

A Quasi Experimental Study to Evaluate the Effectiveness of Pranayama on the Level of Stress and Coping among Care givers of Mentally Ill Clients in Selected Hospitals

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Abstract

The research approach used in this study is quantitative approach. Their research design adopted for the study was quasi experimental non equivalent control group design Setting of the study was Rathna institute of mental health & Rammental hospital. The sample size was 60, in which 30 belongs to experimental and 30 belongs to control group. Samples were recognized based on the inclusion criteria and selected by non-probability purposive sampling technique.

Keywords: Stress; Coping; Family Care Givers; Mentally Ill Clients; Psychiatric Nurses.

INTRODUCTION

Family¹ caregivers experiencing extreme stress have been shown to age prematurely. The level of stress can take as much as 10 years off a family care giver's life.

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MATERIALS AND METHODS

The research approach used in this study is quantitative approach. Their research design adopted for² the study was quasi experimental non equivalent control group design. The sample size was 60, in which 30 belongs to experimental and 30 belongs to control group. Samples were recognized based on the inclusion criteria and selected by non-probability purposive sampling technique.

RESULTS

Level of stress among care givers of mentally ill clients:
^{3,4}In control group 7 (23%) had severe stress, 18 (60%) had moderate stress & 5 (17%) had mild stress & none in little stress at pre-test & 7 (23%) had severe stress, 18 (60%) had moderate stress & 5 (17%) had mild stress, remaining 0 (0%) was moved from little

stress to little stress In experimental group 3 (10%) had severe stress 20 (67%) moderate stress 7 (23%) had mild stress & none in little stress at pre-test & none in severe stress & moderate stress 18 (60%) moved from moderate stress to mild stress & 12 (40%) had little stress in post-test. In control group 28 (90%) of care givers had low level of coping & 2 (10%) had high level of coping at pre-test & 27 (85%) had low level of coping & 3 (15%) had high level of coping at post-test. In experimental group 20, (60%) of care givers had low level of coping & 10, (40%) at high level of coping in pre-test and 0

(0%).

Comparison of the Level of Stress and Coping among Care givers of Mentally Ill Clients

The pre-test and post-test level of stress and coping levels in control group revealed.

That^s the 't' value of stress is 0.23 and 't' value of coping was 0.34.

Effectiveness of pranayama on stress and coping

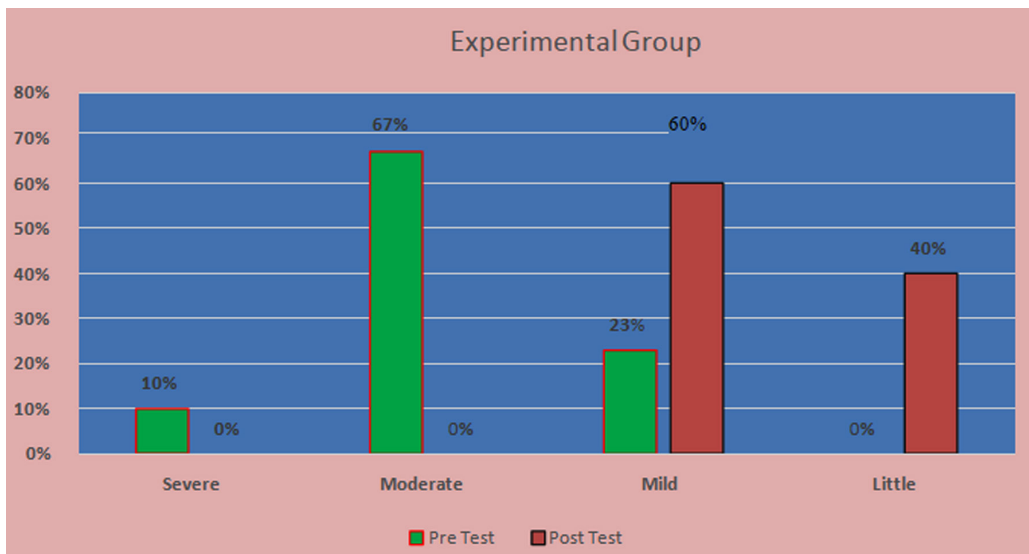


Fig. 1 a: Frequency and percentage distribution of the pre-test and post-test level of stress scores among care givers of mentally ill clients in experimental group

The mean post test score was lower in experimental group than

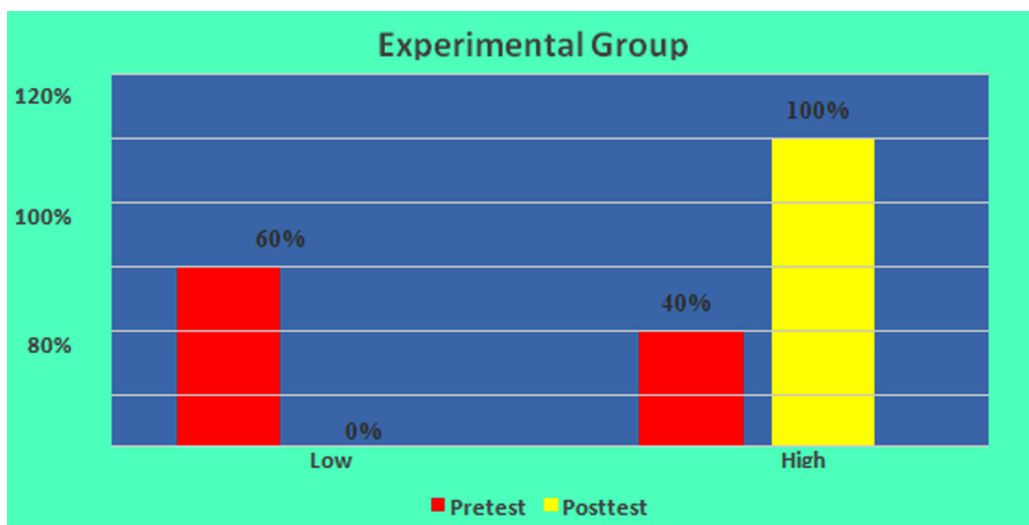


Fig. 1b: Frequency and percentage distribution of the pre-test and post-test level coping of care givers of mentally ill clients in experimental group

The mean post test score was higher in experimental group

among care givers of mentally ill clients by comparing the post test scores of experimental groups

Correlation between the Stress and Coping among care Givers of Mentally ill Clients

The study shows the correlation between stress among care givers. The obtained pre-test mean score was 49.6 with a SD of 9.94 & obtained level of coping mean score was 22 with SD of 8.04. The 'r' value was -0.3 which shows a negative correlation which is significant at 0.05 level.

DISCUSSION

When the stress increases the level of coping decreases among the care givers & when the level of coping increases, the level of stress decreases.

Association between level of stress and coping among care givers of mentally ill clients with selected demographic variable

There was a significant association found with number of admission ($p < 0.02^*$) in pre-test level of coping among care givers of mentally ill clients in experimental group at $p < 0.0001$

CONCLUSION

The main study findings show that the existing

level of coping was low and stress level was high among care givers of mentally ill clients, So the researcher planned for administering pranayama to reduce the level of stress and improve coping. The results revealed after the pranayama there was a significant increase in the level of coping and decreased level of stress among care givers of mentally ill clients.

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