



# Study to assess the effectiveness of pranayama to relieve the stress among the people of selected area of Ahmadabad

## Guide

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## Abstract

**Introduction:** Stress is a feeling of emotional or physical tension come from any event or throughout that makes you feel frustrated, angry or nervous. Pranayama is a practice of breath regulation.

The Study was conducted to assess the effect of pranayama to relieve this stress among the people in selected areas of Ahmadabad.

**Method:** A pre experimental research approach was used to conduct this study to assess the effect of pranayama on relieving this stress Investigator will adopt the purpose of sampling technique to select the sample who met criteria for sample selection. The sample was selected by purposive sampling technique. Perceived stress scale was used to assess this stress level among the people. The pre test conducted by using PSS scale and divided the sample into three categories according to their score Then treatment provided through the pranayama to the sample for 15 days after the treatment the samples are going under the post test.

**Result:** The mean score of 21.13 of pre-test was decreased to 14.33 in post test after providing the pranayama. The value of paired t test was found to be 0.5 for this study.

**Conclusion:** According to findings of the present study it was concluded that the pranayama reduce the stress but does not relieve this stress.

**Keywords:** Pranayama, stress, effectiveness, assess, perceived stress scale.

## Introduction

stress is a feeling of emotional or physical tension come from any event or through that makes you feel frustrated, angry or nervous stress is contributing to serious health problem such as heart disease, high BP, diabetes, and other mental disorder almost 82% of India's population suffering from stress and those in the sandwich generation (35-49) are most affected with around 89% reporting some level of stress. Pranayama is the practice of breath regulation. The practice of pranayama involves breathing exercise and patterns, its main component of yoga. Yoga

is a Sanskrit word meaning unity of mind and body, which has been used in Eastern societies for 5000 years ago and has recently, received much attention from western countries

A survey is done by international labour organization which suggests that 1 in 2 youngsters were prone to experiencing symptoms of anxiety with over 17% suffering due to the consequent impact of COVID-19. An estimated 1 in 7 Indians suffer from mental disorder of varying severity in 2017 with depression and anxiety being the commonest. The first comprehensive estimate of disease burden due to mental disorder and their trends in every stress. The burden has doubled of mental disorder between 1990-2017 (Survey done by lancet psychiatry by the Indian state, New Delhi.

## Objectives of the Study

1. To assess the effectiveness of pranayama to relive stress at selected areas.
2. To find association between demographic variables.

## Hypothesis

H<sub>0</sub> = There will be no significant difference between pre-test and post-test effect of pranayama to relieving the stress among people in the selected areas of Ahmedabad.

## Variables

**Independent Variables-** Effect of pranayama

**Dependent variables-** Stress level

## Population and sample

In the study the population consisted of group of people in selected areas of Ahmedabad. The sample consist of 30 people of selected area of Ahmedabad selected by purposive technique.

## Tool of the study

Perceieved stress scale is used by researcher.

## Method

This is a pre-experimental research approach and one group pretest- posttest research design. The study population consisted 30 people of age between 18-74 years in selected areas of Ahmedabad in 2020. The people were selected who were present during the sample collection, demographic variables of samples acc. to gender, occupation, marital status & health status & those who are willing to participate in the study. The purpose of the study was to assess the effectiveness of pranayama to relieve stress among the people of selected areas of Ahmedabad before and after doing the pranayama. In this study do a pre-assessment of stress by Perceived scale as a pretest to assess the presence of stress & selected the 30 samples who have present with stress.

After that teach the different types of pranayama that is use for relieve the stress to the samples by performing pranayama. That is followed for 15 days. After 15 days of following a pranayama the post test was conducted to the same number of samples. The Percieved scale is used to assess the present level of stress. The participation of samples were voluntary in the study conducted. After completing the post test the data was analysed through mean, mean deviation, calculated “t” value & table “t” value.

## Result

30 samples were included in the study among which majority of them were female (60%) & 50% of them were in the age group of 18-32 Years, 33-46 years & 47-60 years aged samples were 26.66%, 13.33% respectively. 50% samples had job, 23.33% samples had business and 26.67% samples had housewife among them marital status shows that 60% samples had married, 33.33% samples had unmarried and 6.67% samples had widow and 53.33% sample were healthy where 46.66% samples were unhealthy.

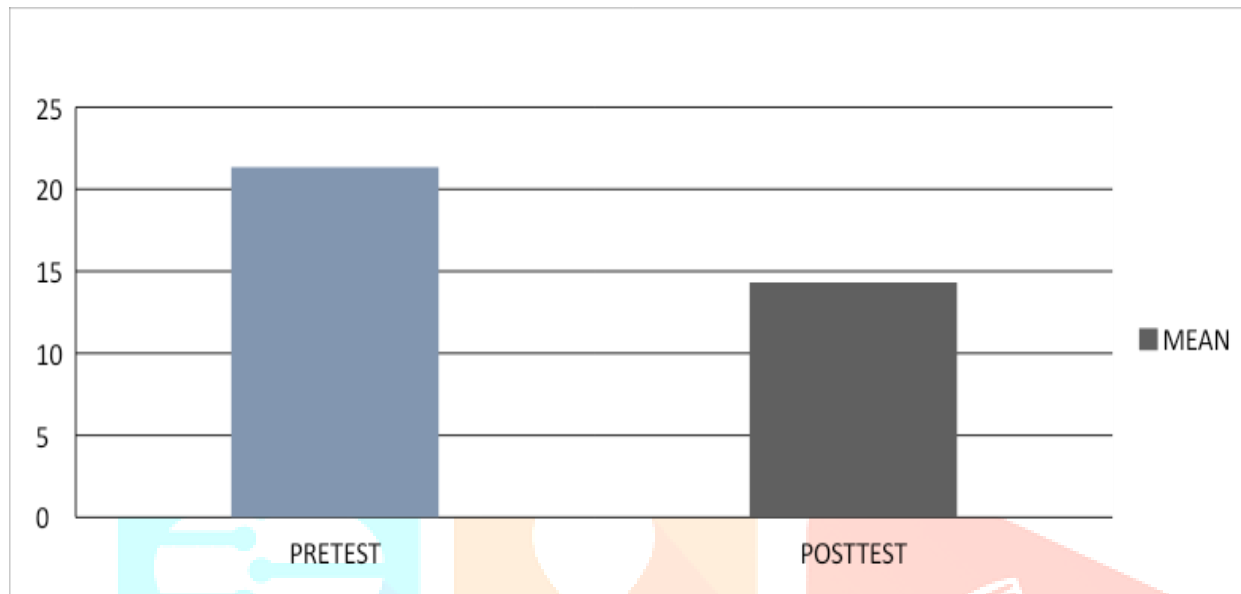
**Table 1:** frequency distribution of stress among people

Sr.No.	Demographic variable	Frequency	Percentage
1	AGE		
	18-32 Years	15	50%
	33-46 Years	8	26.66%
	47-60 Years	4	13.33%
	61-74 Years	3	10%
2	GENDER		
	Male	12	40%
	Female	18	60%
	Transgender	00	00%
3	OCCUPATION		
	Job	15	50%
	Business	7	23.33%
	Housewife	8	26.67%
4	MARITAL STATUS		
	Married	18	60%
	Unmarried	10	33.33%
	Widowed	2	6.67%
5	HEALTH STATUS		
	Healthy	16	53.33%
	Unhealthy	14	46.66%

The results reveals that the mean & standard deviation of pre test was 21.33 & 5.584 respectively after the pranayama was implemented followed by conducting post test revealing value of mean & standard deviation as 14.33 & 4.03 respectively. The calculated paired t test valve for the present study is 0.5.

**Table 2:** analysis and interpretation of the data

	Mean	Standard deviation	T-Test Value
Pre-test	21.33	5.584	0.5
Post-test	14.33	4.03	0.5

**Graph 1: Findings related to mean of pretest and posttest on effectiveness of pranayama to relive the stress**

## Discussion

This chapter discusses the major findings of the study and reviews them in relation to finding from the result of the other studies. The aim of the study was to assess the effectiveness of pranayama on relieves stress among the people of selected area of Ahmadabad before and after doing the pranayama. The study findings are presented based on the objectives of the study.

This section evaluated the findings of the present study in the light of previous research studies. The discussion is organized based on findings of the study. The theoretical framework of the present study was based on concept of General System Theory.

In other studies, including Tayyebi et al, among haemodialysis patient, Rahnama et al, among multiple sclerosis patients, Javnbakht et al, among women living in Mashhad and Gong among pregnant women, the significant positive effects of yoga in reducing stress has been confirmed.

## Conclusion

The study intended to assess the effectiveness of pranayama on relive stress and anxiety among the people of selected area of Ahmadabad on a pre experimental study. This will helps to know the effect of pranayama on a stressful people on a selected area.

The finding suggests that post test score are higher than the pre test scored. Pre experimental study conducted to the selected area of people

A sample taken from the selected area and study found that who practice pranayama on a regular basis they got better effect of pranayama and who missed they didn't get proper effect of Pranayama for reduce the stress.

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