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## Assess the effectiveness of holotropic breath work on stress among I year B.SC (N) students in NCON, Nellore

**Somesula Suchitra, Rajeswari H, Arumugam Indira and Sireesha**

### Abstract

**Background:** Holotropic Breathwork is a powerful, natural method of self-exploration and personal transformation. While the breath is ordinarily taken for granted, using the breath to turn inward using Holotropic Breathwork requires extraordinary intention, knowledge and support. Holotropic Breathwork uses sustained, deep breathing and a musical sound scape to direct attention away from the everyday mind and into the deep psyche. A session generally lasts from 2 1/2 to 3 hours.

**Objectives:** To assess the level of stress. To assess the effectiveness of holotropic breath work on the level of stress among B.Sc(n) students. To find out the association between the effectiveness of holotropic breath work on level of stress among B.Sc(n) students with their selected socio demographic variables.

**Material and method:** The present study was conducted by using quantitative research approach and Quasi experimental Non equivalent control group design was adopted. The Samples were selected by using non -probability purposive sampling technique.

**Result:** level of stress among 100 I st year B.sc (N) students, In experimental group, among 50, 14 (28%) students had mild stress, 26(52%) students had moderate stress, and 10(20%) students had severe stress. In control group, among 50, 24(48%) students had mild stress, 18(36%) students had moderate stress and 8(16%) students had severe stress.

**Conclusion:** investigator found that holotropic breath work is more effective in reducing stress among students.

**Keywords:** Holotropic breath work, stress, B. Sc(N) students

### Introduction

Students are subjected to different kinds of stressors, such as the pressure of academics with an obligation to succeed, an uncertain future and difficulties of integrating into the system. Moreover the transition between the middle childhood and adolescence represents a confluence of social, academic, cognitive, physiological and physical changes.

Holotropic Breathwork is a powerful, natural method of self-exploration and personal transformation. While the breath is ordinarily taken for granted, using the breath to turn inward using Holotropic Breathwork requires extraordinary intention, knowledge and support. Holotropic Breathwork uses sustained, deep breathing and a musical soundscape to direct attention away from the everyday mind and into the deep psyche. A session generally lasts from 2 1/2 to 3 hours.

Holotropic breath work stimulates the 10<sup>th</sup> cranial nerve, the vagus, "wanders" through the trunk of the body, enervating multiple areas such as the larynx, respiratory, gastrointestinal, and cardiac physiology. The vagal nerve distributes feed back to multiple areas of the brain, releasing substances as oxytocin, dopamine, serotonin, and norepinephrine, these neurotransmitters inhibit the releasing of cortisol. There are reports that Holotropic breath work involving in reduction of stress, PTSD/trauma symptoms. It has been proposed that these benefits occur by stimulating the vagus nerve.

Technique of holotropic breath work include Deep breaths, Continuous, "circular" breathing, Faster than normal, Mouth vs Nose Breathing.

### Need for the study

In nursing, students experience increased tension prior to their clinical rotation and written examination especially their finals.

Dhar R *et al* reported 48.83% mild stress and 11.62% moderate stress among nursing students.

Abhishek Singh, Mukul Chopra reported that Female students had more perceived stress score (31.33) than male students (26.01)

Edward Abasim reported that students experience severe levels of stress followed by Academic stressors and finally Social stressors.

The statistical survey conducted by South African Nursing Council (SANC) in 2010 to identify the stress related problems among 54,13, 586 student nurses in Australia, Canada, New Zealand, United Kingdom and the United States. They found that 28,30, 923 (52.29%) were suffering with head ache, 23,89,969 (44.14%) were suffering from gastro intestinal disorders like gastritis, gastric ulcers and ulcerative colitis and 1,92,694 (3.55%) students were having other problems like back pain, muscle cramps and hair loss.

### Statement of the problem

A study to assess the effectiveness of holotropic breath work on stress among b.sc (n) students studying in NCON, Nellore.

### Objectives

- To assess the level of stress.
- To assess the effectiveness of holotropic breath work on the level of stress among B.Sc(n) students.
- To find out the association between the effectiveness of holotropic breath work on level of stress among B.Sc(n) students with their selected socio demographic variables.

### Hypotheses

#### Null Hypotheses

- **H<sub>01</sub>**: There is no statistically significant difference on the level of stress after implementation of holotropic breath work among B.Sc(n) students.
- **H<sub>02</sub>**: There is no statistically significant association between the effectiveness of holotropic breath work on stress among B.Sc(n) students with their socio demographic variables.

#### Research hypotheses

- **H<sub>1</sub>**: There is a statistically significant difference on the level of stress after implementation of holotropic breath work among B.Sc(n) students.
- **H<sub>2</sub>**: There is a statistically significant association between the effectiveness of holotropic breath work on stress among B.Sc(n) students with their socio demographic variables.

### Research Methodology

**Research Approach:** A quantitative research approach

**Research Design:** Quasi experimental Non equivalent control group design

**Setting of the study:** The study was conducted at NCON.

### Population

**Target population:** B.Sc(N) students

**Accessible population:** Ist year B.Sc(N) students with stress who are studying in NCON.

**Sample:** I st year B.Sc(N) Students with stress who fulfill the inclusion criteria.

**Sampling Technique:** Non probability-purposive sampling technique.

**Sample Size:** The sample of the study is 100 students with stress from NCON. 50 students will be assigned to experimental group and 50 students will be assigned to control group

### Sampling Criteria

#### Inclusion criteria

.Nursing students

1. Who have mild to moderate stress.
2. Who are studying 1<sup>st</sup> yr B.Sc(N) nursing.

#### Exclusion criteria

- Students who have severe stress
- Who are already practicing relaxation and yoga therapy.
- Who are not willing to participate in the study

### Variables

- **Independent variable:** holotropic breath work.
- **Dependent variables:** stress.
- **Demographic variables:** Age, religion, medium of education in intermediate, previous level of education (intermediate or vocational or any other), score in intermediate, study pattern (individual or group), hours spent in studying, time of study, reason for joining in nursing, father's education, father's occupation and income, type of family, mother's education and occupation.

### Description of tool

**Part-A:** It includes socio demographic variables such as age, religion, medium of education in intermediate, previous level of education (intermediate or vocational or any other), score in intermediate, study pattern (individual or group), hours spent in studying, time of study, reason for joining in nursing, father's education, father's occupation and income, type of family, mother's education and occupation.

**Part-B:** Consists of modified student stress scale, it consists 29 items which covers the areas of physical, psychological, academic, and sociological factors. Minimum score is 14, maximum score is 70.

### Score interpretation

- Mild stress: 15-29
- Moderate stress: 30-44
- Severe stress: 45-69

**Plan for data analysis**

S. N	Data analysis	Method	Remarks
1	Descriptive statistics	Mean and Standard deviation Frequency & percentage	Distribution of socio demographic variables To determine the level of alcohol dependence.
2	Inferential statistics	Paired 't' test Chi-Square	To determine the effectiveness of holotropic breath work on stress among Iyr B.sc (N). To find out the association between the effectiveness of holotropic breath work on stress among Iyr B.sc (N) with their selected sociodemographic variables.

**Chapter IV**

**Data Analysis**

The data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study. The findings were presented on tables.

The analysis of the data was mainly classified as:-

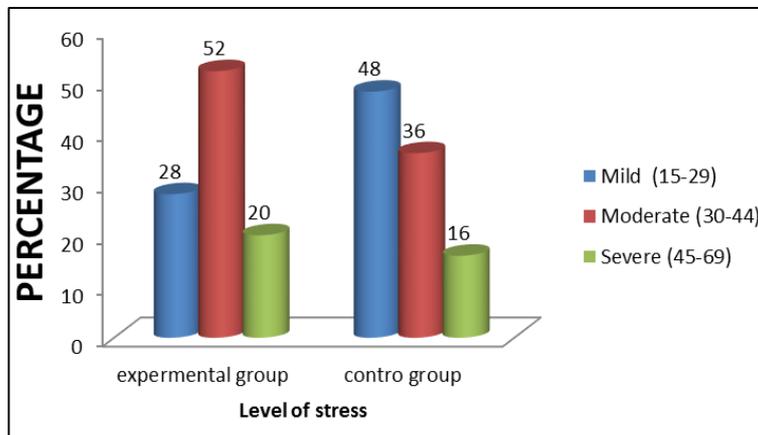
**Section I:** Frequency and percentage distribution of socio demographic variables of I year B.Sc nursing students

**Section II:** Frequency and percentage distribution of stress of I year B.Sc nursing students

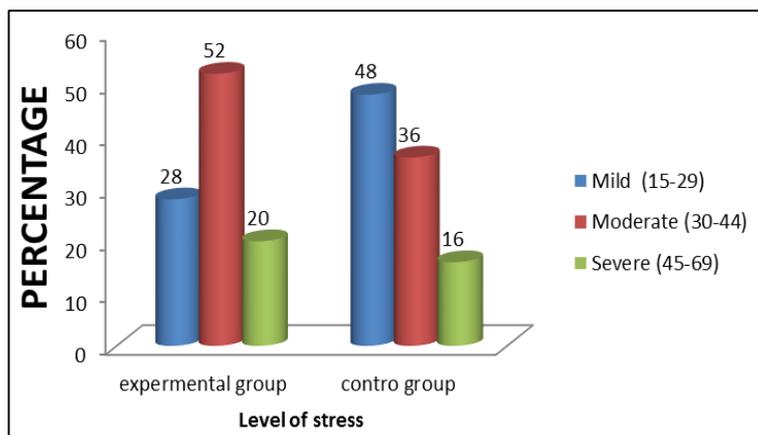
**Section III:** Effectiveness of holotropic breath work on stress among I year B.Sc nursing students.

**Section IV:** Association between the effectiveness of holotropic breath work on stress among I year B.Sc nursing students.

**Section II:** Frequency and percentage distribution of pre test level of stress among the 1<sup>st</sup> year B.Sc nursing students.



**Section III:** Effectiveness of Holotropic breath work on level of stress among I st year B.sc (N) students



**Section III:** Mean and Standard deviation of effectiveness of Holotropic breath work on level of stress among I st year B.sc(N) students in NCON (n= 100)

Group	Pre test		Post test		Paired 't' test Value
	Mean	SD	Mean	SD	
Experimental group	32.45	11.4	24.6	9.87	C=11.05 T=1.71 S*
Control group	35.82	14.35	37.81	12.71	C=0.67 T=1.71 NS

Association between the effectiveness of Holotropic breath work on level of stress among I st year B.sc (N) with there selected socio demographic among post test experimental group (N=50)

There is a significant association of variables like medium of education in intermediate, hours spent in studying, fathers education, fathers occupation, family income per month, previous experience of hostel stay.

Non significant variables like age in years, religion, mothers education, type of family.

### Discussion

Effectiveness of Holotropic breath work on level of stress among I st year B.sc (N) students.

The result indicates, in experimental group, pre test score is, 14 (28%) students had mild stress, 26(52%) students had moderate stress, and 10(20%) students had severe stress. In post test, 32 (64%) students had very mild stress, 14(28%) students had mild stress, and 4(8%) had moderate stress.

In control group, pre test score is, In control group, among 50, 24(48%) students had mild stress, 18(36%) students had moderate stress and 8(16%) students had severe stress. Post test is, 24(48%) students had mild stress, 18(36%) students had moderate stress and 8(16%) students had severe stress.

Mean and Standard deviation of effectiveness of Holotropic breath work on level of stress among I st year B.sc(N) students in ncon.

The result indicates that in experimental group, pre test mean is 32.45 and standard deviation is 11.4 and post test mean is 24.6 and standard deviation is 9.87.the calculated value of "t" is 11.05 and the table value is 1.71. control group, pre test mean is 35.82 and standard deviation is 14.35 and post mean is 37.81 and standard deviation is 12.71. the calculated value is 0.67 and the table value of "t" test is 1.71.

It is evident that the Holotropic breath work is reducing the level of stress among I st year B.sc (N) students. So null hypothesis ( $H_{01}$ ) is rejected and research hypothesis ( $H_1$ ) is accepted

### Summary

#### Nursing IM plication

The findings of the study have various implications in various areas of nursing and nursing practice, nursing education, nursing administration and nursing research.

#### Nursing practice

- Nursing students should develop the skill to control the stress by holotropic breath work
- holotropic breath work methods can be used to reduce the stress.
- The nursing students should be taught about the techniques of and usage of holotropic breath work

#### Nursing education

- Education helps the student nurses to develop more insight and new concepts regarding adjustment problem.
- Awareness programme, discussion, CNE programme can be conducted for reducing the stress in student nurses.

#### Nursing Administration

- The nurse administrator should conduct education programme regarding adjustment problem faced by nursing students.
- Update the nurses knowledge about stress faced by nursing students and the innovative measures for stress control through workshop, conference etc

#### Nursing research

- Extensive researcher can be carried out to assess the adjustment problem among first year b sc nursing students.
- The essence of the research is to build up the body of knowledge in nursing as evolving profession.
- The study will be valuable reference and pathway for future research.

#### Recommendation for further research

A similar study can be conducted between a large numbers of samples in different settings.

#### Conclusion

The result show the experimental group reduced the stress than the control group so it indicate that the holotropic breath work is most effective method to control the stress of students.

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