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A Study to Assess the Effectiveness of Structured Teaching Program of Yoga on Anxiety and Anxiety Symptoms among Students of Nursing Institute in Madhya Pradesh

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ABSTRACT:

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behaviour such as pacing back and forth, somatic complaints and rumination. Most of us have experienced feeling of apprehension or physical unease. In this study an experimental one group pre-test post test design was carried out to assess the effectiveness of yoga on anxiety and anxiety symptoms among Nursing Students of University College of Nursing R.K.D.F. University Bhopal Madhya Pradesh Simple Random Sampling technique was adopted for data collection. On the result found that pre test score found that the majority 21(35.00%) of subjects had moderate anxiety & Post Test score showed 35(58.33%) students have mild anxiety. On the basis of the findings, the investigator concluded that yoga is significant effective on anxiety and anxiety symptoms among Nursing students.

KEY WORDS: Anxiety, Anxiety Symptoms, Yoga.

INTRODUCTION

Health is a state of complete Physical, Mental and Social wellbeing, not merely an absence of disease of infirmity. (WHO, 1948) Mental health is a level of psychological wellbeing or an absence of mental illness.

We live in an environment that is dynamic and challenging in multiple ways and this can often lead to stress. While we tend to possess effective coping mechanisms to deal with everyday stress, sometimes these mechanisms can become over-activated, maladaptive, and can lead to anxiety. Approximately 20-50% of the students experience examination anxiety. Anxiety among students and their parents has been reported to be on the rise in India, especially among that facing board certification examination.

The first ever nationwide survey on mental health covering 28 states in 2015- 2016 gives us a better idea about the

prevalence of anxiety disorders in India. The National Mental Health Survey conducted by the National Institute of Mental Health and Neurosciences (NIMHANS) in 2015 - 2016, indicates that the total prevalence of anxiety disorders in India amount to 3.1 percent of the population. According to WHO anxiety disorders are among one of the most prevalent mental, emotional and behavioural problems in the world, estimated to affect 3.6% of the global population as of 2015, or about 264 million people. They are and should be an important focus of research and an issue for public health as they seriously affect the quality of life of a person suffering from any of them and they pose a heavy cost burden in managing the disorders in patients. Yoga is one of the best spiritual technique and practice in which we can integrated our mind, body and spirit through which we can enlighten with the universe. There are many yoga techniques but the ultimately aim is to unification and enlightenment.

Anxiety is a subjective feeling of being in a state of unease, apprehension, worry, fear or discomfort often accompanied by physical symptoms such as heart palpitations, trembling, sweating, headache, etc. These are perfectly normal ways in which a person responds to a real or potential danger. However, if these feelings and physical symptoms occur for a prolonged period of time, or often in an extreme or disproportionate fashion that makes a person feel helpless and debilitated, then the person may be suffering from an Anxiety Disorder. Anxiety disorders are grouped as a range of mental disorders characterised by feelings of anxiety and fear. They include generalised anxiety disorder, social anxiety disorder, specific phobia, separation anxiety disorder, panic disorder, etc.

Yoga helps us to become calm and relaxed in our day to day activity and also gives us power to face many problems without hesitation. Yoga practice ideally includes the complete package of Asana (body Postures), Pranayama's (breathing techniques), meditation and the ancient yoga philosophy, all of which has helped several anxiety patients recover and face life with new positivity and strength.

The aim of the study was to evaluate the effectiveness of yoga on anxiety and anxiety symptoms among Nursing Students of University college of nursing Bhopal M.P. The focus was made to assess the level of anxiety and its symptoms among nursing students before and after yoga. The study was also aimed to provide and explain about Yoga to the Nursing students.

METHODOLOGY

A research methodology not only uses the research methods, but also considers the logic behind the methods. The methodology research indicates the general pattern together, valid and reliable data for the problem under investigation.

Research approach is the umbrella that covers the basic procedure for conducting research. (Treece and treece, 1986) It means the overall plan for addressing a research question including specification for enhancing the integrity (Polit and Hungler, 1999) Research design helps to observe, describe and explore the aspects of situations.

The experimental study was conducted to assess the effectiveness of yoga on anxiety and anxiety symptoms among nursing students in University College of Nursing R.K.D. F. University Bhopal Madhya Pradesh. The research design used in the study is experimental one group pre-test post- test design. In this study the aim was to assess the level of anxiety and anxiety symptoms among nursing students. Hamilton Anxiety Rating Scale was used to assess

the anxiety and anxiety symptoms of the nursing students in University college of Nursing R.K.D.F. University Bhopal M.P.

SETTING OF THE STUDY

This study was conducted in University college of Nursing R.K.D.F. university Bhopal Madhya Pradesh. The selection of the setting was done because of geographical proximity, economy in terms and administrative approval co – operation University College of Nursing R.K.D. F. University Bhopal were selected those fulfilled the criteria of sampling techniques.

METHOD

Sample for the present study were B.Sc. Nursing and General Nursing Students of University College of Nursing R.K.D.F. University Bhopal those who have fulfilled the inclusion criteria.

Data collection is most important & crucial aspects, which provides answer to questions of study. Data collection relies on tools. The present study aimed at assessing the effectiveness of yoga on anxiety and anxiety symptoms among nursing students in University College of nursing Bhopal R.K.D. F. University Bhopal M.P. Hamilton Anxiety Rating Scale was used for data collection.

HAMILTON ANXIETY RATING SCALE

One of the most useful psychological questionnaires which is used by the clinicians to rate the severity of the patients anxiety is Hamilton Anxiety Rating Scale (HAM-A). It was published by Max Hamilton in 1959. This scale is used to rate the anxiety level of the patients. Purpose of the scale is to only score severe or improper anxiety. This scale is also considered as a Clinical rating of the anxiety.

Hamilton Rating Scale consist of 14 set of items which is designed to assess the severity of anxiety, which contains the numbers of symptoms and each group of symptoms is rated on a scale "0" (Zero) to "4" (Four) and it indicated the severity of the patients anxiety.

Table 1 ANXIETY RATING SCALE

Normal	0
Mild	<17
Moderate	18-24
Severe	25-30
Grossly Disabling	30-56
Total	56

In this study analysis and interpretation of the data collected from 60 Nursing Students in University College of Nursing R.K.D.F. University in order to assess the effectiveness of yoga on Anxiety and anxiety symptoms. The data collected from 60 Nursing Students were organized, tabulated, and interpreted by using descriptive and inferential statistics. The findings are organized as according to the objectives of the study.

Table 2 Distribution of the subject according to age

AGE	Frequency	Percentage
17-20	39	65%
21-24	17	28.33%
Above 25	4	6.66%
Distribution of the Subject According to their gender		
Male	19	32%
Female	41	68.33%
Distribution of the Subject According to their Religion		
HINDU	52	87%
MUSLIM	6	10.00%
CHRISTIAN	2	3.33%
SIKHISM	0	0%
JAIN	0	0%
Distribution of the Subject According to their residence		
RURAL AREA	33	55%
URBAN AREA	27	45.00%

Above demographic data shows that the students who have participated in the study according to age distribution about 39(65 %) respondents were age group 17-20years, age group 21-24years was found 17(28.33%) and above 25 years 4(6.66%). Male students 19(32%) and female students 41(68.33%).

Table 3 ANALYSIS OF DATA RELATED TO ANXIETY BEFORE ADMINISTERING YOGA

S. NO.	CATEGORY	FREQUENCY	PERCENTAGE
1	NORMAL	2	3.33%
2	MILD	18	30.00%
3	MODERATE	21	35.00%
4	SEVERE	11	18.33%
5	GROSSLY DISSABLE	8	13.33%
	TOTAL	60	100.00%

From the above table bar diagram give the levels of anxiety and anxiety symptoms of nursing students who have participated in the study. Only 2 (3.33%) were normal and

have 18(30.00%) mild anxiety, 21(35.00%) have moderate anxiety, 11 (18.33%) severe and 08(13.33%) have grossly disabled.

Table 4 ANALYSIS OF DATA RELATED TO ANXIETY AFTER ADMINISTERING YOGA

S. NO.	CATEGORY	FREQUENCY	PERCENTAGE
1	NORMAL	16	26.66%
2	MILD	35	58.33%
3	MODERATE	9	15.00%
4	SEVERE	0	0.00%
5	GROSSLY DISSABLE	0	0.00%
	TOTAL	60	99.99%

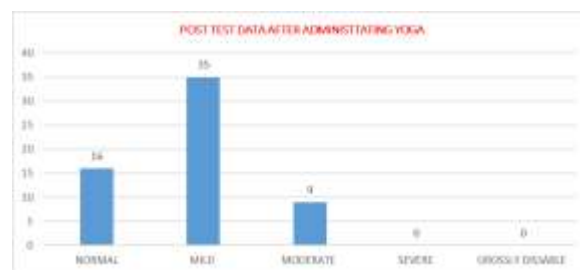


Figure 1 POST TEST DATA AFTER ADMINISTERING YOGA

Above table and bar diagram gives the level of anxiety of nursing students who have participated in the study after providing the yoga 35(58.33%) students have mild anxiety while 9 (15.00%) students have moderately anxiety.

Table 5 COMPARISON OF PRE AND POST TEST ANXIETY SCORE OF THE SUBJECT

S. NO	CATEGORY	FREQUENCY		PERCENTAGE	
		PRE TEST	POST TEST	PRE TEST %	POST TEST %
1	NORMAL	2	16	3.33	26.66
2	MILD	18	35	30.00	58.33
3	MODERATE	21	9	35.00	15.00
4	SEVERE	11	0	18.33	0.00
5	GROSSLY DISSABLE	8	0	13.33	0.00

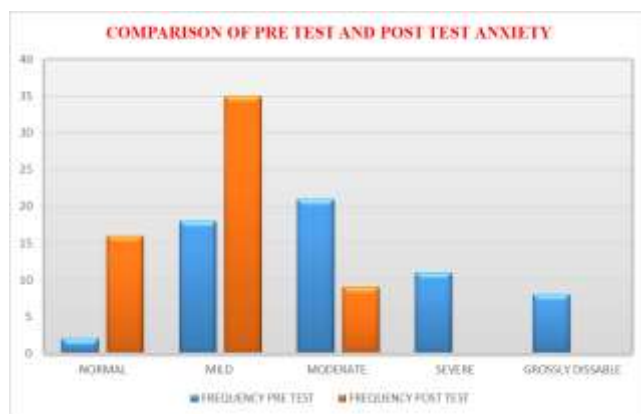


Figure 2 Comparison of pretest and post test Anxiety

Above table and bar diagram gives the comparison between before and after administering yoga to students. There were significant changes between before and after providing yoga.

FINDINGS ARE DISCUSSED UNDER THE FOLLOWING HEADINGS:

SECTION 1: Discussion about demographic characteristics of the students.

Distribution of demographic variables revealed that out of 60 students of Nursing Students of University College of Nursing R.K.D.F. University Bhopal.

SECTION 2: Discussion of level of anxiety and anxiety symptoms in nursing students.

The results shows that about 18(30.00%) of students have mild anxiety, 21(35.00%) of students had moderate anxiety, 11(18.33%) of students had severe anxiety, 8(13.33%) of students had grossly disabled.

SECTION 3: Discussion of post test on effectiveness of yoga therapy on anxiety and anxiety symptoms among Nursing Students.

Study result shows that after administering yoga, the level of anxiety and anxiety symptoms was reduced in the students. Overall level of anxiety and anxiety symptoms was reduced after yoga administration.

CONCLUSION

The study was conducted with the objective to evaluate the effectiveness of yoga therapy on anxiety and anxiety symptoms among nursing students and the results of the study imply that there is an effectiveness of yoga therapy on anxiety and anxiety symptoms among nursing students. Pre-test finding shows that many of the students who are

studying in University College of Nursing R.K.D.F. University Bhopal are having normal to grossly disabled level of anxiety and anxiety symptoms. Yoga therapy is effective in reducing anxiety and anxiety symptoms among nursing students of University College of Nursing R.K.D.F. University Bhopal. There is significant difference in the pre-test scores and post test scores of level of anxiety and anxiety symptoms.

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