
“The Effect of Yoga Therapy on Stress Levels Among Nursing Students”

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ABSTRACT

Nursing students often experience significant stress and anxiety throughout their education, with higher levels of anxiety, particularly test anxiety, compared to students in other healthcare disciplines. Yoga extends beyond mere physical exercise, offering benefits that impact both the body and mind. Regular yoga practice positively influences body chemistry, aids in disease prevention, alleviates symptoms, and enhances emotional health. By fostering a strong mind-body connection, yoga improves overall mood and well-being. A quasi-experimental study was conducted to assess the impact of yoga therapy on stress levels among nursing students. A total of 60 students were selected through simple random sampling. Data was collected using demographic questionnaires and the Perceived Stress Scale and analyzed with descriptive and inferential statistics.

The pre-test results indicated that 3 students (5%) experienced mild stress, 51 students (85%) experienced moderate stress, and 6 students (10%) experienced severe stress, with an average stress score of 39.02 ± 3.77 . After the yoga intervention, post-test results showed that 3 students (5%) had minimal stress, 56 students (93.3%) had mild stress, and 1 student (1.7%) experienced moderate stress, with an average stress score of 19.88 ± 2.98 .

The paired t-test analysis revealed a statistically significant reduction in stress levels, with a t-value of 34.79 and a p-value of 0.000, significant at the 0.01 level. This study concludes that yoga therapy effectively reduces stress levels among nursing students. Emphasizing coping strategies, such as yoga, can help manage stress, promote health, and improve the overall quality of life for nursing students.

KEY WORDS: *Yoga therapy, Stress, Nursing students*

INTRODUCTION:

Nursing is a profession which came into existence during the Crimean war and is continuing till date. Nursing students constitute the backbone of the nursing profession. Entering the world of nursing presents the new students with a formidable array of changes. Often still in their teens they are often asked to transform from adolescent to adult and from lay person to professional. [1]

Nursing is a profession within the health care sector focused on the care of individuals, families, and communities so they may attain, maintain, or recover optimal health and quality of life. Nurses may be differentiated from other health care providers by their approach to patient care, training, and scope of practice. [2]

Nursing is the protection, promotion, and optimization of health and abilities; prevention of illness and injury; alleviation of suffering through the diagnosis and treatment of human responses; and advocacy in health care for individuals, families, communities, and populations. [3]

The high rigor of nursing curricula also leads to stress and anxiety, because failure in either a course or a program results in lost time and investment in the student's education, which in turn causes a delay in future earning potential. [4]

Studies comprising medical students have shown that mental and physical exercises, including yoga, lessen mental distress and improve student well-being. [5]

The undergraduate years for student nurses is a very vulnerable period wherein stress, depression, and anxiety can interfere with learning, affect academic performance, and degrade clinical practice performance. This could result in a temporary or permanent impediment to their pursuit of a nursing career. Continued stress causes mental disorders, substance abuse, eating disorder, sleep disorder, and drive the student to suicide. [7]

Yoga is more than just exercise. Its benefits can be realized from within the body and from without the body. A consistent yoga practice can have a positive impact on body chemistry, disease prevention, symptom reduction or alleviation, and emotional health. Yoga promotes a strong mind-body connection, which improves overall mood and wellbeing. Directing concentration inward to body movements and breathing encourages stress reduction by forcing you to release your mind's hold on outside stressors. Yoga practice achieves goals not related to perfection, and the inward focus leads to improved self-acceptance and improved concentration. [8]

MATERIALS AND METHODS:

Research Design A quasi experimental study design, was adopted for this study Experimental group – O1 X O2 Control group - O1 O2 O1 -- Pretest X -- Intervention (Yoga therapy.) O2 – Posttest.

RESEARCH VARIABLE:

Independent variables: Yoga therapy

Dependent variables: Stress score of nursing students before yoga therapy.

Population” The study population comprised of nursing students was studying college of Nursing Hulkoti, district Gadag Karnataka Sampling Technique Sample is a small portion of the population selected for observation and analysis. 60 samples were selected by simple random techniques (lottery method). Total 60 students were allocated in to three groups, each group contains 20 students.

Inclusion criteria:-The study included the students who were studying in Bsc (N) College of Nursing District Karnataka.

Residing in nursing hostel.

Present during data collection and Willing to participate in the study.

DESCRIPTION OF TOOL:

Part-A: - Socio-Demographic-

Variables. It Includes items for obtaining personal information's of students i.e Age, Year of course, Marital status, Educational status of father, Educational status of mother, Occupational status of father, Occupational status of mother, Family income monthly (in rupees), when stress which social system used, Source of recreation, Type of family, Habitat.

Part –B: - Perceived Stress Scale – 14 It was developed by Sheldon Cohen. Briefly, PSS-14 is a global scale and identifies the factors influencing or influenced by stress appraisal. It is a 14-item scale which measures the degree to which situations in one's life is appraised as stressful during the past month. There are seven negative and seven positive questions for which the samples were required to choose from a scale of 5 alternatives never, almost never, sometimes, fairly often, very often, relating to their feeling of being stressed on a 0-4 scale. The 7 positive items were reverse scored and added up to the 7 negative items to get the total score. Score interpretation of tool: Minimum - (0-14), Mild - (15-28), Moderate - (29-42) and Severe - (43-56).

Description of intervention: The protocol for yoga intervention was developed and demonstrated for 60 students for one month. The study was carried out on 60 nursing students staying in hostel/campus at Rural medical service society Institute of Nursing Science Hulkoti College Dist. Gadag Karnataka. These students are selected by simple random techniques. The students allocated into three groups. Each group consists of 20 students. The students were given yoga therapy for one month (five days/week, one hour/day) under supervision, in a prescribed manner. The schedule consisted of **SUKSHMAKRIYA** - Suksham is excellent relaxation technique that promotes physical and mental calm. It is a form of yoga comprising of subtle exercise that are simple to practice yet highly effective. **TADASAN** – Tadasan is form of exercise helps in improving posture and make the spine flexible. **ARDHACHAKRASANA** - Ardachakrasana is an effective posture for reducing stress and aiding posture by reversing the habitual pattern of slumping forward and rounding the shoulders. It helps to release the neck and shoulders, relieving tension. **TRIKONASAN** - Increase mental and physical equilibrium, reduce anxiety and stress. **PASCHIMOTTASANA** - Calms the brain and helps relieve stress and depression. **VAJRASAN** - It improve circulation in lower pelvic region and improve digestion. **SARVANGASAN** - Sarvangasan influence the functions of all parts of your body. it maintains mental and physical health. **SHAVASAN** - Done at the end of all asana. It rejuvenates the body, mind and spirit. **PRANAYAMA** - it is practice of breathing technique that promote emotional, mental, and physical well-being. **DEEP BREATHING** - Help in clean out the lungs, reduce anxiety, improve energy level, naturally pain killer, reduce stress, better blood flow, make you more mindful of your body **ANULOM VILOM** - It is one of breathing exercise to cure mental problems like depression, anxiety and tension. **BHRAMARI PRANAYAMA**-it is breathing technique helps to induce a chilled impact on the mind, reduce fatigue, mental stress.

MEDITATION: Meditation can be defined as a practice where an individual uses a technique, such as focusing their mind on a particular object, thought or activity, to achieve a mentally clear and emotionally calm state. The students practice these exercises early in the morning and in a quiet, well ventilated room.

RESULTS:

Result reveal that pre-test stress level among nursing students ranging out of 60 students 51(85%) had moderate stress, 6(10%) had severe stress and 3(5%) had mild stress level. In post-test stress level of nursing students 56(93.3%) had mild stress level, 3(5%) had minimum stress and 1(1.7%) had moderate stress. So there is significant difference between pre-test and post-test stress level among nursing students.

Mr. Rawal Rajesh et al. (2017) conducted a study on effectiveness of yoga meditation on perceived level of stress among nursing students at selected nursing institute in Mangalore. The results of the study revealed that the post-test stress scores were lower than the mean pre-test stress scores. There was significant difference between the pre and post-test stress scores of the participants after yoga meditation. ($t=17.497$, P]

The results of association between pre-test level of stress among nursing students with demographic variables which was statistically tested using chi-square. The result reveals that Sources of recreation was significantly associated with pre-test level of stress at 0.05 level of significance. The other demographic variable was not significantly associated with pre-test level of stress among nursing students.

The results of association between post-test level of stress among nursing students with demographic variables which was statistically tested using chi-square. The result reveals that educational status of father and mother was significantly associated with post-test level of stress at 0.05 level of significance. The other demographic variables was not significantly associated with post-test level of stress among nursing students.

CONCLUSION:

The findings of the present study concludes that nursing students experience stress due to various reasons which affects their performance and activities carried out during their nursing programme may result in various physiological and psychological health problems. The study concludes that yoga therapy was effective in reducing the stress level among nursing students. It is important to emphasize on coping to manage the stress among nursing students contributing to prevention and health promotion in improving the quality of life of students.

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