



## Effectiveness of pranayama in reduction of stress among senior citizens

Dinesh Kumar<sup>1</sup>, Prempati Mayanglambam<sup>2</sup>

<sup>1</sup> Principal, Syadwad Institute of Higher Education and Research Bagpat, Uttar Pradesh, India

<sup>2</sup> Associate Professor, Galgotias School of Nursing Greater Noida, Uttar Pradesh, India

### Abstract

A study to assess the effectiveness of pranayama in reduction of stress among senior citizens at selected old age homes of Ghaziabad. The objectives of the study are as follows: To evaluate the effectiveness of pranayama in reduction of stress among the senior citizens. To find out the association between the levels of stress among senior citizens with their selected demographic variables. A total number of 60 subjects were chosen for the study. Quasi experimental pretest and posttest research design was adopted for the study. The setting of the study was Karan singh mukhiya old age home Ghaziabad. The tools used to assess the data was socio demographic performa and rating scale to assess the level of stress. The significant findings of the study were: 40% of the subjects were in mild stress, 60% were in moderate stress and 0% in severe stress after pranayama. The chi square test showed that there was no significant association between levels of stress of senior citizens with their demographic variables. Findings indicate that overall practice of pranayama was good and effective in reduction of stress.

**Keywords:** Pranayama, stress, senior citizens, old age homes

### Introduction

Stress is a multidimensional phenomenon which is focused on dynamic relationship between the individual and the environment. It is both physically and psychologically challenging. There are various methods recommended to control or reduce stress. Pranayama is a systematic therapy for managing stress and achieving a deep state of relaxation [1].

Certain amount of stress is a part of life for people of all ages. For seniors, stress has the potential to be especially overwhelming. This type of tension in older adults has unique contributing factors, such as the loss of an elderly spouse or friends. Living alone can increase the sense of isolation.

### Methodology

#### Research approach

Quantitative research

#### Research Design

Quasi experimental pre and posttest design

#### Population

Senior citizens living in old age homes

#### Sample

In the present study senior citizens who are above 60 years and living in old age homes were the samples.

#### Sampling Technique

Purposive sampling technique will be applied for the selection of settings and subjects of the study, as it is easy and time saving.

#### Sampling Criteria

Considering the availability of subjects and time available for data collection, it was decided to include only 30 senior

citizens above 60 years of age in the study. The sample size of 30 is consider adequate to apply statistical test and for valid generalization to be made.

### Description of the tool

The questionnaire (Appendix –A) used in present study consisted of 2 parts. PART-A: Questionnaire regarding demographic data PART-B: structured questionnaire to assess the level of stress

#### Part A: Questionnaire regarding demographic data

This part consist of items for obtaining information about background variables i.e., age, sex, religion, marital status, education, pre-employment status, source of income, duration of staying in old age home, reason for staying in old age home.

#### Part b: Structured questionnaire to assess the level of stress

This part consist of 4 sections which has 10 statement under each sections which has 5 rating scale, i.e 0-never, 1-almost never,2-sometimes,3-fairly often,4-very often. In this the scoring system is 0-49% mild stress, 50-75% moderate stress, above 75% severe stress.

### Result

The first objective is to evaluate the effectiveness of pranayama in reduction of stress among the senior citizens.

- In the present study the researcher analyzed that 24(40%) of the senior citizens are having mild stress, 36(60%) are having moderate stress and 0(0%) is having severe stress before pranayama. and 32(53.4%) of the senior citizens are having mild stress, 28(46.6%) are having moderate stress and 0(0%) is having severe stress after pranayama.
- The mean pretest and post test score of experimental group is 80.3 and 63.6 respectively.

- The mean difference of experimental and control group in posttest is 0.8 and standard deviation is 16.1 and 16.9 respectively.
- The second objective to find out the association between the levels of stress among senior citizens with their selected demographic variables
- The levels of stress was associated with demographic variables like age (in years), sex, religion, marital status, education, pre-employment status, source of income, duration of staying in old age home, reason for staying in old age home in both experimental and control group
- 43.3% senior citizens belong to 60-65 years in experimental group and 60% in control group, 43.3% to 60-70 years in experimental group, 26.7% in control group, 23.72% and 13.4% in experimental group whereas 13.3% in control group belong to above 70 years.
- 100% of the samples belong to female both in experimental and control group.
- 90% of the senior citizens belong to Hindu in experimental group whereas 100% in control group, 10% belong to Muslim whereas 0% in control group, 0% belongs to Christian both in experimental and control group and 0% belongs to other religion both in experimental and control group.
- 6.7% belong to married in experimental group whereas 23.3% in control group, 0% belongs to single group in both experimental and control group, 6.7% are divorcee in both the groups and 86.6% are widow in experimental whereas 70% in control group.
- 90% of senior citizens have no formal education in experimental group whereas 53.4% in control group, 0% have primary education in experimental group whereas 16.6% in control group, 10% have secondary education in experimental group whereas 20% in control group, 0% have higher secondary education in both the groups and 0% have graduation and above in experimental group whereas 10% in control group.
- 40% were housewives in experimental group whereas 43.4% in control group, 56.6% were on daily wages in experimental group whereas 46.6% in control group, 3.4% were private employee in experimental group whereas 10% in control group and 0% was government employee in both the group.
- none of the senior citizens were doing business in both the groups, 36.6% were pension holder in experimental group whereas 46.6% in control group, 0% belong to rental in both the groups, 10% belong to government scheme in both the groups and 53.4% were belong to no income in experimental group whereas 43.4% in control group.
- conclusively, 13.3% staying in old age home from 0-2 years in experimental group whereas 26.7% in control group, 23.3% staying from 3-4 years in experimental group whereas 36.6% in control group, 63.4% staying from 5-6 years in experimental group whereas 26.7% in control group and 0% staying from above 6 years in experimental group whereas 10% in control group.
- 30% of the senior citizens said that there was no one to take care of them in experimental group whereas 26.6% in control group, 0% have poor support from family members in experimental group whereas 3.4% in control group, 6.6% have loneliness at home in

experimental group whereas 10% in control group, 63.4% have family negligence in experimental group whereas 60% in control group and 0% have other reasons in both the group.

### Conclusions

The following major conclusions was drawn on the basis of the findings of the study

- The majority of senior citizens had moderate stress before pranayama
- The majority of senior citizens had mild stress after pranayama
- There was no significant association between levels of stress of senior citizens with their selected demographic variables.

### Recommendations

- Awareness among senior citizens regarding pranayama to reduce their stress level
- Encouragement given to senior citizens regarding relaxation techniques through pranayama
- Promotion given regarding the development of complete well being

### References

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