“A study to assess the knowledge and attitude of adults regarding yoga in stress management in a selected urban community at Bangalore with a view to develop an information booklet.”

Omprakash Swami

Associate Professor, Mahatma Gandhi Nursing College, Jaipur (Rajasthan)

Corresponding Email : omprakash2030@yahoo.co.in

ABSTRACT:

Introduction: Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of person: the physical, mental, emotional, psychic and spiritual. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'.

Abstract

Introduction:- Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of person: the physical, mental, emotional, psychic and spiritual. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'.

Material & Methods: The research approach adopted for the study was descriptive in nature. Descriptive survey aimed to assess the knowledge and attitude of adult's regarding yoga in stress management. 100 urban community adults were selected as the sample for the study by using convenient sampling technique methods. The tool used for data were closed ended questionnaire and attitude scale to assess the knowledge and attitude of adult's in the aspect of coping skills of the adult's, yoga information normal stress management, and habits and life style of the adult's.

Results: major findings of the study were that the overall mean score knowledge of adults is 14.34, on an average adults having 51.2% knowledge. Mean attitude score is 108.78, on an average adults having 77.7% of attitude.

Conclusion: The research reveals that there is a significant association in knowledge and attitude of adults regarding yoga in stress management in a selected urban community at Bangalore.

Key words:- Knowledge, Attitude, Adult, Yoga, Stress,

Introduction:- Yoga has been practiced for thousands of year to improve physical and emotional wellbeing. Empirical research on yoga has been ongoing for

several decades, includes several recent studies conducted with cancer patients and survivors. Nine studies conducted with cancer patient and survivors yelled modest improvement in sleep quality, mood, stress, cancer related distress, cancer related symptoms and overall quality of life.²

Objectives of the research study

- 1) To assess the level of knowledge of adults regarding yoga in stress management
- 2) To assess the level of attitude of adults regarding yoga in stress management
- 3) To find out the correlation between knowledge and attitude.
- 4) To find out the association between selected demographic variables and knowledge and attitude level.
- 5) To develop an information booklet regarding yoga in stress management

Methodology: A quantitative approach with descriptive study design was adopted with aims to assess the knowledge and attitude of adult's regarding yoga in stress management. The study was conducted in urban areas of Bangalore by selecting 100 adults by using convenient sampling technique method. Data were collected by using closed ended questionnaire and attitude scale to assess the knowledge and attitude of adult's in the aspect of coping skills of the adult's, yoga information normal stress management, and habits and life style of the adult's.

Results:

Table-1 Classification of Respondents Knowledge level on Yoga in Stress management (N=100)

Knowledge Level	Category	Respondents	
		Number	Percent
Inadequate	< 50 % Score	52	52.0
Moderate	51-75 % Score	48	48.0
Adequate	> 75 % Score	0	0.0
Total		100	100.0

Table 1 depicts that none of the adults in urban community adequate knowledge regarding yoga in stress management. 52% of them are having inadequate knowledge regarding yoga in stress management; 48% of them are having moderate knowledge regarding yoga in stress management.

Table – 2 Classification of Respondents on Attitude level on Yoga in Stress management (N=100)

Attitude Level	Category	Respondents	
		Number	Percent
Favourable	< 50 % Score	0	0.0
Moderately Favourable	51-75 % Score	34	34.0
Unfavourable	> 75 % Score	66	66.0
Total		100	100.0

Table 2 depicts that none of the adults are having favourable attitude regarding yoga in stress management, 34% moderately favourable attitude of adults regarding yoga in stress management and 66% unfavourable attitude of adults regarding yoga in stress management

Table – 3 Correlation between Knowledge and Attitude scores of Respondents on Yoga in Stress management (N=100)

Aspects	Max. Score	Respondents Scores		
		Mean	Mean(%)	SD (%)
Knowledge	28	14.34	51.2	13.8
Attitude	140	108.78	77.7	4.1
Correlation coefficient (r)		+ 0.424 *		

* Significant at 5 % Level, $r(0.05, 98df) = 0.195$

Table 3 shows the correlation between knowledge and attitude scores of respondents on yoga. Their mean knowledge and attitude score were found to be 51.2% and 77.7% and the correlation coefficient was +0.424. This shows a significant correlation among these variables. It implies that when knowledge increases, attitude also

change in a positive direction.

Nursing implication:

Implication For Nursing Education Education

The knowledge and attitude of adult's regarding yoga in stress management as an important aspect of basic education programme.

Implication for Nursing Practice

Need of involvement of nursing staff in planning and conducting education programme in school setting and various hospital setting.

Implication For Community Health Practice

This study stresses that it is the responsibility of school health nurse and community health nurse to plan, organize and conduct mental health services in university setting, through involvement of other medical staff and this study also stimulate the school health nurse.

Implication For Nursing Research

This study enlightens that there is need to continue the research in stress management of adult's.

Conclusion :

This chapter enlightens the importance of this research study. The research reveals that there is a significant association in knowledge and attitude of adults regarding yoga in stress management in a selected urban community at Bangalore.

References:

01. Bower JE, Woolery A, Sternlib B. Yoga for cancer patients and survivors. Cancer-control. [serial online] 2005 Jul. 12; [cited on 2008 Sep. 20]; 12(3): [p165-71]. Available from: URL: <http://www.jbower@ucla.edu>
02. Oken BS, Kishiyama S, Zajdel D, et al. Randomized controlled trial of yoga and exercise in multiple sclerosis. Yoga - InteliHealth: 29 Apr 2008
03. Nisargopachar Verta – the monthly bilingual magazine for natural health, year 13, vol.6 august/sep. 2005.
04. Psychiatric rehabilitation journal 2005 spring, 28 (4):399-402.
05. Parsad O, Role of yoga in stress management. Dep. of Basic Medical Sciences, West Indies, West Indian Medical Journal [Serial online] 2004 Jun. [cited 2008 Sep. 27]; 53(3): [191-4] Available from: URL: <http://www.oparshad@wmina.edu>.
06. Wood C. "mood change and perception of vitality: a comparison of the effects Relaxation visualization and yoga" journal of R social medicine. [serial online] 1993 [cited on 2008 Sep. 8]; 86(5): [p.254-]
07. Harinath K, Malhotra AS, et al. Effects of Hatha yoga and Omkar meditation on cardiorespiratory performance, psychologic profile, and melatonin secretion. Journal of Alternative Complementary Medicine. [serial online] 2004 Apr. [cited 2009 Oct.]; 16; 10(2): [261-8]. available from: URL: <http://www.ncbi.nlm.nih.gov>