Effect of Yoga on Anxiety among Adolescent Girls in Selected Nursing Colleges at Madurai

Aarthysoodi, R¹, Dr. N. Jaya²
Doctoral Student & Associate Professor¹, Dean²
Sacred Heart Nursing College, Madurai, India¹
Shenbagam College of Nursing, Chennai, India²

Abstract:
Adolescence are vulnerable age group hence there are neither a child nor an adult while facing the physiological changes towards puberty and psychological maturity which makes them to lead a complicated life style they are much more concerned in arguing, fighting, and possessing adamant behavior. Yoga calms down especially the adolescents group and brings them innate strength for coping up with their own self. A quasi experimental study was conducted in selected nursing colleges where 300 adolescent girls who had anxiety symptoms were selected by simple random sampling method Data was collected by Hamilton anxiety rating scale along with the associated factors related to anxiety pretest was conducted to assess the anxiety symptoms and hence yoga was Practiced by study group (150) for 3 months and for control group- (150) no intervention was given. Post test was conducted for both groups. The major findings of the study showed that there was a significant difference in the anxiety scores of the study and control group. The anxiety scores was significantly different at 0.001 level of significance among experimental and control group. This study revealed that that yoga was one of the definite alternative measures to treat anxiety symptoms.

Keywords: Adolescents, Anxiety, Yoga.

I. INTRODUCTION:
Adolescence has been defined as the period of psychobiological maturation where adolescent the anxiety disorder is most prevalent psychological disorder among children and youth adolescents (Lindy, 2015). The physical benefits of Yoga especially for teenagers enables to build strength, increases flexibility, builds stability, and to maintain emotional stability and psychological well being, since based on the benefits of yoga it is been included academically in schools and colleges moreover. The breathing exercise aid in calming the mind & improve memory and concentration this in turn helps to the students to perform best tasks related to memory & learning, the yoga provides a calm mind and relieves anxiety. Anxiety among adolescence can cause them to feel pre occupied, distracted tense, and always alert, symptoms of anxiety produces physical symptoms such as dizziness, stomach aches, rapid heartbeat etc yoga incorporates with deep breathing which reduces anxiety and depression increases energy levels and relaxation it can also assist with calming mind and hence people react less intensity to negative emotions.

II. STATEMENT OF THE PROBLEM:
Effect of yoga on anxiety among adolescent girls in selected Nursing colleges at Madurai.

III. OBJECTIVES:
1. To assess the level of anxiety before and after yoga among adolescent girls in study and control group.
2. To assess the associated factors with anxiety before and after yoga among adolescent girls in study and control group.
3. To find out the effectiveness of yoga on anxiety among adolescent girls by comparing study and control group.
4. To analyze the association between the level of anxiety and mean post test value and demographic variables among adolescent girls in study group.
5. To analyze the associated factors and the level of anxiety mean post test value and demographic variables.

IV. HYPOTHESIS:

H₁:
There was a significant difference before and after yoga on anxiety among adolescent girls.

H₂:
There was a significant association between the anxiety and associated factors mean post test value with selected demographic variables among adolescent girls.

V. METHODOLOGY:

Research Approach:
Evaluative approach with quasi study research design.

Setting of the Study:
Selected nursing college at Madurai.

Independent Variable:
Yoga

Dependent Variable:
Anxiety and associated factors of anxiety.

Sample:
Adolescent girls with anxiety symptoms who were studying in selected nursing colleges at Madurai.
Sample Size:
300 adolescent girls with anxiety symptoms 150 in study group and 150 in control group.

Sampling Technique:
Simple random technique was used.

Inclusion Criteria:
1. Adolescent girls between 18 to 21 years
2. Adolescent girls who were having anxiety symptoms
3. Adolescent girls who were having the anxiety score of moderate and above.

Exclusion Criteria:
1. Adolescent girls who were not willing to participates in yoga.
2. Adolescent girls who were having congenital disorders like heart and of bone defects.

Description of the Instrument:
Part I: Consisted of demographic data
Part II: 4 point Likert’s scale on anxiety.
Part III: Interventional strategies
1. Yoga (general and specific yoga to relieve anxiety symptoms).
2. Assessment by pre and post test.

Analysis and Interpretation:
Prevalence of anxiety among adolescent girls before and after yoga in for the study group.

<table>
<thead>
<tr>
<th>Level of Anxiety</th>
<th>Pre Test</th>
<th>Post Test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No</td>
<td>%</td>
</tr>
<tr>
<td>No Symptoms (0)</td>
<td>0</td>
<td>0.0</td>
</tr>
<tr>
<td>Mild (1 – 14)</td>
<td>0</td>
<td>0.0</td>
</tr>
<tr>
<td>Moderate (15 – 28)</td>
<td>107</td>
<td>71.3</td>
</tr>
<tr>
<td>Severe (29 – 42)</td>
<td>38</td>
<td>25.3</td>
</tr>
<tr>
<td>Very Severe (43 – 56)</td>
<td>5</td>
<td>3.3</td>
</tr>
</tbody>
</table>

VI. MAJOR FINDINGS:
1. In post test 71.3% of girls, had no symptoms of 28.7% had mild anxiety and none of them had moderate, severe and very severe pain in experimental group.
2. In post test anxiety score the independent ‘t’ value was 38.125 and this was statistically significant at P<0.001 level between 2 groups.

VII. DISCUSSION:

$H_1$:
Theoretical difference before and after practicing yoga on anxiety among adolescent girls. Study findings showed that there was a reduction of anxiety and associated factors score during post test.

$H_2$:
There was a significant association between the mean post feet anxiety score with selected demographic variable among adolescent girls.

VIII. IMPLICATIONS:
1. Nursing curriculum should be emphasized to render information through education in simple ways to enhance the adolescents knowledge regarding alternative therapies.
2. Nursing administration can formulate policies, which in will include all the nursing staffs to be actively participate in Containing Nursing Education (CNE) programmers to update their knowledge on current modalities in treating anxiety and its management by yoga.

IX. CONCLUSION:
The study findings concluded that yoga was effective in the reduction of anxiety and associated factors among adolescent girls. It also improves the physical and mental health of adolescents which enables them to do normal activity without any disruptions. Furthermore it was observed that yoga practices decreases the school absenteeism and improve concentration in studies, teaching yoga to young girls in schools and colleges could be most effective and efficient way to build up a strong future generation in a Nation.

X. REFERENCES:
[7]. Sachidananda S Integral yoga hatha 2nd ed Buckingham Integral yoga publications 1995.