

A STUDY TO ASSESS THE EFFECTIVENESS OF ASANA AND PRANAYAMA TO REDUCE DEPRESSION AND MENTAL STRESS REGARDING PHYSICAL CHANGES AND ACADEMIC PRESSURE AMONG ADOLESCENTS (BOYS AND GIRLS) FROM SELECTED URBAN AREAS OF MAHARASHTRA

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ABSTRACT

BACKGROUND: Mental health is a integral aspect of health. WHO define health as", health is complete state of physical, mental, social and spiritual wellbeing not mealy absence of infirmity" Alma Atta commission declared India as a signatory state they declared the slogan as "Health for all till 2000 A.D." then extended till 2010 but still India is not declared as healthy nation. Now it is declared 2030. According to WHO data presented on 28 sept. 2020 One in six people are aged 10-19yrs. Global burden of mental illness among adolescents is 16% Half of mental illnesses started at age of 14yrs but most of that are undetected and untreatable. Suicide is 4 leading cause of death among adolescents

National data A study done in April –June 2017 in Chandigarh about stress, anxiety and depression they found prevalence rate that 65.53% of depression, 80-85% for anxiety and 47.02 for stress in female its higher 57.65% and also, they recommend for help. A study done in November. 2020 and they found 10 surprising things about mental health of adolescents that 40% of adolescents are suffering from mental illnesses The survey study done in 2021 at Bangladesh which shows that severe depression is 75.5%. State and regional study According the study which done in Nanded Maharashtra on oct. 2018 about depression, anxiety and stress among rural adolescents there are 54%, 60%, 44% prevalence of mental health

OBJECTIVE: The main study objective of the study is to assess the level of depression and mental stress regarding physical changes and academic

pressure among the adolescents (boys and girls) by using modified standard DSS 21++ inventories from selected urban area of Maharashtra

METHOD: The study was done in the year 2018. The research design selected for study was Quantitative research approach and pre-experimental one group pre-test and post-test design which was best suited to the study. The investigator implemented explanation and demonstration on asana and pranayama sessions to find out its effect of asana and Pranayama to reduce Depression and Mental Stress regarding physical changes and academic pressure.

RESULT: From the evident that out of total 360 samples, all subjects equally distributed in all terms such as age, gender, education standard, school medium, socio-economic status, parenthood, sibling, types of family are respectively find out level of depression and mental stress in area wise That was High level in extremely depression 60.76% and severe level of depression is 50.24 % followed by moderate level of depression is 35.46%. In mental stress high level of extremely severe mental stress 64% followed by severe level of mental stress that is 47.08% and Moderate level of mental stress is 34.59%.

The effectiveness explanation and demonstration on asana and pranayama on overall depression level score of subjects in pre-test mean was 37.24 and in post-test was 17.16 and on overall mental stress score of subjects in pre-test mean was 43.39 and in post-test mean was 19.61 which signifies that explanation and demonstration sessions significantly effective in reducing level of

depression and mental stress of adolescents regarding physical changes and academic pressure.

There was not co-relation of demographic variables with depression and mental stress only socio-economic status affected on depression and mental stress among adolescents selected from urban areas of Maharashtra.

CONCLUSION: *The main strategy adopted in this research is to assess depression and mental stress level regarding physical changes and academic pressure among adolescents selected from urban areas of Maharashtra. Involving adolescents in this research is the sustainability of research. During the study it was observed that, all the subjects were very conscious and interested to learn. The results of pre-test of the study revealed that there was high level of depression and mental stress regarding physical changes and academic pressure.*

IMPLEMENTATION: *. In post-test there was significant reduction in depression and mental stress level regarding physical changes and academic pressure was observed. The results indicated the positive response to explanation and demonstration for reduction in the level of depression and mental stress regarding physical changes and academic pressure. The subjects expressed that they were expecting more of such kind of information and demonstration programs with pictures, videos, demonstration and redemonstration.*

KEY WORDS: *Stress, Mental Health, Attitude, Knowledge, Structured Teaching Program, Effectiveness and Patients.*

INTRODUCTION

W.H.O. has more concern about health and defines "wellbeing is a finished condition of physical, mental, and social prosperity, in addition to the shortfall of sickness and disease." It shows that health has different aspects such as physical health, mental health, social health, spiritual health, absence of disease and deformities. Physical health including any communicable what's more, sicknesses that are not infectious, for example, Tuberculosis, malaria, skin diseases, HIV/AIDS, etc and non-communicable including diabetic malaises, hypertension,

mental illnesses. etc. mental health including free from any type of mental stress, depression, irritability, confusion, growth and developmental problems, adjust mental problems, so on. Social wellbeing means attachment with society, involving in social programs, ability to enjoy or express stress in society, able to celebrate social movement, and participate in stressful situation in society. Spiritual health, the person involves in spiritual programs prayers, bhajan, kirtan, spiritual events and enjoy it. It's important for his own health. Healthy person participate in such programs and carried it with full potential.

REVIEW OF LITERATURE:

Thalappillil Mathew Celine and Jimmy Antony (2014), In this review, the scientist made sense of that psychological issues are the most often involved term for the pressure of current life because of youth's mechanical lifestyle. They assembled data from emergency clinics and clinical schools for a review. Between April 2005 and Walk 2010, the clinical office recorded a sum of 7908 cases utilizing the Z test. This included 2344 ladies (29.64%) and 5564 men (70.36%). Female psychological wellness issues started between the ages of 0 and 29 in most of cases, which happened between the ages of 30 and 40.

P.Janapathi et.al (2015), Learn more about their cross-sectional study on the relationship between adolescent depression and mental stress, which attempts to look into the relationship between adolescent depression and academic stress. Higher secondary schools in Tamil Nadu underwent a cross-sectional survey. After being screened using the MINI-kid tool, 1120 teenagers took part in the study. The

Changed Youth Instructive Pressure Scale was distributed to each child. They found that teens with scholastic pressure were 2.4 times more likely to be depressed than teens without it ($P=0.001$) (95% CI=0.9-2.4). Because efforts to reduce it may have an impact on the occurrence and power of wretchedness, it demonstrates the necessity of early distinguishing evidence of adolescents experiencing extreme scholastic pressure.

Sushil kumarsingh (2019), studied on, "Association among stress and change of helper school students of upset bundle". Young people today face various hardships with change and stress. The increasing dropout rate is altogether exacerbated by cultural pressure and change. Understudies from booked positions' folks and watchmen can't as expected guide them since they are unskilled, poor, and don't have any idea. Subsequently, the scientist would prefer to zero in on pressure and change in distraught optional school understudies. The overview strategy has been chosen by the analyst for this examination. The expert who was involved chose the example using a random examination method. 400 80 understudies were chosen at arbitrarily chose from 12 schools in three unmistakable Bihar areas. The co-successful, mean, and standard deviation of association were calculated using covariance methods to examine the data. According to the review's findings, male burdened auxiliary school students have little to no relationship between stress and change, whereas female optional school students have a significant relationship with change. However, troubled students in optional schools experience significant stress as a result of change.

Mohammad Mofatteh (2021), in

research paper, " Risk factors associated with stress, anxiety, and depression among university undergraduate students", explained It's undeniably true that undergrads in created and non-industrial countries oftentimes experience pressure, uneasiness, and sadness. At the point when understudies enter colleges, their different financial foundations might present an assortment of psychological well-being risk factors. This audit analyzed late writing to distinguish risk factors for pressure, tension, and melancholy among college understudies in created and emerging countries. I recognized and basically assessed 41 articles from the years 2000 to 2020 that examined risk factors for the mental prosperity of college understudies in created and agricultural nations. For the selected publications, risk factor subjects were broken down by category. The following six distinct risk variables were identified: mental, academic, natural, social, and financial aspects of one's way of life. Contingent upon the gamble factor class, understudies' degrees of stress, uneasiness, and gloom might contrast. Each hazard factor subject had various subthemes.

Sherrie Leigh Gomez et.al.(2022), in research paper, "The coronavirus pandemic has had a significant impact on people, particularly on students during the Web-based Learning Methodology. Academic burnout and its effect on students' stress in senior secondary schools This has led to numerous changes, most notably in the learning preferences of the students. Consequently, during the pandemic, internet learning has been a significant challenge for the educational system at all levels. This is an immediate impact of the startling improvement from online classes figuring out how to see one another. The

understudies subsequently needed to adjust to a clever instructing methodology that they were not familiar with. Scholarly burnout was quite possibly of the greatest test these understudies needed to confront on the grounds that they were given such a large number of errands and a ton of scholastic tension. Their involvement in academic burnout had led to discomfort as a result. As a result, this review planned to explore the association between educational burnout and pressure among senior helper school students in the Philippines. Scholarly burnout was viewed as altogether connected in the review.

METHODOLOGY: This includes coordinating and arranging processes as well as strategies for mentioning deliberate observable facts or social occasion information, verification, or data as a piece of an exploration venture or study. The exact methodologies that specialists use to lead their exploration are canvassed in this part. This covers the strategy, plan, factors, populace, test size, and extent of the review. It additionally covers the norms for the productivity, reliability, and viability of the hardware utilized for information gathering and investigation.

SAMPLING: The method that was used in this project was defined probability stratified sampling. The expert chose this method because it was the most efficient way to obtain the ideal sample size in the allotted time and because the members were effectively open to the analyst due to the testing method. Probability stratified sampling technique was adopted for selecting samples for the study. Sample size of the study was 360 adolescents (boys and girls).

INCLUSION CRITERIA:

The review is restricted to teenagers (young men and young ladies) signed up for school; The review is limited to metropolitan regions, Just the impacts of actual changes and scholastic strain on discouragement and mental pressure will be analyzed in this review.

DATA COLLECTION: Investigator obtained written permission from the institution then informed the Head office, a plausibility investigation, content assessment, instrument unwavering quality examination, and pilot preliminaries. The missing section will be located and a plan will be developed by the investigator to circumvent it. This guide provides helpful guidance on how to successfully complete research projects. Data were gathered from January 29, 2021, all the way through April 8, 2022. Prior to collecting data, the investigators obtained permission from the appropriate authorities in the selected regions. Researchers selected participants who met the inclusion criteria and consistently attended school or college on the date of data collection using a probabilistic stratified sample technique.

DATA ANALYSIS AND INTERPRETATION: Data was analyzed using descriptive and inferential statistics on the basis of objective and hypothesis of the study. The post test score reveals 180(50%) samples had normal level of depression, followed by 134 (37.22%) sample had mild level of depression, few 46(12.77%) sample had moderate level of depression and no sample with severe and extremely severe level of depression. This table throws lights that after explanation and demonstration on asana and pranayama there was a shift of number of samples from extremely severe, severe and

moderate level of depression to normal and mild level of depression. which proves effectiveness of asana and pranayama explanation and demonstration to reduce depression regarding physical changes and academic pressure among adolescents from selected urban area of Maharashtra.

This section deals with analysis of demographic data, of sample under study. It is analyzed and presented in form of frequency and percentage table.

Table 4 -As per their example dissemination: Age.

N = 360

Demographi	Frequency	Percent
Age (years)		
13-15	120	33.33
15-17	120	33.33
17-19	120	33.33
Total	360	100

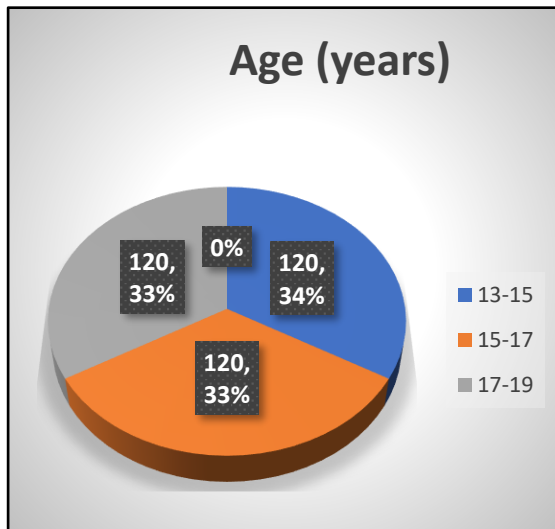


Figure 4: -As per their example dissemination: Age.

Table 4 and figure 4 reveals the data related to age of respondents. All groups are equally distribution of subjects that was 120 (33.33%).

Table 5 -As per their example dissemination: Gender.

N = 360

Demographic characteristic	Frequency	Percent
Gender		
Male	180	50
Female	180	50
Total	360	100

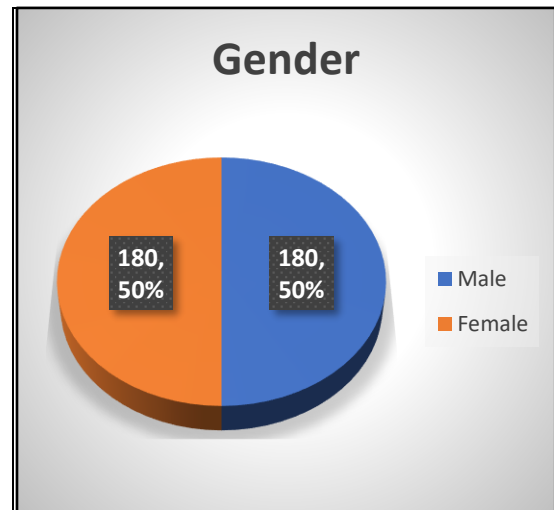


figure5: -As per their example dissemination: Gender.

Table 5 and figure 5 reveals the data related to gender of respondents. All groups are equally distribution of subjects that was 180 (50 %).

This section deals with assessment of depression and mental stress regarding physical changes and academic pressure among adolescents from selected urban area of Maharashtra before and after explanation and demonstration on asana and pranayama.

Part A: Area wise Assessment of Depression.

Table 12- Assessment of score area wise depression level regarding physical changes and academic pressure among adolescents from selected urban area of Maharashtra.

N=360

Score	Pre test	Post Test
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	Ran g	F	%	F	%
Normal	0- 18	37	10.277 78	21 5	59.722 22
Mild	20- 26	57	15.833 33	14 0	38.888 89
Moderate	28- 40	15 3	42.5	5	1.3888 89
Severe	42- 54	74	20.555 56	0	0
Extremely severe	56+ +	39	10.833 33	0	0
Total		36 0	100	36 0	100

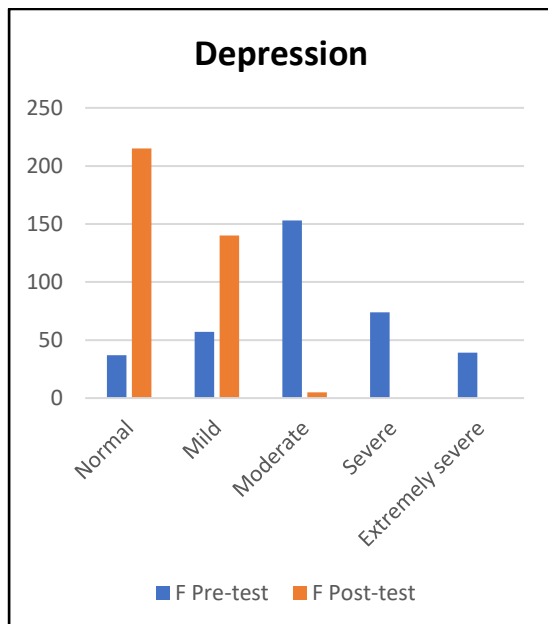


Figure 12: -Assessment of score wise depression level regarding physical changes and academic pressure among adolescents from selected urban area of Maharashtra.

Table 12 and figure 12 illustrate on pre and post assessment of score wise depression level regarding physical changes and academic pressure among adolescences from selected urban area of Maharashtra. Pre- test depicts maximum 165 (45.83%) samples had moderate level of depression followed by 58 (16.11%) samples with

mild depression.50(13.8%) extremely severe depression, 45 (12.5%) severe depression only 42(11.66%) samples had normal level of depression.

The post test score reveals 180(50%) samples had normal level of depression, followed by 134 (37.22%) sample had mild level of depression, few 46(12.77%) sample had moderate level of depression and no sample with severe and extremely severe level of depression. This table throws lights that after explanation and demonstration on asana and pranayama there was a shift of number of samples from extremely severe, severe and moderate level of depression to normal and mild level of depression. which proves effectiveness of asana and pranayama explanation and demonstration to reduce depression regarding physical changes and academic pressure among adolescents from selected urban area of Maharashtra.

RESULT AND DISCUSSION:

Assessment level wise depression level subjects about physical changes also academic pressure among adolescents. Data Pre-test depicts majority (45.83%) subjects had moderate level depression, followed by (16.11%) subjects with mild level depression, (12.5%) subjects with severe level depression, (13.8 %) subjects with extremely severe level depression, few (11.66%) samples had normal level depression. The post- test scores reveal drastic shift subjects (50%) subjects had normal level depression, followed by (37.22%) subjects had mild level depression, (12.77%) moderate level depression, after explanation also demonstration on asana also pranayama there's a shift number subject from severe to normal level depression which proves effectiveness.

Assessment level wise mental stress level subjects about physical changes also academic pressure among adolescents.

Data Pre-test depicts majority (34.72%) subjects had moderate level mental stress, followed by (17.77%) subjects with severe level mental stress, (16.94%) subjects with extremely severe level mental stress, (15.88 %) subjects with mild level mental stress, few (14.44%) samples had normal level mental stress. The post- test scores reveal drastic shift subjects (52.5%) subjects had normal level mental stress, followed by (43.33%) subjects had mild level mental stress, (4.16%) moderate level mental stress, after explanation also demonstration on asana also pranayama there's a shift number subjects from severe to normal level mental stress which proves effectiveness. The present study finding reveals that there was a significant association between the pre-test score on attitude regarding hepatitis among patients with their demographic variables such as Age, Religion and Educational status. There was no significant association between the pre-test score on attitude and their selected demographic variables such as Gender, Occupation, Dietary pattern, habit of smoking, habit of alcoholism and co morbid illness.

CONCLUSION: This study referred to different studies from international level to state level to understand status pranayama also asana on mental health adolescents. Some researchers studied on geographical basis similar way this research is conducted on urban area Maharashtra. Status pranayama also asana on mental health adolescents with help experimental research tool shows that Pranayama also asana helps in increasing mental health

adolescents. Every age group shows different result as they have different problems. At academic level academic stress is seen but from this experimental research, results shows that with pranayama also asana academic stress get reduced.

RECOMMENDATION:

- a) A related study could be conducted on larger sample.
- b) A related study may be replicated with a control group.
- c) A comparative study could be undertaken to assess depression also pranayama in Urban as well as rural community settings.
- d) A study could be conducted to evaluate effectiveness shuddikriya.
- e) A study could be conducted to assess practicealso attitudes adolescents regarding depression and mental stress.

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