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A Study To Assess The Effectiveness Of Anulom Vilom In Reduction Of Stress Among Senior Citizens In Selected Area Of Jhalawar District Rajasthan

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Introduction: Stress can be considered as a state of mental or emotional strain or tension resulting from adverse or demanding circumstances. Stress is as the result of an interaction between an individual's emotional, intellectual, social and physical resources and the demands on him or her. Argued that stress is a different phenomenon from pressure. Stress is something more than pressure¹. It carries strong overtones of the breakdown of normal performance. In India, the elderly population was approximately about 104 million in 2011 according to the Population census. It is estimated to grow to 173 million by 2026, suggests by the United Nations Population Fund and Help Age India. Elderly people are more prone to disease and disability, but they are physically different about the mental health of those whom they accept.² Some mental problems within this period of life are more prevalent. Some of the common physical and psychological problems are dependency, ill health, and absence of social security, loss of social role and recognition and non-availability of opportunities for creative use of leisure. Stress is a common problem among these. Stress and new diseases of civilization today is the growth of many physical and mental diseases⁴

Need of the study ; Stress is an inevitable part of living. Most of the stress symptoms that senior citizen generally face are fear of death, feeling of insecurity and general excitement, fatigue, insomnia, gastrointestinal disturbances, depression of spirits, emotional instability, inferiority feelings, pains and headaches, indecision, intolerance, suicidal pre-occupation, panic states, giddiness and genitourinary symptoms and other physiological disturbances. Therefore, the study aims to review variables such as income and social security, social environment and health status which causes for stress among aged elderly. ⁶

According to multiple surveys across the country, for most Indian senior citizens, the biggest concerns are Healthcare costs, Lack of financial support and Isolation. In addition, most of the aged are not accorded the dignity of care they deserve in later life. Alternate nostril breathing such as Anulom Vilom is noted for its physical and mental health benefits, including: improved patience, focus, and control. relief from stress and anxiety. Improvements to brain, respiratory, and cardiovascular health. Perceived stress is higher for students in various healthcare courses. Previous studies have shown that pranayama practice is beneficial for combating stress and improve cardiovascular functions but both fast and slow pranayama practice produce different physiological responses.⁷

OBJECTIVES:

1. To assess the level of stress among senior citizens.
2. To assess the effectiveness of Anulom Viloma in reduction of stress among senior citizens by comparing pre and post level of stress.
3. To find out the association of pre level of stress among senior citizens with their selected demographic variables.

HYPOTHESIS:

H₁: There will be significant difference between pre and post levels of stress among senior citizens

H₂: There will be no association between pre levels of stress among senior citizens with their selected demographic variables.

MATERIAL AND METHOD: A quantitative research approach with non-experimental survey design was used to conduct the study in selected area of Jhalawar District of Rajasthan . The study setting was in Green park area Jhalwar Rajasthan Non-probability convenient sampling technique was adapted to select 30 senior citizen selected area of Jhalawar District of Rajasthan .A standardized Perceived Stress Scale (PSS) was used to assess the stress among senior citizen . Ethical permission was taken from authorities in concerned areas. The written consent form was prepared for the study participant regarding their willingness to participate in the research study. Inclusion criteria: senior citizens aged 60-80 years, willing to participate in the study, available during the study period, and able to answer. Exclusion criteria: senior citizens with chronic physical and mental disability The research tool for data collection consists of two sections: **Section 1 Demographic tool:** It consists of age, gender, previous occupation, and marital status, any medical illness , behaviour of family members, and pattern of communication with the family members. **Section 2:- Perceived stress scale** The Perceived Stress Scale (PSS) is a standard stress assessment tool developed by Cohen, in 1983. It consists of 10 items; each item is rated on a 5-point scale ranging from 0 to 4 with a higher score signifying a higher level of stress. In these items 4, 5, 7, and 8 are in a reverse manner, their scoring pattern is in descending order like 4,3,2,1, 0 and the remaining items, the scoring pattern is like 0, 1,

2, 3, 4. The minimum score is 0 and maximum score is 40. The score was categorized as 0-13 is a low stress, 14-26 moderate stress and 27-40 high perceived stress. The tool was prepared in Hindi for better understanding. The validity of the tool was done by 5 experts and tool was found reliable. Daily Practice of Anulom Viloma 20 min for 20 days .After 20 day post assessment was done with same tool.

Result: Section 1 Demographic Tool: Shows that frequency and percentage distribution of demographic variables, according to age the majority of the elders 60 % were in the age group of 60 to 65, 70% were females, 73.3% were primary education 40% were unemployed, 53.5 % were widow/widower, majority 63.3% were medical problems and 70% were having dependent on son/daughter and a majority 70% were bad experience with the family members.

Section 2: Regarding frequency and percentage distribution of gradation of stress level among senior citizens. In the pre assessment of stress majority of the senior citizen were 16 (53 % having severe stress and 9 (30%) in moderate stress .After Practice of Anulom Viloma majority of senior citizen have moderate stress 20(66.7%) and in mild stress 3(10%) and in severe stress 7(23.3%).Thus result showed that Anulom Viloma pranayama is effective in reducing stress and Hypotheses H1 was accepted/

N=30

Stress score	Pre level of stress		Post level of stress		Mean difference	Standard deviation
	Frequency	%	Frequency	%		
Mild stress	5	17	3	10	18	7.6
Moderate stress	9	30	20	66.7		
Severe stress	16	53	7	23.3		

Section 3: Regarding Association: The result findings shown that there is no association were found because of the less sample and thus H2 was made by the researcher was accepted. In contrary, Jeyanthi MY (2017) study found that there was no association between the stress of an elderly person with selected demographic variable 7

DISCUSSION: The present study found that in the pre assessment of stress the most of Senior citizens had severe stress 53% followed by moderate 30 % mild level of stress and 17%. After doing regular Anulom Viloma pranayama majority of the senior citizens shifted to moderate level of stress 66.7% and in 10% in mild stress. These results were supported by Panigrahi S et al (2015) which found that the most of the elders (86.66%) residing in selected old age home had moderate stress whereas similar percentage (6.66%) of them had mild and severe stress respectively.8

IMPLICATION & RECOMMENDATION : This study proof that alternative therapy like yoga and pranayama techniques is very helpful for the senior citizens in reductions of stress with the minimum expenditure of medical expenses. Although most of the elderly peoples depends on their family members because of poor finical condition and dependency not able to afford the cost of treatment. So yoga is very cheap and easy to cure and control many diseases with out any side effect. This study benefited to many organization to create awareness programs, workshops and seminar to educate the people about benefit of yoga. This study can be replicated either other types of pranayama, and also in the larger size of sample.

CONCLUSION: The study concluded that the majority of Senior citizens population had moderate levels of stress. The study is limited to the Senior Citizens who are residing in Green park areas in Jhalawar, India and who are physically able to participate in the study. There is a need of the day to arrange any interventional packages to improve the physical and psychological health of senior citizens .

CONFLICT OF INTEREST: There are no conflict of interest

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