive sampling to choose 50 residents as respondents in the study area including both pet owners and non-pet owners. Adults from different age groups(18-30years) and occupations, students, working professionals, and homemakers are included to get a true picture of the community. Participation is voluntary, and all responses are kept confidential.

SOURCES OF THE STUDY

The present study has used for both primary and secondary sources of data. The primary sources like data collected from the respondent responses from Questionnaires – Direct answers from residents about their stress levels, pet ownership, and experiences with pets.

Personal Interviews – Conversations with pet owners and non-pet owners to understand their feelings and daily routines. And Observation Notes – Researcher's own observations of how people interact with their pets in homes or public spaces.

Secondary Sources like such as Published Research Articles, Books, Government and NGO Reports – Data on pet ownership trends, urban stress levels, and mental health statistics in Chennai or Tamil Nadu, Newspaper and Magazine Articles. Online Surveys and Databases.

DEFINITION AND TERMS USED FOR THE STUDY

Pet

A pet is more than just an animal living in a home; it is a gentle companion that shares human emotions, daily life, and even silence. Unlike animals kept for work or profit, pets are cared for with love and affection, becoming part of the family's rhythm.

They offer comfort during loneliness, joy in moments of play, and unconditional loyalty that often goes beyond words. In many ways, pets reflect the human need for connection, trust, and nurturing relationships. They remind us of empathy and responsibility, while also filling our lives with warmth, laughter, and a sense of belonging.

Stress Reducing

Pets play a gentle but powerful role in reducing stress. Their presence brings a sense of calm and comfort, helping people feel less lonely and anxious. Simple acts like stroking a dog, listening to a cat's purr, or watching fish swim in an aquarium can lower blood pressure, relax the mind, and release endorphins the body's natural "feel-good" chemicals. Pets also encourage routine, play, and outdoor activity, which naturally distracts from stress and promotes emotional balance. More than anything, they provide unconditional love and companionship, reminding people that they are not alone, which greatly eases mental strain and emotional burden.

Pet therapy

Pet therapy, also known as animal-assisted therapy, is a healing approach where trained animals are used to support the emotional, mental, and even physical well-being of people. It is based on the idea that the simple presence of an animal can reduce stress, lower anxiety, and bring comfort to individuals in need. In hospitals, schools, elderly care homes, and rehabilitation centers, animals such as dogs, cats, or even horses are introduced to create a calming environment, encourage social interaction, and motivate patients to engage in activities. Pet therapy is not just about medical benefits—it is also about the human connection with animals, where affection, touch, and companionship become powerful tools of healing.

This method recognizes that animals have the unique ability to communicate without words and provide unconditional love, which helps people feel more relaxed, hopeful, and emotionally balanced.

SCOPE OF THE STUDY

This study covers the role of pets in reducing stress among residents of Chrompet in Chennai. It focuses on students, working professionals, and families, highlighting how pets contribute to emotional well-being in an urban environment.

The study opens possibilities for using pets as a supportive form of stress management. It can inspire schools, colleges, and workplaces to adopt pet-assisted activities. It also provides a base for future research on animal-assisted therapy in Indian contexts.

This study highlights the emotional and social benefits of having pets. It will show how pets help reduce loneliness, provide comfort, and improve mental balance, especially in busy city life.

In future, this study can guide policymakers, institutions, and health professionals to consider pets as part of stress-relief strategies. It can also encourage more community awareness about responsible pet ownership in Chennai and beyond.

LIMITATON OF THE STUDY

The study is confined to Chrompet in Chennai, which means the findings may not fully reflect the experiences of people living in other regions of the city or across India. The specific focus gives depth but reduces the breadth of generalization.

Collecting responses from pet owners and non-pet owners posed challenges. Some participants were hesitant to share personal experiences about stress and emotions, which may have limited the richness of data.

The process of designing questionnaires, reaching out to participants, and analyzing responses required time and resources, which sometimes limited the scope of the study. Practical barriers like scheduling with respondents also slowed down the process.

This study opens a path but does not completely fill the gap in understanding the role of pets in stress reduction in urban India. More extensive studies across different age groups, professions, and cultural backgrounds are needed in the future to strengthen the findings.

4. DATA INTERPRETATION AND ANALYSIS

Table 1: Distribution of gender by the respondents

GENDER	NO. OF RESPONDENTS	PERCENTAGE
MALE	28	56
FEMALE	22	44
Total	50	100

Sources: Primary data

56 per cent of the respondents are male participated in the study followed by female respondents (44 per cent)

It concludes that more number respondents are belongs to male gender category in the study area.

Table 2: Age group by respondents

AGE GROUPs	NO. OF RESPONDENTS	PERCENTAGE (%)
18-25Yrs	25	50
26-35yrs	15	30
36+ yrs	10	20
Total	50	100

Sources: Primary data

Out of the total respondents selected for the study, 50 per cent of the respondents are coming under the age category of 18-25 years followed by 36 + and above years (20 per cent) and 26-35 years (30 per cent)

It concludes that half of the study respondents are coming the age break up of 18-25 years in the study area.

Table 3: Pet ownership

PET OWNERSHIP	NO. OF RESPONDENTS	PERCENTAGE (%)
Pet ownership	35	70
Non-pet owners	15	30
Total	50	100

Sources: Primary data

Out of the total respondents interviewed for the study, most of the respondents have (70 per cent) own pets, while 30 per cent of them do not have any pets.

This study reflects that majority of the respondents are having pets in their own houses.

Table 4: TYPES OF PETS OWNED

TYPE OF PETS OWNED	NO. OF RESPONDENT	PERCENT (%)
Dogs	20	57
Cats	10	29
Birds/ fish	5	14
Total	35	100

Sources: Primary data

57 per cent of the respondents are owned Dogs are the most popular pets followed by cats (29 per cent) and only 5 per cent of them owned birds/ fish as a pet.

The present study reflects that the 57 percent of them have pets in their houses. Remaining of them (30 per cent) do not have any pets.

Table 5: Pets And Stress Reduction

Category	NO. OF RESPONDENTS	PERCENTAGE
WORK STRESS	20	40
PROVIDE EMOTIONAL COMFORT	15	30
REDUCES LONELINESS	10	20
NO SIGNIFICANT IMPACT	5	10
Total	50	100

Sources: Primary data

Out of the total respondents selected for the study, 40 per cent of the respondents are agreed pets provide work stress relief (academic, emotional, or social) followed by emotional comfort (30 per cent), reduces loneliness (20 per cent) and only five per cent of them revealed pets are not creating any significant impact in their life.

This study concludes that a greater number of respondents are stated that pets playing an important role for reducing their stress.

Table 6: TIME SPENT WITH PETS by the respondents

TIME SPENT	NO OF RESPONDENT	PERCENTAGE
Less than 1 hour	10	29
1-3 hours	13	37
More than 3 hours	12	34
Total	35	100

Sources: Primary data

Most pet owners spent the time with their pets 37 per cent of the them are spending time with their pets 1–3 hours daily with pets it showing companionship is a part of routine life followed by more than 3 hours (34 per cent) and less than one hour (29 per cent). Also, not owned pet owners also spent the time with their neighbours pets.

This study concludes that 37 per cent of the respondents are spending time with their pets around 1-3 hours.

Table 7: Method of spending time with their pets

Methods of time spent	NO. OF RECONDENTS	PERCENTAGE
Playing	35	100
Walking	27	77
Feeding	23	66
Emotional bond	20	57
Total	35*	100*

Sources: Primary data

*Multiple Answers

Pet owned respondents are spending time with their pets in different methods in the study area. All the respondents are playing with their pets followed by walking (77 per cent), feeding (66per cent) and emotional bond 57 per cent).

Playing and walking with pets are the most common activities linked to stress reduction.

It concludes that the playing methods of spending time along with pets that reducing respondents stress and they forgot their worries are reported by the respondents in the study area.

Table 8: Perception Of Pets As Therapy

OPINION	NO. OF RESPONDENTS	PERCENT
Strongly agree	25	50
Agree	15	30
Neutral	5	10
Disagree/strongly disagree	5	10
Total	50	100

Sources: Primary data

More number of the respondents are strongly agreeing the pets as therapy for relation of their worries followed agree (30 per cent), Neutral (10 per cent), and disagree and strongly disagree (10 per cent)

Half of the respondents in the study area said that they perceive and believe pets play a therapeutic role in reducing stress in human life.

Problems

Living in a close-knit residential area like Chrompet, Chennai, brings people together in many ways, while pets bring joy and stress relief to their owners, their presence sometimes creates friction with neighbours. One of the most common problems is noise disturbance, especially from dogs barking at night or during early mornings. Though it is natural to dogs, this behaviour can disturb the sleep of nearby families, affecting their health, productivity, and peace of mind.

Another issue is pets straying into neighbouring houses or compounds. Cats, in particular, are known for climbing walls, entering homes, or leaving paw marks on vehicles. While these may harmless to the owner, for a neighbour it can feel like an attack of personal space. Similarly, larger pets such as dogs can sometimes frightening children or elders, especially if they are not kept on a leash.

Hygiene and cleanliness also become major concerns in a community setting. If pet waste is not properly disposed of, it can create unpleasant odours and even health hazards.

In crowded localities, this is one of the most sensitive issues leading to complaints and also Some neighbours may suffer from allergies to pet fur or dander. Others may have a natural fear of animals, particularly dogs, which makes them feel unsafe even if the pet is harmless. This can lead to unnecessary anxiety and stress.

Pet owners may feel that neighbours are being, while neighbours may feel pet owners are being careless. Without dialogue, small issues quickly turn into complaints and strained relationships.

Solutions

The solution lies in a mix of responsibility from pet owners, empathy from neighbours, and cooperative efforts within the community.

First, pet owners can take proactive steps in training and discipline. Dogs can be trained to reduce excessive barking, especially during night hours. Professional trainers or simple behavioural methods can help pets adjust better to community living. maintaining cleanliness and hygiene is essential.

Pet owners should ensure proper disposal of pet waste and regular grooming of their pets to prevent odours and shedding. Keeping living spaces clean is a small but powerful step that prevents many complaints. control and boundaries should be respected. Using leashes while walking dogs, preventing cats from entering neighbours' property, and supervising outdoor play ensures that pets do not disturb others.

Owners should also choose appropriate times and places for pet exercise, ideally in less crowded areas or designated parks. At the same time, neighbours too have an important role. Empathy and patience can go a long way. Instead of viewing pets only as sources of disturbance, neighbours can try to understand that pets play a vital role in reducing stress and improving mental health for families.

A childless couple may see their pet as their child, while an elderly person may rely on a pet for companionship. Recognizing this emotional bond can reduce unnecessary conflict.

Finally, communities can work together to create pet-friendly initiatives. Small parks, walking zones, or designated waste disposal points can greatly reduce disturbances. Rules for pet ownership can be framed not as restrictions but as guidelines to ensure peaceful coexistence.

5. FINDINGS

- This study found that more male respondents are involved in the study compared to females. This shows that men in Chrompet may be more open to discussing stress and pet companionship, but it also highlights the need to encourage women's perspectives for a balanced view.
- It found to be the majority of respondents were in the 18–25 years age group. Younger people face higher academic and career-related stress, and pets play an important role in providing relief during this crucial stage of life. Young people are not isolated their home. Always accompany with their pets.
- The present study reveals that the 70 per cent the of respondents own pets, while 30 percent of them do not own any type of pets. This suggests a growing acceptance of pet culture in Chrompet, showing pets are not just for luxury but also for emotional support.
- This study reflects that Dogs were the most popular pets, followed by cats and birds/fish. Dogs are seen as active companions, giving emotional stability and reducing loneliness, making them the most trusted stress-relievers.
- This study reveals that 70 per cent of respondents agreed pets help reduce stress through academic relief, emotional comfort, or reducing loneliness. Pets clearly contribute to mental health, indicating their potential as natural stress-relievers in daily life.
- This study found to be most respondents spend 1–3 hours daily with pets. Consistent companionship builds stronger bonds and makes stress relief more effective.
- The study represents that owned pet respondents are used as Playing and walking with pets were the most common activities. These activities combine physical exercise and emotional bonding, helping people improve both mental and physical well-being.
- The present study concludes that Owned pet respondents in the study area are strongly believe pets act as therapy. This shows people of Chrompet view pets as more than animals—they are partners in mental wellness, pointing to the possibility of using Pet Therapy in schools, colleges, and workplaces.

6. SUGGESTION

- ✓ Schools, colleges, and workplaces in Chrompet can organize awareness programs about the positive role of pets in reducing stress and improving mental health.
- ✓ Local authorities should develop more pet-friendly spaces like parks and walking areas where owners can spend quality time with their pets.
- ✓ Counseling centers and wellness clinics can include trained animals in therapy sessions to help students and professionals manage stress effectively.
- ✓ Community events such as pet shows, pet clubs, and awareness campaigns can be organized to strengthen social bonding and reduce loneliness.
- ✓ People should be encouraged to practice responsible pet ownership through proper care, feeding, and medical attention, which ensures a stronger emotional bond.
- ✓ Non-pet owners can also be given opportunities to interact with animals through visits to shelters or by spending time with neighbors' pets.
- ✓ Local government bodies and NGOs can promote pet adoption campaigns and highlight the role of pets in maintaining emotional well-being.
- ✓ Further research can be encouraged to study the different impacts of various pets like dogs, cats, birds, and fish on reducing stress.
- ✓ Housing societies and offices can adopt pet-friendly policies, allowing people to maintain companionship with pets in their daily environment.
- ✓ Schools can include interactions with pets or therapy animals to reduce exam stress and nurture emotional growth among students.

7. CONCLUSION

This study on the role of pets in reducing stress among the people of Chrompet, Chennai, has revealed some deep insights into the connection between humans and animals. In today's fast-moving world, stress has become a constant part of daily life, affecting students, working professionals, and homemakers alike. Against this backdrop, pets have emerged as silent companions who offer comfort, joy, and emotional relief without asking for anything in return. Through the responses collected, it became evident that pets are not only a source of entertainment but also play a

therapeutic role in managing mental and emotional strain. Many participants expressed that the simple act of playing, walking, or even spending a few quiet moments with their pets was enough to ease their burdens and uplift their mood. The findings suggest that pets create a sense of belonging and responsibility that helps individuals manage their emotions more effectively. Unlike other methods of stress management, which may be artificial or expensive, pets provide a natural, cost-free, and sustainable way of reducing tension. They bring warmth into the household, help reduce feelings of loneliness, and strengthen family bonds. It is also clear that pets improve not only mental health but also physical health by encouraging outdoor activities like walking and playing. The companionship of pets often fills emotional gaps, particularly in urban areas where personal interactions are shrinking due to busy schedules.

However, the study also shows that awareness about the mental health benefits of pets is still limited in some sections of society. People often look at pets only as animals that require care, without realizing the silent healing they provide in return. There is also a need for more pet-friendly spaces, supportive housing policies, and community-level initiatives to encourage responsible ownership. If proper awareness campaigns are carried out, more individuals may come to realize that pets are not just companions but also natural healers who improve the quality of human life.

In conclusion, the role of pets in reducing stress cannot be underestimated. They bring balance to the fast-paced lives of urban residents, create emotional stability, and spread unconditional love that no therapy can replace. For the people of Chrompet, pets are not merely animals living in their homes but trusted friends who help them overcome loneliness, anxiety, and emotional struggles. This study reaffirms the timeless bond between humans and pets and shows how nurturing this bond can contribute to building a healthier, happier, and stress-free community.

Research questionnaires

1. What is your age group?
2. What is your gender?
3. Do you currently own a pet?
4. If yes, what type of pet do you have?
5. How much time do you usually spend with your pet per day?
7. If you don't own a pet, do you interact with pets of friends, neighbors, or in public spaces?
8. Do you feel that spending time with pets reduces your stress levels?
9. In what ways do pets help you cope with stress?
10. Have you noticed an improvement in your mood or energy after spending time with pets?

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