

## A STUDY TO ASSESS THE EFFECTIVENESS OF SURYA NAMASKAR ON QUALITY OF LIFE AMONG G.N.M 1<sup>ST</sup> YEAR STUDENTS AT ERA COLLEGE OF NURSING, LUCKNOW.

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### ABSTRACT:

Stress affects the mind, body, and behavior in many ways, and every one experiences stress differently. Long time stress among student nurses or prolonged stress can cause memory problems and inability to concentrate in the studies. Top five major sources of stress were detected among nursing college students: change in sleeping habits, vacations, breaks, and change in eating habits, increased workload, and new responsibilities. Furthermore, stress may result from being separated from home for the first time, the transition from a personal to an impersonal academic environment, and the structure of the academic experience at the college level. Surya namaskar (salutation to the sun) provides all of the key health benefits of yoga. It is a holistic exercise that provides physical health benefits, but also mental or emotional as well as spiritual benefits. . A quantitative approach with pre- experimental one group pre- test post- test research design has been used to conduct the study, purposive sampling technique was adopted to select the samples and 40 samples were selected..A perceived stress scale and adolescents cope scale was used to assess the level of stress and most common coping strategy used by the students. After assessing through standard questionnaire implementation of Surya Namaskar for 30 days was planned and carried out after 30 days of Surya Namaskar implementation, post -test was done on the same parameters. The findings revealed that Surya Namaskar is helpful in reducing stress among GNM 1<sup>st</sup> year students. Hence the Nursing colleges should give importance to Surya Namaskar (Yoga) in the curriculum for reducing the stress among nursing students.

**Keywords:** Effectiveness, Surya Namaskar, Quality of life.

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## INTRODUCTION:

*"Sun salutation can motivate and warm you, even on the darkest, coldest winter day."*

Carol Krucoff.

Every era in history has been characterized by some debilitating diseases and the present era is characterized by stress, one disease that is not easy to eliminate. Stress is recognized as a major health hazard of the contemporary century which causes conditions such as psychosomatic disease, behavioral changes and it is a major contributor to disturbance in one's, social and family life. Furthermore, a variety of modern disease has their origin in stress.

Student's life is considered the best part in someone's life but a student may face many challenges and stressors. The students who continue their education after senior secondary in professional degree courses are likely to experience more stress than their friends are and colleagues enrolled in other normal degree programme because in professional courses life is suddenly changing with their schedule and increased workload. After passing from senior secondary schooling, students enter into professional course so some of the students may not be able to adjust in new environment and working criteria. Some stress is normal that is eustress but it becomes a problem when it impairs the student's studies, professional and personnel life. So, it should be treated to prevent further complication.

## REVIEW OF LITERATURE

**Labrague LJ, et.al; (2018)** conducted a study "Stress and Coping strategies among nursing students". An international study to determine the level of stress, its sources and coping strategies among nursing students from three countries: Greece, the Philippines and Nigeria, using a descriptive, comparative research design, 547 nursing students (161 Greek nursing students, 153 Filipino nursing students, 233 Nigerian nursing students) participated in the study. Two standardized instruments were used, the Perceived Stress Scale (PSS) and the Coping Behaviour Inventory (CBI). Findings revealed that the degree of stress and the type of stressors and coping styles utilized by nursing students differ according to the country of origin. The year of study predicted overall stress ( $\beta = -0.149$ ,  $p < 0.001$ ) while advanced age predicted overall coping ( $\beta = 0.008$ ,  $p = 0.037$ ) in the nursing students.

**Devkota R<sub>1</sub> and Shrestha S<sub>1</sub> (2018)** conducted a study to find out stressors as perceived by bachelor level nursing students and coping strategies used by them. Descriptive cross-sectional study approach was used. A moderate level of stress was found, and the major stressors identified were: stress from assignment and workload, teachers and clinical environment. No statistical difference of stress levels was found between the academic years ( $P=0.54$ ). Multiple linear regression analysis revealed that significant results were obtained in the model for the frequency of use of avoidance and problem solving. Stress from clinical environment explained 28.7% of the variance in the frequency of use of avoidance while stress from assignment and workload explained 4.1% variance in the frequency of use of problem solving. In conclusion, presence of stress among nursing students in this study indicates the need for assessment and planning of strategies to help students to cope with stressful situations so that conducive learning environment will be enhanced.

Vidhya Bhooshan Verma (2011) conducted a study at Dev Sanskriti Vishwa vidhyalaya to determine the effect of Surya Namaskar and Jyoti Avataran Dhyana Sadhana on the level of Anxiety at Dept. of Clinical Psychology, Dev Sanskriti Vishwa vidyalaya. The sample of study consists of 20 students. The duration of yogic practices was 30 days, 45 minutes each day. Results of the study showed that yogic practices had significant effect on the level of Anxiety among students.

## RESEARCH STATEMENT

A study to assess the effectiveness of Surya Namaskar on quality of life among G.N.M 1<sup>st</sup> year students at Era College of Nursing, Lucknow.

## OBJECTIVES

- To assess the level of stress among GNM 1<sup>st</sup> Year students before and after practicing Surya Namaskar.
- To evaluate the effectiveness of Surya Namaskar in terms of reduction in stress scores among GNM 1<sup>st</sup> Year students at Era College of Nursing, Lucknow.
- To determine the score of most frequently used coping strategy among GNM 1<sup>st</sup> Year students at Era College of Nursing, Lucknow.

**RESEARCH METHODOLOGY**

In this study

Research Approach	Quantitative Approach
Design	Pre-Experimental Research Design
Setting	Era Hospital, Lucknow
Population	GNM 1 <sup>st</sup> Year Students
Target Population	GNM 1 <sup>st</sup> year students of Era College of Nursing.
Assessable Population	GNM Students of Era College of Nursing
Sample size	40
Sample technique	Purposive Sampling
Tool	Perceived Stress Scale& ACOPE

**DEVELOPMENT AND DESCRIPTION OF THE TOOLS**

The research tool was used on basis of standardized form of questionnaire, Perceived Stress Scale for assessing stress and ACOPE for coping strategy.

**ANALYSIS AND INTERPRETATION:**

**Table .2:** Frequency and percentage distribution of demographic data, Samples n=40

S. no.	Demographic		Frequency	Percentage %
1	Age	17 -20	28	70
		21 – 24	9	22.5
		25 – 28	3	7.5
		28 <	0	0
2	Previous stream of study	Biology	31	77.5
		Commerce	0	0
		Maths	2	5
		Arts	7	17.5
3	Marital status	Married	34	85
		Unmarried	6	15
		Divorce	0	0
		Widow	0	0
4	Religion	Christian	0	0
		Muslim	1	2.5
		Hindu	39	97.5
		Others	0	0
5	Family income	10,000-20,000	28	70
		21,000-30,000	3	7.5
		31,000-40,000	6	15
		41,000 and above	3	7.5
6	Resident	Own house	13	32.5
		Hostel	7	17.5
		Rent house	20	50

Table illustrates sociodemographic characteristics of selected population, with regard to age of the respondents most of the students ranged from 17 to 20 years old i.e. 28 (70%). Further 9 respondents that are (22.5%) were between 21-24 years of age, while 3 respondents (7.5%) were 25-28 years old.

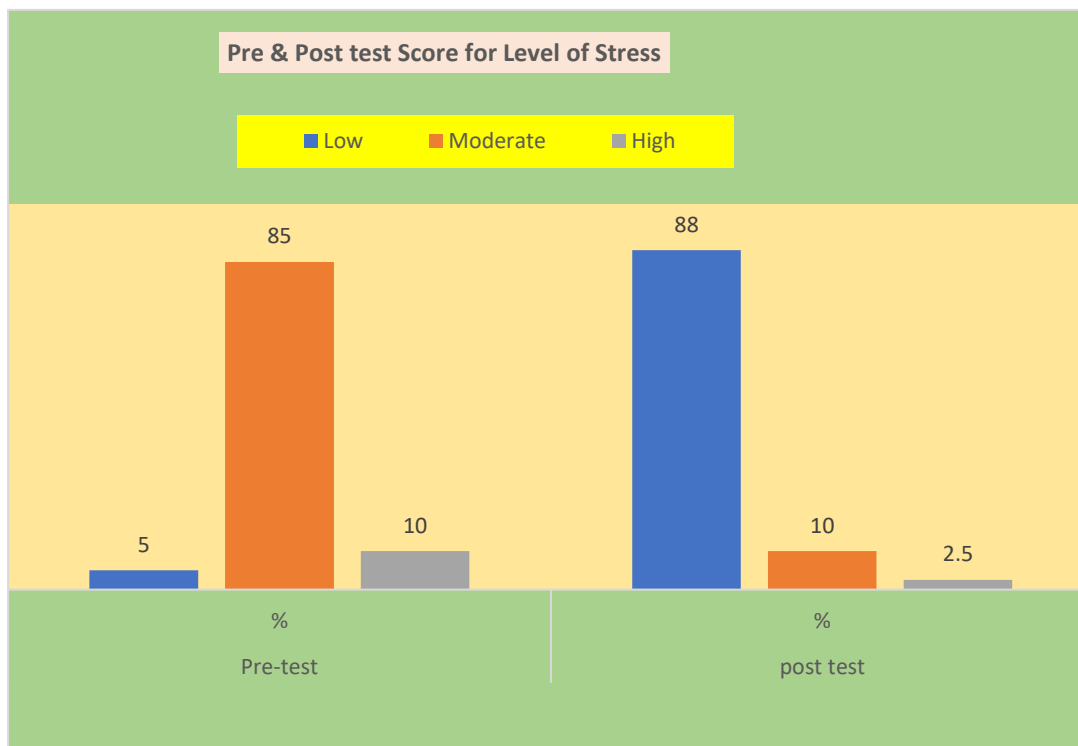
In respect to previous stream of study among 40 students majority of the students 31 (77.5%) were from biology stream, 7(17.5%) were from arts stream, 2 (5%) were from maths stream and no students were having previous qualification from commerce stream.

Marital status of GNM 1<sup>st</sup> year students states that among 40 students majority of the students were unmarried i.e. 34 (85%) and remaining 6 (15%) students were married.

Among 40 nursing students 39 (97.5%) students were from Hindu religion, 1 (2.5%) student was from Muslim religion and no student were present in Christian or any other community.

In respect to family income of the students 28(70%) student's family income ranged from 10,000 – 20,000; 3(7.5%) student's family income ranged from 21,000-30,000; 6 (15%) student's family income ranged from 31,000-40,000 and 41,000 and above income is gained by 3 (7.5%) of the student's family.

Among 40 students 13 (32.5%) students were living in their own house where as 7 (17.5%) students were living in hostel and 20 (50%) students were living in rent house.

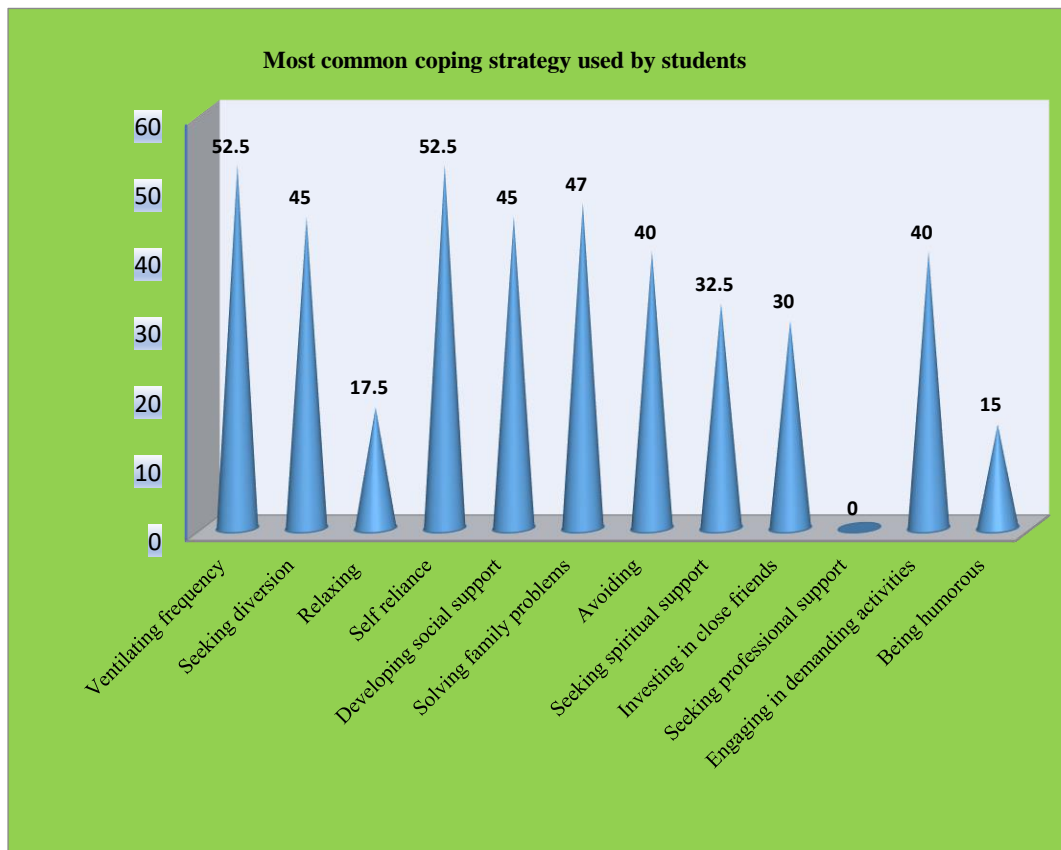


**Figure .1:** Chart Shows Pre-Test and Post-Test Knowledge Score

This chart depicts high level of stress before administering Surya Namaskar. After consecutive sessions of Surya Namaskar session level of stress has reduced.

**Table .2:** Frequency and percentage computation to describe the level of stress among GNM 1<sup>st</sup> year students.

	Paired Differences					t value	Df
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference			
				Lower	Upper		
Pre & Post Test	7.375	2.425	.383	6.599	8.151	19.233	39



**Figure .2: Cone diagram showing Percentage distribution of the most common coping strategy used by students.**

Finding shows that domain 1 ventilating feelings , domain 2 seeking diversion, domain 3 self- reliance and domain 6 solving family problems are the most commonly domains used by the students for coping to reduce stress.

#### DISCUSSION

The study result illustrated that value for paired t- test on df-39 is 2.02 for the 0.05 level of significance and calculated t value on df-39 is 19.233. according to the calculated t value null hypothesis is rejected this indicates, that there is a significant difference between pre -test and post- test score of stress among GNM 1<sup>st</sup> year students at Era College of Nursing.

#### CONCLUSION

The findings revealed that Surya Namaskar is helpful in reducing stress among GNM 1<sup>st</sup> year students. In the present study, first year GNM students experience mild to moderate level of stress. Hence the Nursing colleges should give importance to Surya Namaskar (Yoga) in the curriculum for reducing the stress among nursing students.