



RESEARCH ARTICLE

“A STUDY TO ASSESS THE EFFECTIVENESS OF PRAYANAMA TO RELIEVE STRESS AMONG THE PEOPLE OF SELECTED AREAS OF AHMEDABAD”

Dr. Hari Mohan Singh¹, Vijesh Patel² and Group C³

1. Principal, Apollo Institute of Nursing, Gandhinagar, Gujarat, India.
2. Assistant Professor, Apollo Institute of Nursing, Gandhinagar, Gujarat, India.
3. Students, Apollo Institute of Nursing, Gandhinagar, Gujarat, India.

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Abstract

Aim: To assess the effectiveness of pranayama to relieve stress at selected areas.

Methodology: study design: one group pre-test post-test research design¹.

Place and duration of study: The study was conducted in selected areas of Ahmedabad. The rationale for selecting this group people are the familiarity with the setting, locality, availability of sample, feasibility of conducting the study, easy accessibility of the samples. Data was collected from /08/2021 to /08/2021.

Sample: Purposive sampling technique was used to select 30 samples at selected areas of Ahmedabad. Perceived stress scale was used to assess this stress level among the people.

Results: The result shows that there is no significant effect on stress after pranayama. This study therefore offers an encouraging. The result might be achieved if the duration to the practice pranayama can be increased.

Conclusion: The study reveals that the effect of pranayama on the suffering with stress has minimal effect. A person with mild stress encompasses improvement in condition.

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Introduction:-

Stress is a normal reaction the body has when changes occurs, resulting in physical, emotional and intellectual responses². Stress management training can help you to deal with things in a healthier manner.

In this fast growing world, people face various situations that create stress. To deal with such consequences mental exercise and diversional therapies are recommended.

The main source of stress is determined by the work place, study place which also includes financial planning. Every individual have different means of stress and the way to tackle the problem also vary from person to person. The study is to make Yoga helpful in practicing it on daily basis³.

There comes the breathing exercise, known as Pranayama. Pranayama is the practice of breath regulation. It is a main component of yoga, an exercise for physical and mental wellness. The practice involves breathing exercise and

Corresponding Author:- Dr. Hari Mohan Singh

Address:- Principal, Apollo Institute of Nursing, Gandhinagar, Gujarat, India.

patterns. Person purposely inhales exhales and hold the breath in the specific sequence. The advantage of pranayama is due to therapeutic effect of breathing exercise and mind fullness.

Material and Methods:-

This is prospective; A Quantitative Research Approach with experimental study design was used to achieve the objective of the study⁵. The sample consisted of 30 from selected areas of ahmedabad.

Demographic variable: It consisted of people's age, gender, occupation of people, marital status, and health status⁶.

Perceived Stress Scale was use to assess the stress level of people⁷.

Table 1:- Frequency & Percentage Distribution of People According to Demographic Variable . N = 30

Sr. No.	Demographic variable	Frequency	Percentage
1	AGE		
	18-32 Years	15	50%
	33-46 Years	8	26.66%
	47-60 Years	4	13.33%
	61-74 Years	3	10%
2	GENDER		
	Male	12	40%
	Female	18	60%
	Transgender	00	00%
3	OCCUPATION		
	Job	15	50%
	Business	7	23.33%
	Housewife	8	26.67%
4	MARITAL STATUS		
	Married	18	60%
	Unmarried	10	33.33%
	Widowed	2	6.67%
5	HEALTH STATUS		
	Healthy	16	53.33%
	Unhealthy	14	46.66%

Data was collected from 01/09/2021 to 15/09/2021. Prior to data collections, permissions were obtained from the concerned authorities for conducting the study⁸. Subjects were selected according to the selection criteria. Perceived Stress Scale was administered to 30 samples at selected areas of Ahmedabad. The average time taken to complete the tool was 15 min.

Results:-

Table 2:- Mean, Mean Difference, Standard Deviation, Calculated 't' value, Degree of Freedom of stress score of people.

Score	Mean	Mean Difference	Standard Deviation	Calculated "t" value	Degree of Freedom
Pre test	21.33	7	5.584	0.5	58
Post test	14.33		4.03		

Discussion:-

Pranayama is known since ancient times to relieve stress and stabilize autonomic function of the body. Therefore it was decided to study effect of pranayama on stress.

While , considering previous studies Pranayama has demonstrated for significant improvement on stress when samples are asked to perform is on regular bases and assessed under Perceived Stress Sacle (PSS) questionnaires and improvement in stress has been appear remotely (Morgana M novaes2020), (N T bhimani2011).

The improvement among samples with mild n moderate level of stress as a result there was no signifying improvement in severe level of stress.

However this study can carry out further for assessing effect of paraynama on severe level of stress. Observation can be carried out for atleast 1- 2 month and result can be compared.

Conclusion:-

The study reveals that the effect of pranayama on the suffering with stress has minimal effect. People with mild stress encompass improvement in condition. The result might be achieved if the duration to the practice pranayama can be increased and who practice pranayama on a regular basis.

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