



## ASSESS THE EFFECTIVENESS OF YOGA ON STRESS OF ELDERLY PERSONS AT SELECTED OLD AGE HOMES IN COIMBATORE, TAMIL NADU, INDIA.

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**ABSTRACT** Stress is a very important factor in modern civilization as it has become part of our life. Today as life expectancy is increased, there is need for us to rethink about the case of elderly people. The objectives of the study were to determine the effectiveness of yoga on stress among elderly persons between control and experimental group and to associate the level of stress among elderly persons in control and experimental group with selected demographic variables. Quasi experimental, non equivalent control group pre-test post-test design used on 60 elderly persons - 30 control and 30 experimental group residing at selected old age homes in Coimbatore. Stress level was assessed through modified stress questionnaire. There was a significant reduction of stress level among experimental group. This is proved by with standard deviation (4.27) and 't' test value 59.02 ( $p < 0.01$ ) It shows that the yoga is more effective in reducing stress of elderly persons.

**KEYWORDS :** Yoga, Stress, Elderly person, Old age home.

### INTRODUCTION

Old age is generally a closing period in one's life span. There are many developmental tasks that need to be attained in old age. Some of these tasks are to attain ego integrity and avoid ego despair, facing death, Adjustment to retirement, disengagement and to overcome depression and frustration. Old age bring about wide variety of problems. Physical problems occurring due to failing health, emotional problems are due to loss of loved ones, social problems due to reduced activities of the old people. Old people also face acute economic and leisure time problems.

Stress is an issue for the elderly, in part because of other health problems and their reaction to them and it part because of their loss of identity and a role in society. Stress is said to be one of the largest killer of man today. American academy of family physician reports that the majority of all physician visits are promoted by stress related symptoms that are known to cause or worsen medical symptoms. Normal stress provoking situations in old age includes, spouse death, divorce, marriage separation, death of a close relative, injury or illness, son or daughter's marriage, fired from job, marriage reconciliation and retirement

A longitudinal study was conducted to identify the nature of the relation between stress and aging. Women aged 70-100 years are used to illustrate stress related phenomena observed at the behavior level in very old age. Health related stress become chronic strains in daily life for the majority of older adults. Changes in the profile of psychological functioning (cognition, self esteem and well being) suggest a distress syndrome indicative of a gradual breakdown of the psychological system. This breakdown is linked to decrease psychological well being and mortality.

### METHODOLOGY:

**RESEARCH APPROACH:** Evaluative Research Approach

**RESEARCH DESIGN:** Quasi experimental, non equivalent control group pre test post test design

**SETTING OF THE STUDY:** Ram Aravindar aged home was selected as control group and Mother care center was selected as experimental group.

**POPULATION:** Elderly persons

**SAMPLE:** Elderly persons with the age of above 60 years, living in Ram Aravindar Aged home and Mother care center

**SAMPLE SIZE:** 60 elderly persons. Among this 30 were control group and 30 were experimental group

**SAMPLING TECHNIQUE:** probability simple random sampling technique

### CRITERIA FOR SELECTION OF SAMPLE

### Inclusion criteria

- Elderly persons with the age of above 60 years
- Both male and female elderly persons
- Elderly persons who understands Tamil and English

### Exclusion criteria

- Physically and mentally challenged elderly persons
- Elderly persons with chronic medical illness
- Elderly persons who previously practiced yoga.

### DESCRIPTION OF THE INTERVENTION

One month yoga was provided for experimental group. Duration of yoga was 30 minutes per day. It was divided as padmasana was 2 minutes, uttanapadasana was 3 minutes, sarpasana was 3 minutes, pachimottasana was 3 minutes, pranayama was 5 minutes and meditation was 10 minutes. One minute relaxation was provided between each posture, the duration of relaxation was 4 minutes.

### DEVELOPMENT AND DESCRIPTION OF THE TOOL

The tool was developed by the researcher on reviewing literature and in consultation with medical and nursing experts in the field of community medicine and nursing.

### Description of the tool:

The tool consist of two sections

Section A: Demographic variables.

Section B: Modified questionnaire to assess the level of stress among elderly persons.

### METHOD OF SCORING AND INTERPRETATION

Tool consist of 40 questions with grading of never, sometimes, often, always response. Never -0 mark, Some times-1 mark , Often-2marks, Always- 3 marks were given. Negative statements were scored reversely (3 - 0). Maximum score was 120 and minimum score was 0.

### RELIABILITY

Spearman - Brown split half method was used to find out the reliability. The reliability co-efficient (r) of the tool was 0.82.

**METHOD OF DATA COLLECTION:** The data was collected by using semi-structured interview technique.

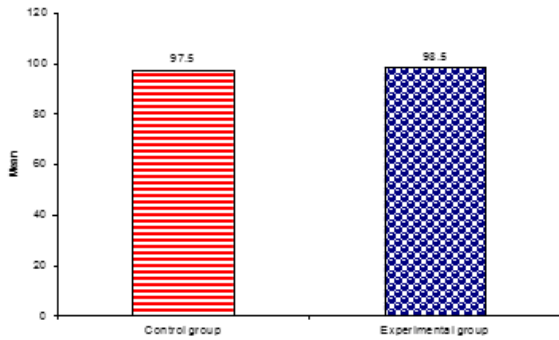
### STATISTICAL ANALYSIS

The descriptive statistics included mean, percentage and standard deviation to assess the stress of elderly persons. Inferential statistics like independent 't' test and paired 't' test was used to compare the effect of yoga on stress of elderly persons. Chi-square was used to find out the association between stress of elderly persons with selected demographic variables.

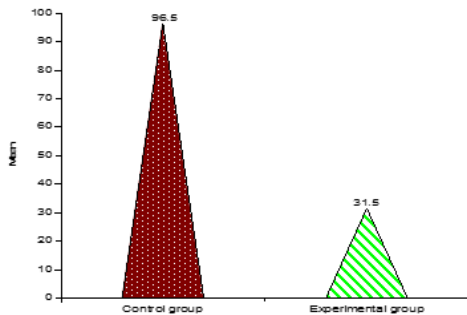
### RESULTS AND DISCUSSION:

The distribution of subjects according to pretest score were, In control group 6(20%) were obtained up to 93 score, 18(60%) were obtained between 94 to 103 score and 6 (20%) were obtained 104 and above score. In experimental group, 9(30%) were obtained up to 93 score,

13(43.3%) were obtained between 94 to 103 score and 8 (26.7%) were obtained 104 and above score.



**Figure: 1 Comparison of pre test stress level of elderly persons between control and experimental group**



**Figure: 2 Comparison of post test stress level of elderly persons between control and experimental group**

The above figures 1 and 2 shows the mean difference of pre-test and post-test stress score comparison between control and experimental group was significant at 0.01 level.

**Table: 1 Comparison of stress level of elderly persons between pretest and post test in experimental group**

S. No.	Experimental group	Mean	S.D.	df	't' value
1	Pre test	98.5	5.51	29	66.59**
2	Post test	31.5			

Table 1 describes the stress level in experimental group and the computed value of 't'(66.59) is more than the table value (2.462) at df 29, at 0.01 significance level. This data shows that stress level is reduced in experimental group. This study also revealed that there was no association between stress of elderly person with selected demographic variables in both control and experimental group.

**CONCLUSION:**

The result supported that yoga is a very suitable and practicable therapy of non pharmacological measure of stress reduction among elderly persons. Aging is a continuous process; it is also a part of developmental stage in human life. Old age has its own needs and problems in various aspects. They experience most profound changes in their life. The nurse can alleviate the stress of elderly person, which is one of the main causes for physiological and psychological problems among the elderly persons.

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