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KNITTING AGAINST STRESS

It is known that stress destroys the creative beginning in human life almost completely. And one of the most effective modern means of lowering a stress level psychologists consider to be such an old-fashioned hobby as knitting, which is now more often referred to as yoga of the 21st century [3].

Worldwide passion for knitting began a few years ago. Psychologists explain this phenomenon as a reaction to the growing stress of everyday life and the dominance of technologies that deny manual labor and creative initiative. In addition, over the last few decades, feminism reigned throughout the world, which denied such eternally female hobbies as knitting. According to the feminists, it was associated with the enslavement of a woman, with her attachment to the home and family and lack of will. In recent years, such radical views are no longer popular, and so the passion for knitting is becoming more and more evident [2].

Currently one can see American women knitting in subway cars, coffee shops, bookstores and during lunch breaks. For many people knitting is a kind of yoga. Most enthusiastic knit believes that the main thing - it's his therapeutic effect and the ability to communicate with friends who share this hobby. By the way, even in the United States, a network of knitting clubs called Knitting and Complaints was created. In addition, America's most popular online sites and e-shops for the sale of their own products.[1]

Responding to the growing interest in knitting, well-known companies began to offer their services specifically for knitters. Thus, the Amtrak Rail Company organizes special trains for knitting lovers that run between several California cities. Passengers are offered a session to exchange experiences with experienced knitters and learn new knitting patterns in the company of coworkers. One of Barnes and

Nobles bookstore in New York hired live models to knit in a storefront, promoting knitting and books devoted to this activity [3].

A study conducted by the American Council for Crafts showed that there are almost 100 million knitters in the country now. A great surprise was the fact of the extraordinary popularity of knitting is seen among women under 35 years old. The image of the grandmother with knitting needles is rapidly losing its relevance. In recent years, the number of adolescents under the age of 18 who attend classes in knitting has increased by 150% and now 5.7 million teenagers are engaged in knitting. The popularity of knitting among women in the age group of 25-34 is growing rapidly (more than 6.5 million people) [3].

The "Knitting Men's Club" was open in New York a few years ago. Men come here to drink beer, watch TV and knit in a friendly company. Capturing knitting is equally popular with celebrities. Among those who in their interviews in recent years have recognized in this hobby stars such as Uma Thurman, Kate Hudson, Madonna, Julian Moore, Cameron Diaz, Sarah Jessica Parker and Julia Roberts [1].

Why knitting is so popular in the modern world? Specialists are convinced that, above all, the secret is in its psychotherapeutic effect. A person who cannot or does not like knitting may not understand the benefits of spending a long time doing monotonous, rhythmic movements with knitting or crochet simultaneously experiencing pleasure and relaxation. Meanwhile, scientists believe that a person, engaged in monotonous activity which is an automatic repetition of the same movements, experiences a special state of mind. Thus, this is evident in reducing the tone of the nervous system and muscles, certain vibrations of the bioelectric potential of the brain, the consumption of oxygen and energy in the tissues, slowing down the cardiac activity, decreasing the arterial pressure

However, the therapeutic effect of knitting does not come at once. If you are a newcomer who recently picked up his knitting needles, you should not count on a special relaxation. After all, in cases where the performance of repetitive tasks requires constant tension and attention, tiredness quickly occurs, but not calmness. But if you are an experienced knitter, then you can easily get distracted from the

actions and think about something their own. Many people resort to knitting, when there is a need to think about something.

Thus, knitting is not only a great way to prevent overwork, insomnia and stress, but also a great way to deal with already existing problems. It is not a coincidence that hand knitting is one of the common forms of psychotherapy and is used, in particular, for some neurotic disorders. It is one of the best methods to get rid of boredom and bad mood.

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