



EFFECTIVENESS OF PRANAYAMA IN REDUCING ANXIETY AMONG THE ELDERLY IN SELECTED OLD AGE HOMES, KANYAKUMARI DISTRICT.

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ABSTRACT

Anxiety is a part of life and is a normal emotion. But Persistent or extreme anxiety can seriously decrease quality of life. There are several techniques in alternative medicine that help to reduce anxiety. So a Quasi experimental study with control and experimental group was conducted to assess the effectiveness of pranayama in reducing anxiety among elderly in selected old age homes. Data was collected among 30 elderly using demographic proforma and Modified Zung Self Rating Anxiety Scale. Pranayama was taught to the elderly in the experimental group. The comparison of pretest and post test values revealed that pranayama was effective in reducing anxiety in elderly.

KEYWORDS : Pranayama, Elderly, Anxiety, Old Age Home.

INTRODUCTION

Elders are like children. Anxiety is a common illness among elderly, affecting as many as 10-20 percent of the older population. It is estimated that about 25% of the elderly population will experience an anxiety disorder at some stage of life. Anxiety differs according to the individual's state of context and interpretation. There are several breathing practices including abdominal breathing and lengthening the exhalation relative to the inhalation that helps reduce symptoms of anxiety. Pranayama is one of the techniques used to treat anxiety in elderly. (Nagarathna, 2012)

Objectives

To assess the level of anxiety among the elderly in experimental and control group before and after intervention. To evaluate the effectiveness of pranayama in reducing anxiety among the elderly in experimental group.

To determine the association between pretest level of anxiety among elderly and selected demographic variables such as age, sex, education, marital status, dietary pattern, number of children, type of family, previous work pattern, monthly income, any morbidity.

Methodology

A Quasi experimental pre-test post-test control group design with evaluative approach was used. The study was conducted at Sisters of the Destitute Anpakam (old age home) Munchira. The samples were the elderly in old age homes selected by using convenience sampling technique. The sample size was 30 elderly, 15 in experimental group and 15 in control group.

Data was collected using demographic variables and Modified Zung Self Rating Anxiety Scale in the elderly in both groups before and after intervention. The tool used for this study was divided into two sections as demographic variables and Modified Zung Self Rating Anxiety Scale. The structured questionnaire was developed by the investigator based on the review of literature. The prepared tool was submitted to seven experts, one yoga specialist, 4 community health nursing experts and one expert in community medicine. The reliability of the tool for the present study was elicited by using test-retest method. The reliability was calculated using Karl Pearson's method and 'r' value was 0.9 which indicated that the tool was highly reliable.

The study was conducted at old age home. Sample subjects 30 were selected by convenience sampling method. Pretest was conducted among the elderly in both groups. Nadi Shudhi Pranayama, Bhramari pranayama and Dirga Pranayamas were taught to the subjects in the experimental group and made to practice in the experimental group for a period of 6 weeks twice daily at the duration of 30 minutes. After practicing for 6 weeks post test was done among the elderly in both groups.

Results and Discussion

Demographic data

Elderly

Majority of the elderly (46.6%) were in the age group between 60-65 years in experimental group and (66.6%) elderly were between 66-70 years.

Majority of the elderly (40%) were affected with morbidity and (60%) were not affected with morbidity in experimental group while in control group (33.3%) were affected with morbidity and (66.6%) were not affected with morbidity.

Findings

The findings of the study in the pretest revealed that in the experimental group 73.33% of the elderly had severe anxiety, 26.67% had moderate anxiety and none had normal and extreme anxiety and in control group 60% of the elderly had severe anxiety, 40% had moderate anxiety and none had normal and extreme anxiety.

In the posttest 53.33% of the elderly had normal anxiety, 46.67% had moderate anxiety and none had severe and extreme anxiety and in control group 53.33% of the elderly had moderate anxiety, 46.67% had severe anxiety and none had normal and extreme anxiety.

The mean and standard deviation of subject in experimental group were (M = 46.5, S.D = 8.31) while mean and standard deviation in control group were (M = 64.33, S.D = 9.2). The comparison between pretest and post-test score of anxiety among elderly in experimental and control group was done by using paired 't' test. There was a decrease in mean value from 64.3 to 46.5 in experimental group and 't' value 19.3 was found to be significant at 5% level of significance in experimental group.

There was no association between the level of anxiety and demographic variables of the elderly such as age, sex, marital status, dietary pattern, number of children, previous work pattern and monthly income. The study proved that pranayama was effective in reducing anxiety among elderly.

Recommendations

Similar study can be replicated with larger samples and in different settings. The duration of the study also can be increased to find out the effectiveness. A study can be replicated by using different demographic variables.

A study can be conducted using other relaxation techniques like music therapy, meditation. A comparative study can be carried out between yoga and meditation. A true experimental study can be conducted to assess the effectiveness of pranayama in reduction of anxiety among elderly.

Nursing Implications

The present study proves the effect of pranayama in reducing anxiety among elderly. The intervention is easy to implement, easy to disseminate the information.

Therefore, the findings of the research study have considerable implications on Nursing practice, Nursing education, Nursing administration and Nursing research.

Nursing Practice

The findings of this study, showed that yoga can be used to reduce the anxiety for elderly and can be implied in the community area. As this intervention is easy to implement, the health personnel can be educated to disseminate the information on pranayama. Nursing personnel is in the best position to provide services to elderly in old age homes.

Nursing Education

This study finding revealed that pranayama was effective in reducing anxiety. To practice this, the nursing personnel need to be equipped with adequate knowledge and practice of yoga.

This study gives awareness about the different aspects of pranayama to the nurses as well as nursing students. Although nursing curriculum includes geriatrics, further emphasis should be made to include the various aspects of care of the elderly. Student nurses can teach pranayama to reduce anxiety in patients.

Nursing Administration

Nursing administrator in the hospital can make arrangement for organizing relaxation programs for clients as well as staffs. Nursing administrator should make the society aware about the prevailing physical and mental health problems of elderly and its cause by in-service education and to deal with it by cost effective measures like pranayama techniques.

Nursing administrator can also conduct seminar, conference, and workshop on yoga techniques. Nursing administrator has to make the nurse who is working in rural area should be aware of yoga techniques and educate the rural people.

Nursing Research

This study finding can be effectively utilized by emerging researchers. The findings of this study help to expand professional knowledge upon which further researches can be conducted. The results of the study motivate those who are interested in conducting similar kind of studies in other age groups. Research can be done regarding the effectiveness of other techniques of yoga.

Conclusion

Elderly people with anxiety disorders often go untreated for a number of reasons. Elderly people often do not recognize or acknowledge their symptoms. The present study revealed that pranayama was effective in reducing anxiety among the elderly. So pranayama can be used as a safe intervention for treating anxiety in elderly.

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