

# Examining the Efficacy of Yoga Therapy in Managing Mild Anxiety Among Nursing Officers

Kiran Hegade<sup>1</sup>, Dr. Kritagnasinh Vaghela<sup>2</sup>

<sup>1</sup>Ph.d. Nursing Scholar, Parul University Vadodara, Gujarat.

<sup>2</sup>Professor, Parul Institute of Medical Sciences and Research, Parul University Vadodara, Gujarat.

**Abstract:** This study examines the effectiveness of yoga therapy in managing mild anxiety among nursing officers in government hospitals. Using a one-group pretest-posttest design, 100 nursing officers attending training at the District Training Center, Raichur, Karnataka, were selected through random sampling. The results revealed a significant reduction in mild anxiety levels following the implementation of yoga therapy, highlighting its potential as a valuable intervention for enhancing the mental well-being of nursing professionals.

## 1. Introduction

Anxiety is a prevalent concern among nursing professionals, often stemming from the high-stress environment and emotional demands of their work. Various therapeutic interventions have been explored to address anxiety among healthcare professionals, with yoga therapy emerging as a promising approach. This study aims to assess the impact of yoga therapy on mild anxiety among nursing officers.

Anxiety is a prevalent mental health concern affecting individuals across various professions, and nursing officers are no exception. The demanding nature of their work, characterized by high-pressure situations, long hours, and continuous exposure to distressing circumstances, often contributes to heightened levels of stress and anxiety among nursing professionals. Mild anxiety, characterized by persistent feelings of apprehension, tension, and worry, can significantly impact the well-being and performance of nursing officers, ultimately affecting patient care outcomes and organizational effectiveness.

Yoga therapy has emerged as a promising approach for managing mental health challenges, including anxiety. Rooted in ancient Eastern traditions, yoga encompasses physical postures (asanas), breathing techniques (pranayama), and meditation practices aimed at promoting holistic well-being. Research suggests that regular practice of yoga can reduce physiological arousal, enhance relaxation responses, and alleviate symptoms of anxiety.

Despite growing interest in the therapeutic potential of yoga, there is a notable gap in the literature regarding its efficacy specifically in managing mild anxiety among nursing officers. This study seeks to address this gap by examining the impact of yoga therapy on anxiety levels within this unique professional group.

By investigating the efficacy of yoga therapy in managing mild anxiety among nursing officers, this study aims to provide valuable insights into the potential role of yoga as a self-care strategy and adjunctive therapy in addressing mental health challenges within healthcare settings. Understanding the effectiveness of yoga therapy in this context is crucial for developing tailored interventions and support programs to promote the well-being of nursing professionals, ultimately enhancing patient care outcomes and organizational resilience.

## 2. Methodology

The study employed an evaluatory approach, utilizing a one-group pretest-posttest design. Data was collected from 100 nursing officers selected through random sampling. Reliable and valid tools were used for data collection, and statistical analysis was conducted to compare pretest and posttest scores. The effectiveness of yoga therapy in managing mild anxiety was assessed based on these comparisons.

## 3. Results

Demographic analysis revealed that the majority of participants were females (94%) in the age range of 25-30 years (60%). Following the implementation of yoga therapy, a significant reduction in mild anxiety levels was

observed among nursing officers. Comparison of pretest and posttest scores indicated that none of the participants exhibited severe anxiety post-intervention. Specifically, 74% of participants reported normal levels of anxiety, while only 26% exhibited mild anxiety.

Statistical analysis confirmed the effectiveness of yoga therapy, with a significant decrease in mean anxiety scores post-intervention. The comparison between pretest and posttest scores yielded statistically significant differences ( $p < 0.05$ ), indicating a notable improvement in anxiety levels following the intervention.

Table no: 1 Frequency and percentage distribution of subjects according to socio demographic variables.  
n = 100

No	Demographic Variables	Frequency F	Percentage %
1.	Age in years		
	20-25 years	18	18
	25-30 yeas	60	60
	>30 years	22	22
2.	Gender:		
	Male	06	06
	Female	94	94
3.	Religion		
	Hindu	86	86
	Muslim	06	06
	Christian	08	08
	Others (specify)	00	00
4.	Marital status:		
	Married	44	44
	Unmarried	56	56
5.	Area of Residence:		
	Urban	52	52
	Rural	48	48
6.	Professional qualification:		
	Diploma	82	82
	Degree (B.Sc nursing)	18	18
	Post graduate (M.Sc Nursing)	0	0
	Doctor of Philosophy (PhD Nursing)	0	0
7.	Annual income in Rupees		
	<1 lac	38	38

	1 lac to 3 lac	56	56
	3lac to 5 lac	06	06
	>5 lac	00	00

Table No:2 Frequency and percentage distribution of pre-test and post-test level of anxiety among staff nurses.

Level Of Anxiety	Pre-Test	Post Test
Normal	0	74
Mild Anxiety	100	26
Severe Anxiety	0	0

Table :3 Comparison of pretest and posttest level of anxiety mean, median mode Standard Deviation scores among among staff nurses.

Area Of Analysis	Mean	Median	Standard Deviation	Range
Pre-test	19.88	19	1.89	8
Post-test	9	7	6.31	19

Table no:4 Comparison of mean pretest and post test score of level of anxiety among staff nurses.  
n=100

Level Of Anxiety	Pretest			Post Test			“T” Value	“P” Value
	Mean	SD	Mean%	Mean	SD	Mean %		
	19.88	1.89	35.5	9	6.31	16.01		

Table :5 Association between pretest levels of anxiety scores with selected demographic scores.

Demographic Variables	Pre-Test-Level Of Anxiety				
	Above Mean >19		Below Mean <19		$\chi^2$
	f	%	f	%	
1. Age In Years					
20-25	46	46	14	14	0.63 (NS)
25-30	15	15	07	07	
>35	13	13	05	05	
2. Gender					
Male	03	03	03	03	0.91 (NS)
Female	71	71	23	23	
3. Religion					
Hindu	60	60	26	26	5.72 (NS)
Muslim	06	06	00	00	
Christian	08	08	00	00	
4. Marital Status					

Married	32	32	12	12	0.06 (NS)
Single	42	42	14	14	
5. Area of Residence					
Urban	39	39	13	13	0.56 (S)
Rural	35	35	13	13	
6. Professional qualification:					
Diploma(GNM)	63	63	19	19	1.89 (NS)
Degree( B.Sc nursing)	11	11	07	07	
7. annual income in Rupees					
<1 lac	31	31	07	07	1.85 (NS)
1 lac to 3 lac	39	39	17	17	
3lac to 5 lac	04	04	02	02	

#### 4. Conclusion

The findings of this study provide compelling evidence for the efficacy of yoga therapy in managing mild anxiety among nursing officers. The significant reduction in anxiety levels post-intervention highlights the potential of yoga as a valuable adjunctive therapy for enhancing the mental well-being of nursing professionals.

Demographic analysis revealed that the majority of participants were females, reflecting the gender distribution within the nursing profession. Furthermore, the age distribution indicated a significant proportion of participants in the younger age bracket, reflecting the demographic trends observed in nursing workforce dynamics.

The comparison of pretest and posttest scores demonstrated a noteworthy decrease in anxiety levels among nursing officers following the implementation of yoga therapy. Specifically, the majority of participants transitioned from experiencing mild anxiety to reporting normal anxiety levels post-intervention. This shift underscores the effectiveness of yoga therapy in alleviating anxiety symptoms among nursing professionals.

Statistical analysis confirmed the robustness of the findings, with significant differences observed between pretest and posttest anxiety scores. This statistical significance reinforces the conclusion that yoga therapy is an effective intervention for managing mild anxiety among nursing officers.

Moreover, the association between pretest anxiety levels and selected demographic variables yielded interesting insights. While no significant associations were found between anxiety levels and variables such as age, gender, religion, marital status, professional qualification, and annual income, there was a significant association observed with the area of residence. This suggests that urban nursing officers may have experienced relatively higher levels of anxiety compared to their rural counterparts, highlighting the potential influence of environmental factors on mental well-being.

#### 5. Reference

- Chen, P.J., Yang, L., Chou, C.C., Li, C.C., & Chang, Y.C. (2012). Li-Chan. Effects of Yoga on Stress, Stress Adaption, and Heart Rate Variability Among Mental Health Professionals--A Randomized Controlled Trial. *Worldviews on Evidence-Based Nursing*, 9(1), 21-29.
- Chong, C.S., Tsunaka, M., Tsang, H.W., Chan, E.P., & Cheung, W.M. (2011). Effects of Yoga on Stress Management in Healthy Adults: A Systematic Review. *Alternative Therapies in Health and Medicine*, 17(1), 32-38.
- Kirkwood, G., Rampes, H., Tuffrey, V., Richardson, J., & Pilkington, K. (2005). Yoga for Anxiety: A Systematic Review of the Research Evidence. *British Journal of Sports Medicine*, 39(12), 884-891.
- Pascoe, M.C., Thompson, D.R., & Ski, C.F. (2017). Yoga, Mindfulness-Based Stress Reduction and Stress-Related Physiological Measures: A Meta-Analysis. *Psychoneuroendocrinology*, 86, 152-168.
- Sharma, M., & Haider, T. (2013). Yoga as an Alternative and Complementary Approach for Stress Management: A Systematic Review. *Journal of Evidence-Based Complementary & Alternative Medicine*, 18(1), 15-25.
- Smith, C., Hancock, H., Blake-Mortimer, J., & Eckert, K. (2007). A Randomized Comparative Trial of Yoga and Relaxation to Reduce Stress and Anxiety. *Complementary Therapies in Medicine*, 15(2), 77-83.
- Tyagi, A., & Cohen, M. (2016). Yoga and Heart Rate Variability: A Comprehensive Review of the Literature. *International Journal of Yoga*, 9(2), 97-113.