

Effectiveness of Yoga Therapy in Nursing Students to Improve Quality of Life at Selected Nursing College, Rajnandgaon (C.G.)

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Abstract

Introduction : Yoga is one of the saddarsanas of Indian philosophy and is said to have history of 5000 years. The word yoga comes from "Sanskrit" word for "integration" and "connection" and aims to harmonize the mind and body. Over 13 million people practice yoga, a spiritual and health discipline of Indian origin. In January 2007, yoga therapy was defined as the "process of empowering individuals to progress toward improved health and well-being through the application of the philosophy and practice of Yoga".

Methodology : A Quasi-experimental one group pre-test post-test design. Convenient sampling technique was considered to be appropriate sampling technique to select the 100 B.Sc. nursing students between 18-22 years of age at selected Government College of Nursing Rajnandgaon (C.G.).

Results : Pre-test practice of B.Sc. nursing students regarding yoga therapy to improve quality of life. Out of total 100 B.Sc. nursing student's majority (69%) of the B.Sc. nursing students were good. Post-test practice score of nursing students after attending the structured teaching programme, 43% became excellent. Standard deviation 26.5+ 6.381 to 38.9+ 5.03.

Conclusions : There was a statistically significant improvement in the knowledge & practice of the B.Sc. Nursing students followed by video-assisted teaching programme on yoga therapy.

Keywords : Effectiveness; Yoga therapy; Improve quality care.

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Introduction

Yoga therapy is rooted in the ancient practice of yoga, which originated thousands of years ago in India. Yoga made its way to the United States in the late 1800s, but yoga therapy emerged in a formal manner in the 1980s as the result of a

study conducted by Dr. Dean Ornish. The study illustrated how the implementation of a healthy lifestyle program could reverse heart disease. Ornish's program included therapeutic yoga and was the first of its kind to highlight the benefits of using yoga in this way. This program for treating heart disease

was approved for insurance coverage in 1990 and it marked the beginning of the medical field's acceptance of yoga as a treatment option.

Definition of yoga

Maharshi Patanjali defines yoga as "Yogashcittavrttinirodhah" - that is "yoga means the suspension of all the psychic propensities."

What is Yoga

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and aim to control and still the mind, recognizing a detached witness-consciousness untouched by the mind and mundane suffering.

Aims of Yoga

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

Importance of Yoga

1. Physical Purity.
2. Cures and Prevention from Disease.
3. Reduces Mental Tension.
4. Beautification of Body.
5. Provides Relaxation.
6. Keeps the Correct Posture of Body.
7. Yoga can be Performed Easily.
8. Spiritual Development.
9. Increases Flexibility.
10. Reduces Obesity.
11. Improves Health.
12. Enhances Moral and Ethical Values.

Six Keys to Success in Yoga

"Enthusiasm, perseverance, discrimination, unshakeable faith, courage, avoiding the company of common people, are the six keys which bring success in Yoga".

Four Components of Yoga

- i) Physical postures and movement
- ii) Breathing exercises
- iii) Relaxation
- iv) Mindfulness and meditation.

Impact of Yoga : Yoga may be a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. It gives you strength, flexibility, and mind-body awareness. Yoga can assist you to stay flexible and powerful without putting added stress on your joints. The elemental purpose of yoga is to foster harmony within the body, mind, and environment.

Objectives of the study

1. To assess the pre-test knowledge and practice score regarding yoga therapy among nursing students.
2. To assess the post-test knowledge and practice score regarding yoga therapy among nursing students.
3. To compare the pre-test & post-test knowledge and practice score regarding yoga therapy among nursing students.
4. To find out the correlation between pre-test and post-test knowledge and practice regarding yoga therapy among nursing students.
5. To find out the association between knowledge and practice regarding yoga therapy and selected demographic variables among nursing students.

Methodology

Research Design : Quasi-experimental one group pre-test & post-test research design.

Sampling Technique : In this study convenient sampling technique was used to select the sample for the study.

Population : B.Sc. nursing students between 18-22 years of age.

Sample : B.Sc. nursing students between 18-22 years of age at selected Government College of Nursing Rajnandgaon (C.G.).

Sample Size : 100 B.Sc. nursing students between 18-22 years of age.

Setting : This study was in conduct Government College of Nursing, Rajnandgaon (C.G.).

Data Collection Tool : It consist of Consist of 3 sections. SECTION (A)-Deals with the socio-demographic variable profile which include age of nursing students.

SECTION (B)-Consists of the assessment of knowledge of yoga therapy.

SECTION (C)-Deals with the observational rating scale to assess the effectiveness of yoga therapy.

Criteria for Sample Collection

Inclusion Criteria :

- ✓ Nursing students who were studying in B.Sc. Nursing course (1st year to 4th year).
- ✓ Nursing students aged between 18-22 years.
- ✓ Nursing students who were available at the time of data collection.
- ✓ Nursing students who were staying at hostel and day scholars.
- ✓ Only girl nursing students were included in this study.
- ✓ Nursing Students who were willing to participate.

Exclusion Criteria :

- ✓ Nursing students below 18 years and above 22 years.
- ✓ Nursing students who were not available at the time of data collection.
- ✓ Nursing students who were sick or on bed rest during data collection.
- ✓ Boys nursing students were excluded in this study.
- ✓ Nursing students who were not willing to participate.

For this project the students were trained from date 28/11/2022 to 03/12/2022. under the guidance of respected (Prof.) DR. (Mrs.) Uma Shendey (Professor, Child Health Nursing department), D.N.Y.S. and Certification in yoga therapy for her scientific guidance on the behalf of shubh yoga foundation RishiKesh, issued certificate on yoga therapy.

Pilot Study

In order to test the feasibility, relevance and practicability of the study a pilot study was conducted a week before the main study among 15 Nursing College students who were studying in B.Sc. nursing 1st year to B.Sc. nursing 4th year of "Confluence College of Nursing, Rajnandgaon (C.G.)." Data were analyzed to find out the suitability statistics. The pilot study revealed that the study was feasible.

Reliability of Tools

Reliability of the questionnaire was established by Cronbach's alpha method. The reliability coefficient of the knowledge was $r=0.705$ and for observational checklist for the practice reliability coefficient was $r=0.805$ regarding effectiveness of yoga therapy.

Data Collection Procedure

Data collection procedure for main study-

Formal permission to conduct the study was obtained from the Principal, Government College of Nursing, Rajnandgaon

(C.G.) and Warden of Government College of Nursing, Girls Hostel, Rajnandgaon (C.G.). During data collection procedure daily 25 students of age between 18-22 years studying in B.Sc. nursing 1st year to B.Sc. nursing 4th year were assessed for knowledge and practice. The total 100 samples were selected over a period of 8 days through the convenient sample technique. Out of 100 samples daily 25 students selected through convenient sampling technique. Self-administered questionnaire was used to assess the knowledge and practices of yoga therapy and video assisted teaching programme was given for 4 days after pre-test assessment of knowledge and practice score regarding yoga therapy among nursing students, next 4 days post-test assessment of knowledge and practice score regarding yoga therapy among nursing students done. The data collection procedure is follow as a list of subject was collected from selected college. The data was collected from 20/02/2023 to 28/02/2023 including Sunday. The time of data collection was fixed from 5 P.M. to 6 P.M. (20 minutes pre-test, 20 minutes video assisted teaching programme, 20 minutes practice) every day. The students were participated with keen interest.

Video Assisted Teaching Programme

An investigator conducted video assisted teaching programme on effectiveness of yoga therapy for the improvement of quality of life among nursing students between 18-22 years included the following contents:

1. Introduction of yoga therapy.
2. Define the yoga therapy.
3. Discuss Importance of yoga therapy.
4. List out yoga asanas and pranayama.
5. Enumerate benefits of yoga therapy.
6. Discuss instructions regarding yoga therapy.

Results

This chapter deals with the description of sample analysis and interpretation of data collection to assess the knowledge and practice of students regarding effectiveness yoga therapy in nursing students to improve quality of life.

Organization of findings

- A. Frequency and percentage distribution of selected demographic variables regarding yoga therapy among nursing students.
- B. Assessment of pre-test knowledge of B.Sc. nursing students to improve quality of life.

- C. Assessment Post-test knowledge of B.Sc. nursing students regarding yoga therapy to improve quality of life.
- D. Assessment Pre-test practice of B.Sc. nursing students regarding yoga therapy to improve quality of life.
- E. Assessment Post-test practice of B.Sc. nursing students regarding yoga therapy to improve quality of life.
- F. Association of pre and post-test knowledge among B.Sc. nursing students regarding yoga therapy to improve quality of life.
- G. Association of post-test knowledge with socio-demographic profile of B.Sc. nursing students regarding yoga therapy to improve quality of life.

Section-I

1.1 Frequency and percentage distribution of Respondents by Demographic Variables

N=100

S.No.	Characteristics	Category	Respondent	
			Frequency	Percentage
1.	Age(in year)	18 to 19 year	28	28%
		Above 19 to 20 year	20	20%
		Above 20 to 21 year	27	27%
		Above 21 to 22 year	25	25%
2.	Religion	Hindu	86	86%
		Muslim	9	9%
		Others	5	5%
3.	Education status	1st year	49	49%
		3rd year	42	42%
		4th year	9	9%
4.	Type of family	Joint	38	38%
		Nuclear	62	62%
5.	Dietary pattern of the family	Mixed	58	58%
		No vegetarian	11	38%
6.	Area of residence	Rural	64	64%
		Urban	36	36%
7.	Occupation of father	Farmer	59	59%
		Labour	5	5%
		Other work (job)	35	35%
		Unemployment	1	1%
8.	Occupation of mother	Housewife	89	89%
		Labour	4	4%
		Other work (job)	7	7%
9.	Total income of family	>10,000	22	22%
		>15,000	21	21%
		>20,000	41	41%
		>5000	16	16%
10.	Source of information regarding yoga therapy	Internet	80	80%
		Newspaper	2	2%
		Radio	1	1%
		Television	17	17%

Section-II- Assessment of pre-test knowledge of B.Sc. nursing students to improve quality of life

N=100

Pre-test Knowledge Score	Frequency (fr)	Percentage (%)
Adequate Knowledge	60	60%
Elementary Knowledge	2	2%
Highly Knowledgeable	4	4%
Intermediate knowledge	34	34%
Total	100	100%

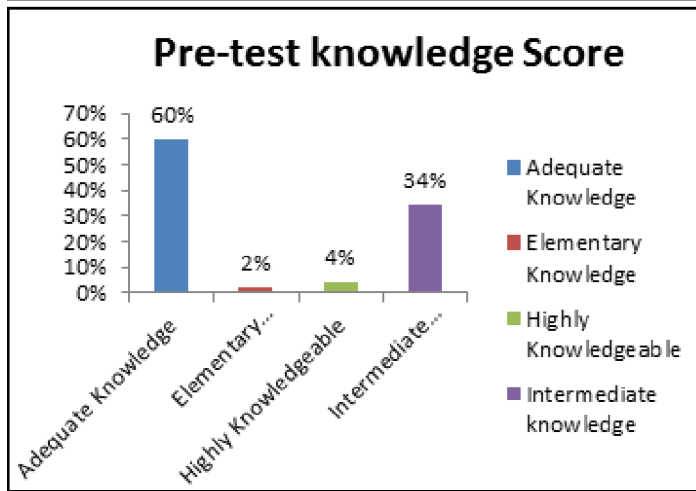


Figure 01 : Pre-test Knowledge Score

Section-III

Post-test knowledge of B.Sc. nursing students regarding yoga therapy to improve quality of life.

N=100

Post-test Knowledge	Frequency (fr)	Percentage (%)
Adequate knowledge	29	29%
Highly Knowledgeable	71	71%
Total	100	100%

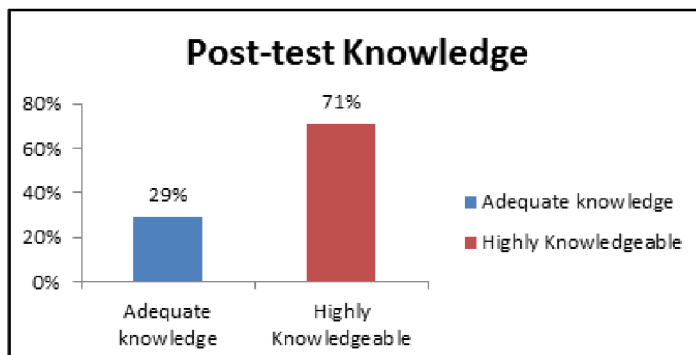


Figure 02 : Post-test Knowledge Score

Section-III

Pre-test practice of B.Sc. nursing students regarding yoga therapy to improve quality of life

N=100

Pre-test Practice	Frequency (fr)	Percentage (%)
Excellent Practice	27	27%
Fair practice	4	4%
Good practice	69	69%
Total	100	100%

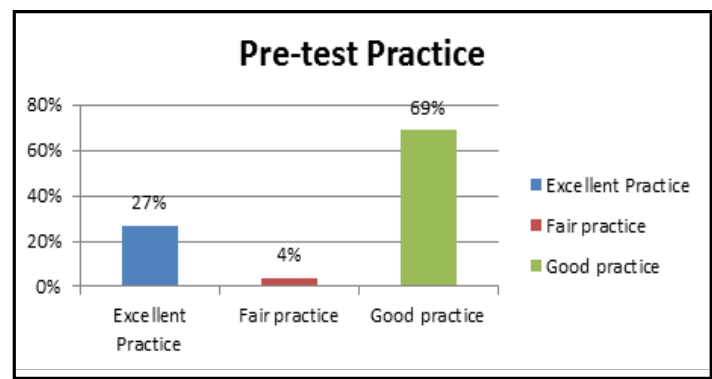


Figure 03 : Pre-test Practice Score

Section-III

Post-test practice of B.Sc. nursing students regarding yoga therapy to improve quality of life.

Post-test Practice	Frequency (fr)	Percentage (%)
Excellent Practice	43	43%
Good Practice	57	57%
Total	100	100%

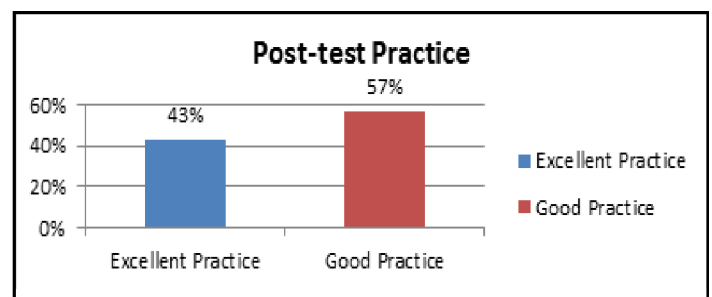


Figure 04 : Post -test Practice Score

Section-IV Association of pre and post-test knowledge among B.Sc. nursing students regarding yoga therapy to improve quality of life.

Paired Samples Statistics				Df	Sig. (2-tailed)
Pair	Mean	N	Std. Deviation		
Pre-test knowledge Score	26.5	100	6.381	99	<0.001
Post-test knowledge Score	38.9	100	5.03		

Section-V Association of post-test knowledge with socio-demographic profile of B.Sc. nursing students regarding yoga therapy to improve quality of life.

Socio-demographic		Post-test Knowledge		Total	Chi-square, df, p-value
		Adequate Knowledge	Highly Knowledgeable		
Age	18 to 19 years	3	25	28	19.693, 3, <0.001, S
	Above 19 to 20 years	1	19	20	
	Above 20 to 21 years	12	15	27	
	Above 21 to 22 years	13	12	25	
Religion	Hindu	28	58	86	3.970, 2, 0.137, NS
	Muslim	1	8	9	
	Other	0	5	5	
Educational status	1st year	3	46	49	32.050, 2, <0.01, S
	3rd year	18	24	42	
	4th year	8	1	9	

Conclusions

The variable such as age of nursing students gender of nursing students, religion of nursing students, educational status of nursing students, type of family, dietary pattern of the family, areas of residence, occupation of father, occupation of mother, total income of family. There was a statistically significant improvement in the knowledge & practice of the B.Sc. Nursing students followed by video-assisted teaching programme on yoga therapy. There was a statistically significant association between post-test knowledge and age and with educational status and no significant association found between post-test knowledge and religion, type of family, dietary pattern and other demographic characteristics.

Recommendation

- v A similar study can be conducted among other age group.
- v In future, similar study can be conducted with different audio visual aids like video films.

- v More research needs to be conducted with large sample size in different setting to increase utilization and generalization of the findings.
- v A comparative study can be conducted on the assessment of knowledge and practice of yoga therapy and meditation among nursing students to improve life style.
- v Recruitment of the nurses as a yoga therapist as like counselor, administrator, school health nurse can be done in hospital setting.
- v A school health nurse can be trained as a yoga therapist so that it will be beneficial for the student's health which will prevent from various diseases in future.

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Conflict of Interest : There are no conflicts of interest

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