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## **A study to assess the effectiveness of pranayama in reduction of stress among senior citizens at selected old age homes of Moradabad**

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### **Abstract**

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 the stress. Pranayama is a systematic therapy for managing stress and achieving a deep state of relaxation. The research design adopted for the present study is quasi experimental pre & post-test design. After obtaining Permission the final study was conducted from February 15 to March 01 2016. Purposive sampling technique was used for selecting the sample from 93 senior citizens. Structured questionnaire was used to assess the level of stress before & after giving Pranayama. The Pranayama is given for 15 days in the morning session after 4 hours of breakfast. The duration of giving Pranayama is 15 minutes. The results show that after taking Pranayama the senior citizens shifted from moderate stress to mild stress.

**Keywords:** Pranayama, Stress, Senior citizens

### **1. Introduction**

Stress is a common factor in life. Children experience stress from school, new social situations & simply growing up. Adults feel the stress of working, paying bills, raising kids & maintaining households. Seniors are also feel stress, even though some may have retired, raised their children & paid off their homes. 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. Sometimes the simple tasks of everyday life can cause stress in those who experience physical or medical limitations. The effects of stress can sometimes exacerbate health conditions from which some seniors suffer, causing additional worry. Stress can present itself in various ways [1].

### **2. Material & Methods**

The research design adopted for the present study is quasi experimental pre & post-test design. After obtaining Permission the final study was conducted from February 15 to March 01 2016. Purposive sampling technique was used for selecting the sample from 93 senior citizens. Structured questionnaire was used to assess the level of stress before & after giving Pranayama. The Pranayama is given for 15 days in the morning session after 4 hours of breakfast. The duration of giving Pranayama is 15 minutes. The results show that after taking Pranayama the senior citizens shifted from moderate stress to mild stress.

### **3. Procedure for data collection**

After obtaining Permission the final study was conducted from February 15 to March 01 2016. Then investigator introduced herself to the participants. The objectives of the study were explained to the senior citizens and their informed consent was taken. There were 2 groups (experimental & control) each with 30 sample.

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The questionnaire was given to both the groups. Then the intervention was given only to experimental group. Then the data was again collected from both the groups by using structured questionnaire.

**4. Results & Discussion**

**Table 1:** Frequency and percentage distribution of senior citizens in terms of selected demographic variables.

N= 60

S. No.	Demographic variables	Experimental group f (%)	Control group f (%)
1.	Age in years		
1.1	60-65	13(43.3)	18(60)
1.2	66-70	13(43.3)	8(26.7)
1.3	Above 70	4(13.4)	4(13.3)
2.	Sex		
2.1	Male	0	0
2.2	Female	30(100)	30(100)
3.	Religion		
3.1	Hindu	27(90)	30(100)
3.2	Muslim	3(10)	0
3.3	Christian	0	0
3.4	Others	0	0
4.	Marital status		
4.1	Married	2(6.7)	7(23.3)
4.2	Single	0	0
4.3	Divorcee	2(6.7)	2(.7)
4.4	Widow	26(86.6)	21(70)
5.	Education		
5.1	No formal education	27(90)	16(53.4)
5.2	Primary education	0	5(16.6)
5.3	Secondary education	3(10)	6(20)
5.4	Higher secondary education	0	0
5.5	Graduation & above	0	3(10)
6.	Pre-employment status		
6.1	Housewives	12(40)	13(43.4)
6.2	Daily wages	17(56.6)	14(46.6)
6.3	Private employee	1(3.4)	3(10)
6.4	Government employee	0	0
7.	Source of income		
7.1	Business	0	0
7.2	Pension	11(36.6)	14(46.6)
7.3	Government scheme	3(10)	3(10)
7.4	Rental	0	0
7.5	No income	16(53.4)	13(43.4)
8.	Duration of staying in old age home		
8.1	0-2 years	4(13.3)	8(26.7)
8.2	3-4 years	7(23.3)	11(36.6)
8.3	5-6 years	19(63.4)	8(26.7)
8.4	Above 6 years	0	3(10)
9.	Reason of staying in old age home		
9.1	No one to take care	9(30)	8(26.6)
9.2	Poor support from family members	0	1(3.4)
9.3	Loneliness at home	2(6.6)	3(10)
9.4	Family negligence	19(63.4)	18(60)
9.5	Other reasons	0	0

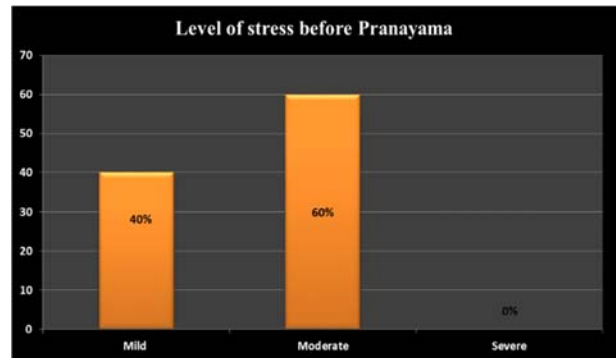
Table 1 depicts that majority of senior citizens belongs to 60-65 years in both the groups, all senior citizens were Female, majority belongs to Hindu religion in both the groups, and majority were Widow in both the groups, majority have No formal education in both the groups, majority were on Daily Wages in both the groups as their pre-employment status, majority have No source of income in both the groups, majority are living from 5-6 years in experimental group whereas in control group majority of senior citizens are living from 3-4 years, majority are staying in old age home because of Family negligence in both the groups.

**Table 2:** Frequency Percentage Distribution of senior citizens according to level of stress before and after the administration of Pranayama

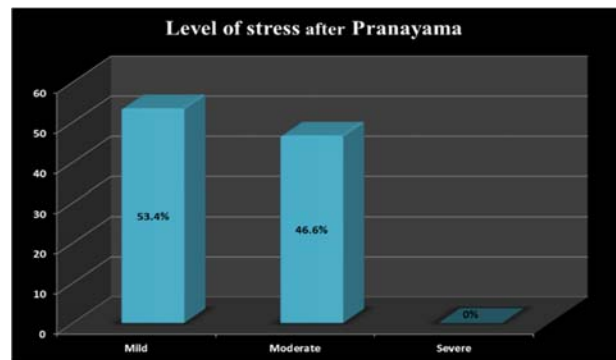
N=60

Level of stress	Range of score	Before Pranayama		After Pranayama	
		f	%	f	%
Mild	Below 50%	24	40	32	53.4
Moderate	50-75%	36	60	28	46.6
Severe	Above 75%	0		0	

Table 2 depicts that majority of senior citizens were in Moderate Stress before Pranayama & after Pranayama most of the senior citizens shifted to Mild Stress.



**Fig 1:** The bar diagram showing the level of stress before Pranayama.



**Fig 2:** The column diagram showing the levels of stress after Pranayama.

**5. Discussion**

The present study findings indicates that around 40% of senior citizens are having Mild stress, 60% are having Moderate stress & nobody is having severe stress before Pranayama. After Pranayama around 53.4% are having Mild stress, 46.6% are having Moderate stress & nobody is having Severe stress which is consistent with the finding of study conducted by Vivek Sharma in 2014 in Ludhiana, *et al.*; says that there was significant decrease in score in Group 1 and Group 2 sample after 12 weeks of intervention when compared to pre-test score [2].

**6. References**

1. <http://www.comfortkeepers.com/home/info-center/senior-health-wellbeing/five-signs-of-senior-stress>.
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