



A STUDY TO ASSESS THE EFFECTIVENESS OF YOGA IN REDUCING STRESS AND ANXIETY

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ABSTRACT

A Pre -experimental study was understand about “**A study to assess the effectiveness of yoga in reducing stress and anxiety among B.Sc. Nursing 1st year students at Indo-American college of nursing, Banjara Hills, Hyderabad, Telangana**”. Researchers from Group-F of Indo-American college of nursing, Hyderabad conducted the study in partial fulfilment of requirement for the degree of B.Sc. nursing at K.N.R. University of Health Science at Warangal, Telangana.

The conceptual framework adapted for the study was based on Karl Ludwig von Bertalanffy's general system theory. The study was conducted in Banjara hills, Hyderabad, Telangana. A structured questionnaire was prepared to assess knowledge regarding the level of stress and anxiety among BSc. Nursing first year students in Indo-American college of nursing. The tool was given for content validity to experts in the field of nursing. A pilot study was conducted on 06 samples, and it was formed. That tool was feasible, appropriate, and practicable. The samples of the study were B.Sc.

RESEARCH METHODOLOGY

The methodology of research is how data is gathered to answer the question or analyses the research problem, which enables the research person to form a blueprint for the study undertaken.

This chapter includes research approach research design, description of variables, setting of the study, population, sample, sampling technique, sample criteria, method of data collection, development, and description of the tool for data collection, pilot study and plan for data analysis and interpretation.

The study was designed to elicit the "effectiveness of yoga reducing stress and anxiety among the B.s.c (n) 1st year students at Indo American College of nursing, Banjarahills, Hyderabad and Telangana.

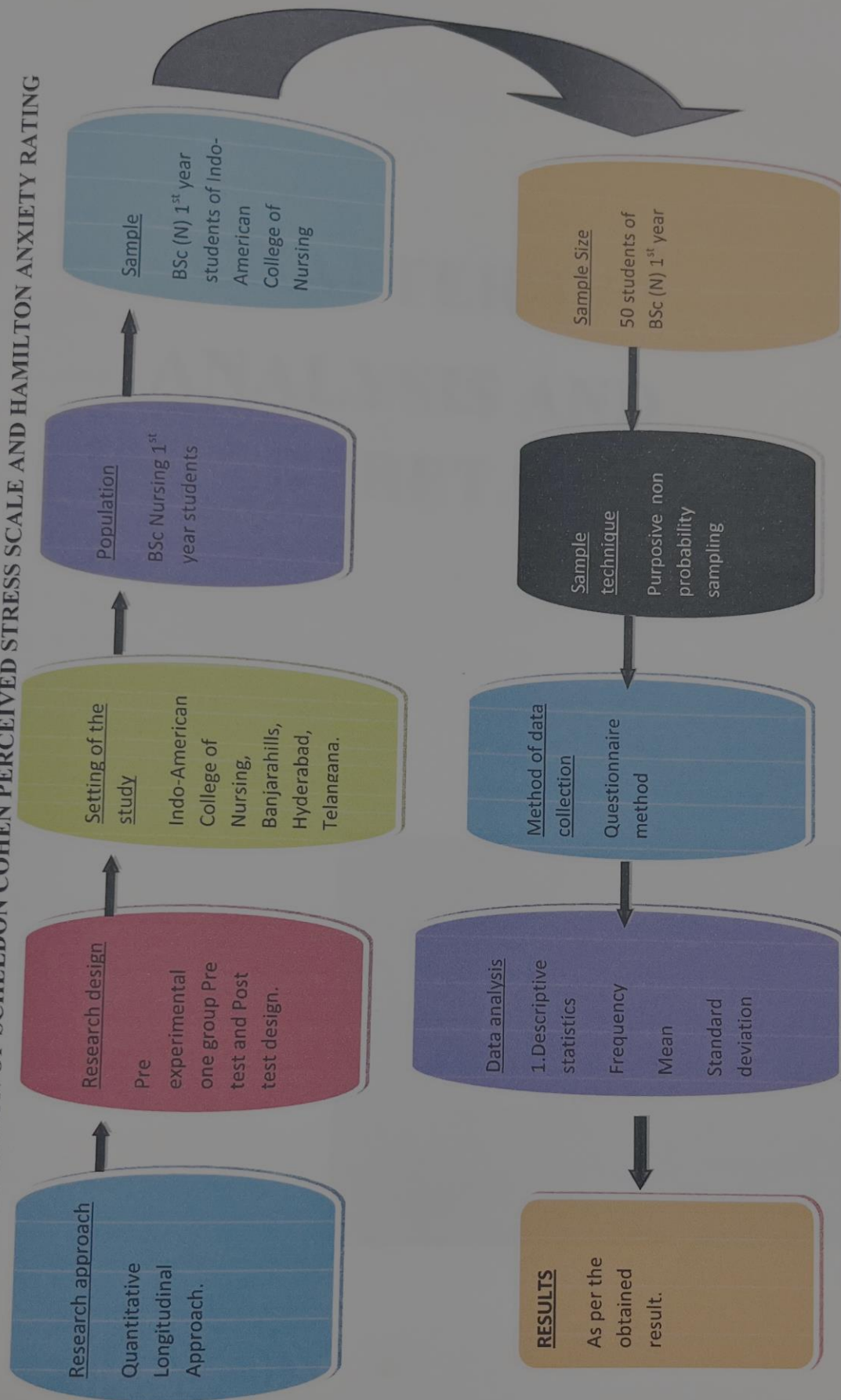
3.1 RESEARCH APPROACH:

According to Polit (2010) the research approach is the broad-based procedure of studying the selected problem drawing conclusion. The research approach refers to general set of orderly disciplined procedure used to acquire dependable and useful information. The selection of research approach is a basic procedure for conducting a study.

In this study the investigator adopted the quantitative longitudinal approach, since the investigator aims to evaluate the "effectiveness of yoga reducing stress and anxiety among the B.Sc. (n) 1st year students at Indo American College of nursing, Banjarahills, Hyderabad and Telangana.

FIGURE-2

SCHEMATIC DESIGN OF SCHELDON COHEN PERCEIVED STRESS SCALE AND HAMILTON ANXIETY RATING



3.2 RESEARCH DESIGN:

The research design overall plan for obtaining answers to the research questions, and for testing research hypothesis.

The research design spells out the basic strategies that researchers adopt to develop evidence that is accurate, objective and interpretable Research design is a blue print for the study that maximizes control factors that could interfere with studies desired outcome.

The research design adopted for the present study in **pre - experimental** research design.

01	X	02
Assessment of pre interventional stress and anxiety by using perceived stress scale and Hamilton anxiety scale.	yoga	Assessment of post interventional stress and anxiety by using perceived stress scale, and Hamilton anxiety scale.

01 - pre interventional stress and anxiety

X - Yoga

02 - Post interventional stress and anxiety

3.3 DESCRIPTION OF VARIABLES:

The identified independent variable, dependent variable and attribute variable are as follows.

INDEPENDENT VARIABLE:

The identified independent variable is yoga.

DEPENDENT VARIABLE:

The identified dependent variable is stress and anxiety among BSc (N) 1st year students.

ATTRIBUTE VARIABLE:

In the present study the investigator has identified the attribute variable which influence the stress and anxiety are age, education, religion, family history of stress and anxiety.

3.4 SETTING OF THE STUDY:

Setting refers to the physical locations and conditions in which data collection takes place. The setting for the present study was in Indo American College of Nursing, Banjarahills, Hyderabad and Telangana.

3.5 POPULATION:

Polit and Hungler [2008], specify the population is the entire set of individuals or objects having some common characteristics. Population for the present study was BSc (N) 1st year students.

3.6 SAMPLE:

A part or subset of population selected to participate in research study the sample for the present study are BSc (N) I year students of Indo American College of nursing, Banjarahills, Hyderabad.

3.7 SAMPLE SIZE:

Sample size is the number of subjects required to test research hypothesis adequately **50** BSc (N) 1st year students.

3.8 SAMPLING TECHNIQUES:

Sampling technique refers to the process of selection of the portion of the population to represent the entire population. The sampling technique adopted for the present study was **purposive sampling technique**. The advantage is that the researcher can purposively select the sample at convenience.

3.9 CRITERIA FOR SAMPLE SELECTION:

INCLUSION CRITERIA:

- B.Sc. (n) 1s year students who were willing to participate in the study.
- Able to read and write Telugu and English other than 1st year students.

EXCLUSION CRITERIA:

- Who were sick to participate?

3.10 METHOD OF DATA COLLECTION

Method of data collection is a method of gathering information from respondents in a standardized fashion in the present study the investigator collects the data regarding demographic variables by questionnaire method and level of stress and anxiety scale with the assessment of rating scale, effectiveness of yoga among B.Sc. Nursing 1st year students will be done.

3.11 DESCRIPTION OF TOOLS

The tool was developed with the help of extensive review of literature from various textbooks, journals, and discussion with experts in the field of nursing research. Sheldon Cohen Perceived stress and Hamilton anxiety rating scale prepared the stress and anxiety scale to identify the level of stress and anxiety among B.Sc. Nursing 1st year students.

The tool has 3 sections.

SECTION A:

Deals with the demographic data of the samples as Age, Religion, Family monthly income, History of stress, do you feel anxious in daily life, DO you practice yoga, if yes, how often you practice yoga.

SECTION B:

The standardized Sheldon Cohen Perceived Stress Scale with 14 items after intervention. This tool will be used to assess the level of stress and anxiety among B.Sc. Nursing 1st year students who are participating in yoga and will be scored as mild stress 0-13, moderate stress 14-26, high perceived stress 27-40.

SECTION C:

Hamilton Anxiety Rating Scale with 14 items. Mild anxiety less than 17, Moderate anxiety 18-24, Severe anxiety 25-30 and very severe anxiety 31-56 irreversible.

3.12 VALIDITY:

Validity is a quality criterion referring to the degree to which inferences made in a study are accurate and well founded, in measurement what it is intended to measure. The tool was given to experts in the field of nursing research to determine the validity. Their valuable suggestions were incorporated, and necessary modifications were made accordingly. The validity is

3.13 RELIABILITY:

The reliability of the tool was tested by test and retest method. The r value is 0.6 in Stress and 0.7 in Anxiety.

3.14 PILOT STUDY:

Pilot study is the small-scale version or trial run of the major study. Its function is to obtain information of improving the project or for assessing feasibility. The principal focus is the assessment of adequacy of measurement.

Pilot study was conducted to find out feasibility of the study at Indo American College of Nursing BSc Nursing Fresher students was selected for pilot study.

The sample for pilot study possess the same characteristics as that of the sample for final study.

To find out the effectiveness of yoga as per the objectives of the study, the pilot study was conducted. The stress and anxiety were assessed to 6 students of BSc Nursing freshers with the instruction to complete it. At Indo American College of Nursing, Banjara Hills, Hyderabad, on 4th February 2023 to 8th February 2023.

3.15 PROCEDURE FOR DATA COLLECTION:

According to Polit and Hungler [2002], data collection is the gathering of information needed to address a research problem.

We investigators obtain prior permission from the principal of Indo-American College of Nursing to conduct the study. It was decided to take 50 samples, investigator conducted the pretest, then after 1 month of yoga practice for 1 hour per day, after completion of yoga practice investigator conducted the posttest as prepared questionnaire. We thanked the participants for their willing and co-operation, the same procedure was followed for all 50 samples.

3.16 PLAN FOR DATA ANALYSIS:

It is planned to analysis and interpret the data with the help of descriptive and inferential statistics i.e., mean, standard deviation, standard error, paired 't' test and chi square test.

The analysis and interpretation of the data planned as follows.

PART - 1: Description of sample characteristics according to demographic variables of students practicing yoga.

PART - 2: Distribution and comparison of pre and post intervention stress and anxiety scores.

PART - 3: Deals with identifying the association between stress and anxiety with selected socio demographic variables among B.Sc. Nursing 1st year students practicing yoga.

EPILOGUE:

This chapter deals with research approach, research design, description of variables, settings, population, sample techniques, criteria for sample selection, method of data collection, development and description of tool, validity, pilot study, reliability, procedure of data collection and plan for data analysis.