



RESEARCH ARTICLE

**EFFECT OF YOGA ON ANXIETY AMONG NURSING STUDENTS IN A SELECTED
NURSING COLLEGE, ODISHA**

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ABSTRACT

Promotion and provision and maintenance of one's health is one of the basic need for development in societies. In society it is important that the entire student be mentally healthy. Among all students of medical science especially nursing students are usually go through various kinds of stress and anxiety in their clinical areas. With regard to importance of nursing student's general health and considering the various existing strategies to reduce the anxiety, use of complimentary treatments is more convenient because of their better public acceptance, low cost and less complication and yoga is a non-pharmacological option to relieve stress and anxiety. The present study is a humble attempt to find out the effect of musical yoga therapy on anxiety among students. In the study pre experimental one group-pretest-post test research design with purposive sampling technique was adopted to achieve the goal of the study by using socio demographic data and A Modified Hamilton's anxiety scale among 60 1st year Bsc. Nursing students in a selected nursing college, Bhubaneswar. The findings of the study demonstrate that in pretest most of the nursing students in psychological aspect had severe anxiety (21.1%) in pre-test but after giving the intervention (33.3%) had mild level of anxiety. In physiological aspect the percentage (31.6%) had moderate level of anxiety in pre-test but after giving the intervention the (6.66%) had mild level of anxiety. It is concluded that musical yoga therapy can be used as a effective strategies in reducing the level of anxiety among nursing students. Future research is prescribed is to expand the extent of this study by adopting different methodologies.

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INTRODUCTION

Sometimes nursing students have been reported Stress from various sources. The origins of stresses are mainly from educational, clinical, parental anticipation, and competition for achievements of goal, and career selections. The student nurses may get the stress from clinical fields while caring critically and terminally ill clients, they may have interpersonal incongruity with friends, fear about clinical skill and requirements, work overload, prolonged standing in duty hours, learning psychomotor skills, e.g. administering injections and performing different nursing procedures. To gain hands-on practice and to bridge the gap between theories to practical the student nurses need to be placed in different setting. Preparation for practice demands more developing skills in the institutional lab. It needs to develop certain quality for the provision of safe and qualitative care to the clients in different clinical areas. For student nurses it is very stressful

and the requirement of expertisation in clinical setting may create anxiety within them. High levels of anxiety can be directly or indirectly has some impact on student's education, clinical practice and in some cases retention within a nursing program. It is very essential for institutional staffs to provide all kinds of support and promote a positive learning environment through which the anxiety of student nurse's may reduce. After reviewing all this nursing course should merge anxiety reducing interventional strategies into curriculum like yoga, meditation or any other conventional strategies. From the literature review it is evidenced that maximum Nursing students suffer from some degree of anxiety, which sometimes may be a cause of interference and have some negative impact on both academicals and clinical performance. Students with severe form of anxiety may have poor academic performance or may achieve low grades. A correlation study was conducted in Hong Kong to assess the degree of anxiety and the relationship between anxiety and academic achievement of secondary school students and revealed that the anxiety level of students were relatively high and also students with low debilitating anxiety performed better than those with high

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anxiety. The academic performance score of experimental group was higher than the control group, thereby showing that students who practiced yoga performed better than those did not. The study concluded that yoga intervention technique improves the academic performance by minimizing the stress and anxiety level. Based on review of the literature and from personal experience, the investigators came to know that most of the student nurse's experienced anxiety during their nursing course. The anxiety can be reduced by regular use of yoga. Yoga is a tool that can change our mental state, reduce negative thought patterns, and create an environment of wellness in body and mind. From this instinct, the investigators were motivated to conduct this study to check the effect of yoga on anxiety. After uncovering the literature it is also recommended that nursing course should show their interest to merge anxiety reducing interventional strategies into curriculum like yoga, meditation or any other form of conventional strategies. In view of the above discoveries the investigators were intended to know the effect of yoga on anxiety among nursing students.

Level of anxiety	Psychological Aspect				Physiological Aspect			
	Pre-test		Post test		pre-test		post test	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
No present	1	1.66	40	66.6	17	28.3	56	93.3
Mild	21	35	20	33.3	24	40	4	6.66
Moderate	25	41.6	0	0	19	31.6	0	0
Severe	13	21.6	0	0	0	0	0	0
Very severe	0	0	0	0	0	0	0	0

Effect of yoga on anxiety by using paired 't'-test

Anxiety	Item	Mean	S d	Paired 'T' Test	Df	P Value	Inference
	Psychological Aspect	44.7	20.6	16.7	59	<0.0001	Extremely Significant
	Physiological Aspect	54.6	36.0	11.7	59	< 0.0001	Extremely Significant

MATERIALS AND METHODS

This quantitative experimental research approach for selected Bsc. Nursing students consists of 60 samples in a selected nursing college, Bhubaneswar, Odisha. The research design chosen for this study was Pre experimental design one group pre test post test design. The modified Hamilton's Anxiety Rating Scale was used for assessing the level of stress among nursing students. This scale is a five point rating scale. The scale consists of 56 items, each defined by a series of symptoms, and measures both psychic anxiety (mental agitation and psychological distress) and somatic anxiety (physical complaints related to anxiety). The anxiety level will be assessed like no anxiety, mild, moderate and severe, very severe. The reliability of the tool was tested by using chronbach co-efficient formula and it is found to be reliable at 0.78. The small scale version study was conducted with 20 samples. The collected data was analyzed by using MS Excel. The baseline data (demographic data) were analyzed by frequency and percentage. Inferential statistics such paired "t" test and chi square test were applied to determine the effect of yoga and the association with demographic data respectively.

RESULTS

Frequency (f) and percentage (%) distribution of subjects according to level of anxiety regarding psychological and physiological aspect in pre test and post test

It was found that in psychological aspect 21.6% were having severe anxiety in pre-test but after intervention 33.3% of

samples were having mild anxiety. Where as in physiological aspect 31.6% were having moderate level of anxiety and after intervention 6.66% of samples were having mild anxiety.

Effect of yoga on anxiety by using paired 't'-test

It was found that yoga was effective for reducing the anxiety among nursing students as the calculated 't' value was 16.7 and 11.7 and p value < 0.0001 being less than 0.05 level of significance in psychological and physiological aspects respectively.

DISCUSSION

Increasing academic stress results in anxiety as well as it decreases the self-confidence and self-esteem. A Research study suggested that depression, anxiety, low self confidence and low self-esteem can decrease their academic performance by disturbing their thinking as well as the clinical performance.

So this study was undertaken to assess the effect of yoga on anxiety among nursing students and found that in psychological aspect 21.6% were having severe anxiety in pre-test but after intervention 33.3% of samples were having mild anxiety. Where as in physiological aspect 31.6% were having moderate level of anxiety and after intervention 6.66% of samples were having mild anxiety and also demonstrated that yoga was effective for reducing the anxiety among nursing students as the calculated 't' value was 16.7 and 11.7 and p value < 0.0001 being less than 0.05 level of significance in psychological and physiological aspects respectively. literature review done in this study showed that conventional strategies like yoga, pranayam etc. can be very effective in reducing the anxiety. There are different studies available on effect of yoga on reducing anxiety. Future studies should focus on the effect of various conventional methods for reducing anxiety among different study subjects.

Conclusion

This study was gone for assessing the effect of yoga on anxiety among the nursing students .The outcome demonstrates that there was severe form of anxiety among understudies and following conclusions were drawn from the study i.e. yoga is an effective strategy in reducing anxiety.

Ethical approval

The study proposal was duly approved by the Hospital Ethical Research committee before commencement of the main study.

The permission was accorded priorly from the Dean of the Nursing college. The students were explained about the purpose of the study & students those were not willing to participate were excluded.

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