



ASSESS THE EFFECTIVENESS OF YOGA PRACTICES ON ANXIETY LEVELS AMONG HOSTELLERS OF 3RD YEAR BSC. NURSING STUDENTS, NIMS COLLEGE OF NURSING NEYYATTINKARA

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ABSTRACT

Nowadays anxiety level of nursing students is a rapidly progressing issue. Anxiety should be reduced because it can affect the nursing students adversely and on their career development. Therefore here we started a thesis regarding the progressing anxiety level in Nursing students and its management by the intervention of yoga practices. Initial assessment should be done in the anxiety level of students and then any change due to the intervention of yoga practices. The objectives of the study were to assess the anxiety level of nursing students, assess the effectiveness by the intervention of yoga practices and, pre and post test scores on the level of anxiety with their selected demographic variables. The result of the study revealed that there is improvement in level of anxiety in nursing students through yoga practices. The study concluded that there is significant reduction in the anxiety level of nursing students by yoga practices.

KEYWORDS : Effectiveness, yoga practices, anxiety levels, nursing students

INTRODUCTION

Yoga is essentially a spiritual discipline based on a extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'YOGA' is derived from the Sanskrit root 'Yuj'. It is known universally that modern age is the age of stress, tension and anxiety and young generation are the falling prey to depression.

Flexibility is important for every person. It makes the body movement effective and graceful. Regular yoga practice can keep the lower back pain at bay and you can devote increased number of hours for studies without any worry. Yogasanas like Chakrasana, Dhanurasana, Halasana, Bhujangasana and Shalabhasana are beneficial in increasing flexibility of muscles. It Provides relaxation Rest and relaxation is important to remove fatigue. Students are indulged in physical mental work throughout the day. Hence, they need rest by doing Shavasana, Makarasana they can relax themselves. Padmasana and NadamSadhana are good for reducing mental fatigue.

The best part about Yoga is that you do not have to make any preparations in advance. Either in the morning or in the evening you can reap the benefits of the Yoga. Interestingly, if you are feeling tired between your studies, and then also you can give yourself yoga break of 5-10 minutes and revitalize your body.

Problem Statement

A study to assess the effectiveness of Yoga practises on the anxiety levels among hostellers of third year BSc Nursing students, Nims College of nursing, Neyyattinkara.

Data Collection Procedure

Prior to the data collection, permission was obtained from the Management of NIMS College Of Nursing, Neyyattinkara. The data was collected on 12/2/22, from the selected hostel students of 3rd year BSc.nursing students of NIMS College Of Nursing, using General Anxiety Disorder Scale 7(GAD-7 Scale). Students who were willing to perform Yoga practices, were gathered in the hostel premises for 2weeks that is from 15/2/22 -27/2/22, various Yoga regimes were performed and assessed. GAD 7 Scale (Generalized Anxiety Disorder 7 scale) was used to assess the anxiety level and was conducted on 28/2/22 at NIMS college of Nursing hostel, among the students performing the Yoga practice for 15days.

Description Of The Tool

The tool acts as an instrument to assess and collect the data

from the respond of the study (Polit & Beck, 2002). The tool used in the study is; Generalized Anxiety Disorder 7 scale (GAD 7 Scale). It is a self reported questionnaire for screening and to measure severity of generalized anxiety disorder. GAD 7 has seven items which measure severity of various signs of GAD according to reported responds categories with assigned points.

The maximum score is 21
And the minimum score is 0

RESULT

Section 1: Description of the socio demographic variables characteristics under study.

Section 2: Description of the level of anxiety among the third year BSc. nursing students.

Section 3: Description of the effectiveness of yoga therapy to reduce the level of anxiety among 3rd year BSc. nursing students.

Section 4: Description of association between the pre-test and post test scores on level of anxiety among 3rd year Bsc.Nursing students with their selected demographic variables.

Section 1: Description of the socio demographic variables characteristics under study.

- Among the samples, majority of the students were of the age between 21 to 22 (21 samples) and the rest between 19 to 20 (4 samples).
- All the selected samples were females.
- Among the samples, 90 % were from rural area and 10 % from urban area.

Section 2: Description of level of anxiety among the 3rd year Bsc.Nursing students.

Among the twenty five samples, most of the students had no anxiety while 36 % with mild anxiety, 8 % with moderate anxiety and 4 % with severe anxiety. After implementing yoga therapy, 96% got relieved from anxiety while only 4% had mild anxiety.

Section 3: Effectiveness of yoga therapy to reduce the level of anxiety among 3rd Year nursing students.

- While comparing the mean scores of pre and post test, the pre-test score was 5.6 while the post test score was 1.56.
- It shows that there is a certain difference in the level of pre-test and post test value which reveals that intervention was effective.

Section 4: Description of association between pre-test and post test score on level of anxiety among 3rd year nursing

students with their selected demographical variables.

- Among the samples, there was a significant association between demographic variables of study such as age, gender with anxiety score.

CONCLUSION

Assessment of effectiveness of yoga practices on the anxiety levels of 3rd year BSc Nursing hostel students was done. There was moderate to severe anxiety among them before the intervention. After the implementation of yoga, their anxiety levels reduced to mild levels. That is, this study reveals that most of the hostel students have reduced anxiety after implementing the intervention.

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