



A STUDY TO ASSESS THE EFFECTIVENESS OF DEEP BREATHING EXERCISE ON LEVEL OF ANXIETY AMONG THE FIRST YEAR GNM NURSING STUDENTS AT SELECTED NURSING COLLEGES.

Nursing

**Meenu Kumari
Dhawal**

Nursing Tutor, Godavari College Of Nursing, Jalgaon.

ABSTRACT

Objectives: 1) To assess the pretest level of anxiety among the first year gnm nursing students at selected nursing colleges among experimental and control group. 2) To assess the effect of deep breathing on level of anxiety by comparing the pre test and post test level of anxiety among experimental group. 3) To assess the effect of deep breathing on level of anxiety by comparing the post test level of anxiety among experimental and control group. 4) To determine the association between pretest level of anxiety with their selected demographic variables among experimental and control group. **Material and Method :** True experimental pre-test post test control group design to determining the effect of deep breathing on level of anxiety. The sample size for the study was 30 samples in experimental group and 30 sample in control group. The sample was selected by using simple random sampling technique. **Result:** The comparisons of the pretest and posttest means of the anxiety were done by the paired t test. The pretest average score was 41.23 with standard deviation of 8.72. The posttest average score was 29.63 with standard deviation of 11.14. The test statistics value of the paired t test was 4.22 with p value 0.00. The comparisons of the posttest means of the anxiety were done by the unpaired t test. The posttest average score of experimental group was 29.60 with standard deviation of 11.1. . The post test average score control group was 37.60 with standard deviation of 10.4. The test statistics value of the unpaired t test was 2.87 with p value 0.000. There was there was significant association between demographic variables family income per month with pre test level of anxiety among first year GNM nursing student. **Conclusion:** The study findings concluded that level of anxiety among first year GNM nursing students was reduced. The deep breathing had great potential for reducing the anxiety.

KEYWORDS

Deep breathing exercise , Anxiety, Gnm nursing students , Nursing colleges.

INTRODUCTION

Deep breathing requires you to relax your abdominal region while you take a deep breath in, we are more slowly filling the lungs with air as we breathe in and allowing the lungs to expand, which will move the diaphragm [as it contracts]. At the exhale, we release all the air out" as the diaphragm relaxes and the chest wall recoils, she says. In focusing our awareness on this process, we can slow our breathing pattern. Controlling the breath can be deep breathing of a yoga or mindfulness practice, but breath-focused meditation doesn't have to be deep breathing.¹ Anxiety is a feeling of unease, such as worry or fear, which can be mild or severe. It is a body's natural response to stress. For example, you may feel worried and anxious about the first day of school, sitting an exam or having a medical test or job interview. During times like these, feeling anxious can be perfectly normal. However, some people find it hard to control their worries.²

Objectives of the Study

- 1) To assess the pretest level of anxiety among the first-year GNM nursing students at selected nursing colleges among experimental and control group.
- 2) To assess the effectiveness of deep breathing exercise on level of anxiety by comparing the pretest and posttest level of anxiety among experimental group.
- 3) To assess the effectiveness of deep breathing exercise on level of anxiety by comparing the posttest level of anxiety among experimental and control group.
- 4) To determine the association between pretest level of anxiety with their selected demographic variables among experimental and control group.

HYPOTHESIS

H1: There is significant difference between the pretest and post test scores of level of anxiety in experimental group.

H2: There is significant difference between the post test score of level of anxiety among experimental and control group.

H3: There is significant association between the pretest level of anxiety with their selected demographic variables in experimental and control group

Ethical Considerations

The proposal had been submitted to ethical committee and study was continued only after approval from ethical committee of the colleges.

Conceptual Framework

The conceptual framework adopted for this study was derived from "Theory of goal Attainment", formulated by Imogene King. The king Goal attainment theory describes dynamic, interpersonal relationship

in which a personal grows and develops to attain certain life goals.

Review Of Literature

Cantrell M (2017): This study on Effects of Simulation on Nursing Student Stress: An Integrative Review in that the effects of stress on nursing students' health and learning is important to educators. The purpose of this review was to critically integrate the literature regarding to the stress that nursing students experience regarding high-fidelity simulation (HFS) Qualitative or quantitative studies published in English between 2010 and 2015 and studies including the effects of simulation on nursing student anxiety and stress were included. Seventeen studies were chosen. Resulting from Overall, students reported either moderate or high stress associated with simulation, but they rated the HFS experience as a valuable learning tool. It concluded that this review demonstrated student acceptance of simulation as a learning strategy. However, more high-quality studies are needed to investigate techniques that can be implemented to decrease the negative effects of simulation stress on nursing students.³

Volker Busch 2012 Feb: Deep and slow breathing (DSB) techniques, as a component of various relaxation techniques, have been reported as complementary approaches in the treatment of chronic pain syndromes, but the relevance of relaxation for alleviating pain during a breathing intervention was not evaluated so far. In the relaxing DSB intervention, the subjects relaxed during the breathing training .The mean skin conductance levels indicating sympathetic activity decreased significantly during the relaxing DSB intervention but not during the attentive DSB. Both breathing interventions showed similar reductions in negative feelings (tension, anger, and depression). Our results suggest that the way of breathing decisively influences autonomic and pain processing, thereby identifying DSB in concert with relaxation as the essential feature in the modulation of sympathetic arousal and pain perception⁴⁷

Methodology

Research Approach : A Evaluative research approach was adopted for the present study to accomplish the object of determining the effect of deep breathing on level of anxiety among the first year GNM nursing student at selected nursing colleges.

Research Design: True experimental pre test post test control group design.

Setting Of The Study: Selected nursing colleges

Target Population: First year gnm nursing student

Accessible Population: First year gnm nursing student

Sampling Technique: Simple random sampling

Sample Size: 60 frst year gnm nursing student (30 experimental and 30 control group]

Variables:**Dependent:** Anxiety among first year gnm**Independent:** Deep breathing exercise**A) Inclusive Criteria**

- Nursing students who all are studying in GNM first year.
- Nursing students who are willing to participate deep breathing exercise.

B) Exclusive Criteria

- Nursing students who are ill in between time of data collection.
- Nursing students who are not available at the time of data collection.

Tools

SECTION A: DEMOGRAPHIC VARIABLES

SECTION B: BECK ANXIETY INVENTORY

Pilot Study

The investigator carried out the pilot study with one by tenth of the total sample.. There were 3 subjects in the experimental group and 3 were in control group were in control group were taken by lottery method.

Plan For Data Analysis.

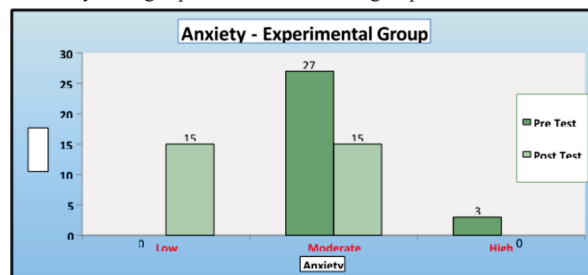
1. Organize data in master data sheet.
2. Demographic variables will be analyzed by using frequency and percentage.
3. Effective of deep breathing exercise will be analyzed by using paired and unpaired 't' test.
4. Chi square test will be used to find out the association between pre- test level of anxiety and selected demographic variables.

Data Analysis**Table 1: Frequency & Percentage Distribution Of First Year GNM Nursing Student At Selected Nursing Colleges**

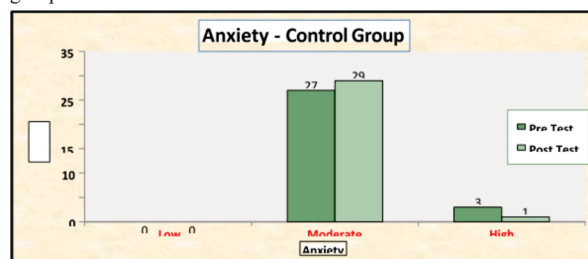
Sr. No.	Variable	Groups	Experimental		Control	
			Frequency	Percentage	Frequency	Percentage
1	Age of Student (in years)	18-19	13	43.33	12	40.00
		20-21	7	23.33	5	16.67
		22-23	7	23.33	8	26.67
		above 23	3	10.00	5	16.67
2	Gender	Male	16	53.33	12	40.00
		Female	14	46.67	18	60.00
3	Religion	Hindu	7	23.33	3	10.00
		Muslim	6	20.00	7	23.33
		Christian	12	40.00	8	26.67
		Buddhism	5	16.67	12	40.00
		Sikh	0	0.00	0	0.00
4	Residential area	Urban	11	36.67	11	36.67
		Rural	11	36.67	11	36.67
		Semi-Urban	8	26.67	8	26.67
5	Occupation of father	Self employed	8	26.67	11	36.67
		Service	9	30.00	6	20.00
		Not applicable	13	43.33	13	43.33
6	Occupation of mother	Self employed	6	20.00	7	23.33
		Service	10	33.33	10	33.33
		Housewife	14	46.67	13	43.33
7	Family income	≤ 10000 Rs	12	40.00	8	26.67
		10001 Rs - 20000 Rs	10	33.33	10	33.33
		20001 Rs - 30000 Rs	5	16.67	3	10.00
		≥ 30001 Rs	3	10.00	9	30.00
8	Type of family	Nuclear	10	33.33	14	46.67
		Joint	10	33.33	5	16.67
		Single Parent	10	33.33	8	26.67
		Extended	0	0.00	3	10.00

Section II

Analysis of data related to assessment of the effect of deep breathing exercise on level of anxiety by comparing the pretest and posttest level of anxiety among experimental and control group.

**Fig 1**

Analysis of data related to assessment of the difference in level of anxiety by comparing the pre and post-test scores among control group.

**Fig 2****Section III**

Deals with analysis of data related to the effectiveness of deep breathing exercise on level of anxiety by comparing the pretest and posttest level of anxiety among experimental group.

Table 2: Comparison Of The Level Of Anxiety Among Nursing Students (Paired T Test)

Experimental	Frequency	Mean	S.D.	t value	P value
Pre Test	30	29.83	3.94	11.64	0.000
Post test	30	22.33	3.71		

The comparisons of pretest and posttest were done by paired t test. The pretest average score was 29.83 with standard deviation of 3.94. The posttest average score was 22.33 with standard deviation of 3.71. The test statistics value of the paired t test was 11.64 with p value 0.00. Hence H1 is accepted

Deals with analysis of data related to the comparison of anxiety among first-year GNM nursing students at selected nursing colleges by pre and posttest in Control Group.

Table 3: Comparison Of The Level Of Anxiety Among Nursing Students (Paired T Test)

Control	Frequency	Mean	S.D.	t value	P value
Pre Test	30	29.96	3.58	1.15	0.261
Post test	30	29.60	3.37		

The comparisons of pretest and posttest were done by the paired t test. The pretest average score was 29.96 with standard deviation of 3.58. The posttest average score was 29.60 with standard deviation of 3.37. The test statistics value of the paired t test was 1.15 with p value 0.26. Hence H2 was accepted

Analysis of data related to the effectiveness of deep breathing exercise on level of anxiety by comparing the pretest and posttest level of anxiety among experimental and control group.

Table 4: Comparison Of The Level Of Anxiety Among Nursing Students (Unpaired T Test)

Groups	Frequency	Mean	S.D.	t value	P value
Experimental	30	22.33	3.71	7.93	0.000
Control	30	29.60	3.38		

The comparisons of posttest were done by unpaired t test. The posttest average score of experimental group was 22.33 with standard deviation of 3.71. The posttest average score of control group was

29.60 with standard deviation of 3.38. The test statistics value of unpaired t test was 7.93 with p value 0.00. .Hence H3 accepted

Section IV

Analysis of data related to the association between pretest levels of anxiety with their selected demographic variables among experimental and control group.

Significant Association

There was significant of age of students and family income with level of anxiety among first year gnm nursing students

Limitation

- 1) This study limited to first year GNM nursing students.
- 2) This study limited to selected nursing colleges.
- 3) This study limited to 60 sample size.
- 4) This study limited to deep breathing.

Recommendation

- 1) On the basis of the findings of the study, the following recommendation have been made for the further study.
- 2) Replication of the same study on large samples may help to draw conclusion that are more definite and generalize to a large population.
- 3) Descriptive study can be conducted to assess the effectiveness of deep breathing on level of anxiety.
- 4) A experimental study can be conducted to assess the effect on level of anxiety

SUMMARY

The purpose of present study was to assess the effectiveness of deep breathing exercise on level of anxiety among first year gnm nursing students at selected nursing colleges. The true experimental research design was used for the study, which consist of 60 first year gnm nursing student selected by probability sampling technique. the standardized tool was given to assess the effect of deep breathing on level of anxiety.. The findings of the study showed that first year gnm nursing student of selected nursing colleges on the study significantly reduced the level of anxiety through deep breathing

CONCLUSION

Results of this study suggest that deep breathing exercise is effective on reducing anxiety among first year Gnm nursing students and it contributes to the reflection on the practice of deep breathing exercise on anxiety, in order to sensitize teachers and other health care professionals to the importance of anxiety among first year GNM nursing student and contribute to improving the overall level of anxiety.

REFERENCES

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