



“A Study To Assess The Effectiveness Of Adhumukha Savasana Theraphy On Management Of Stress Among Primary School Teachers Of Selected Rural Areas Of Tikota.

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Abstract: Selye (1956) defines stress as “any external event or any internal drive which threaten to upset the organism equilibrium is stress”. Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize.

In the present competitive age it is reported that young generation are found to be more in stress. We got the information related to depression, attempt to suicide and some psychological symptoms among the youth. Sometime we got the information related to suicide, attempted suicide depression, dropout and many more

psychological symptoms among the youth. Now scenario has been changing most of us aware about the stressor which affect the college students and maintain the environment which induces the positive thinking among youth. The measures have also taken by the individuals and different organization to conduct the various programs to reduce the stress.

Methodology: It is A Pre Experimental Design there were the Stress and effectiveness of Adhumukha Savasana therapy on stress management among primary school teachers of selected rural area of tikota the sample size of the study was 100 primary school teachers. a socio demographic data and perceived stress scale was used to collect data the content validity and reliability of instrument was established and piloted on 20 primary school teachers before the main study the ethical approval to undertaken the study was granted prior to pilot study

Result: Above table reveals that regarding demographic variables of the participants about age majority that is it was seen that majority 40(40.0%) of the study participants were between the age groups 35-40 years of age group, 22(22.0%) of the study participants were more than 50 years of age, 21(21.0%) of the study participants between 45-50 and remaining 17(17.0%) of study participants were between 30-35 years of age, majority 50(50.0%) of the study participants were Hindu, 28(28.0%) of the study participants were muslims, 16(16.0%) of the study participants were belongs to other caste and remaining 6(6.0%) of study participants were Christians, majority 75(75.0%) of the study participants were completed Bsc bed and remaining 25(25.0%) of the study participants were completed MSc Bed, majority 91(91.0%) of the study participants were married followed by 7(7.0%) who were unmarried and remaining 2(2.0%) of the study participants were divorced, majority 63(63.0%) of the school teachers had good knowledge, 23(23.0%) of the school teachers had very good knowledge, 8(8.0%) of the school teachers had better knowledge and remaining 6(6.0%) of had best knowledge, majority 78(78.0%) of the school teachers were belongs to the nuclear family, 18(18.0%) of the school teachers were belongs to the joint family and remaining 4(4.0%) of the school teachers were belongs to the extended family, majority 85(85.0%) of the school teachers were vegetarians and remaining 15(15.05) of the school teachers were Non-Vegetarians, majority 80(80.0%) of the school teachers had good working condition, 14(14.0%) of the school teachers had better working condition and remaining 6(6.0%) of the school teachers had best working condition

Key Words: Effectiveness; Adhumukha Savasana Therapy Stress; Primary School Teacher, Diet etc

INTRODUCTION: Selye (1956) defines stress as “any external event or any internal drive which threaten to upset the organism equilibrium is stress”. Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize. According

to Book Britannica Concise Encyclopedia stress is a state of bodily or mental tension resulting from factors that tend to alter an existent equilibrium. Stress is an unavoidable effect of living and is an especially complex phenomenon in modern technological society.⁷

Teaching is an interactive process between the teacher and student. Teachers are the learned person who shares knowledge, experiences, moral values and skills. Teacher plays a very significant role at all level of educational programme. Without a well prepared and trained teacher, teaching cannot be satisfactory. Elementary stage is the foundation period for the children. During this period they develop understanding, soft skill, language ability, enhanced creativity etc. Elementary school teachers' contribution to student development is tremendous. Teachers are the best collaborator of students in both scholastic and co-scholastic achievement. In a modern technological world various complexities and demands severely affected every human being. Due to different problems like rapes, murders in day to day life of an individual makes unhappy and it creates some depressing thoughts and human life more stressful. The individual are not safe even in educational institutions and at their home also. With the rapid change in social and individual demands of their jobs and responsibilities, teachers have to play a very dynamic and challenging role.⁵

PROBLEM STATEMENT

“A study to assess the effectiveness of AdhumukhaSavasanatherapy on management of stress among primary school teachers of selected rural areas of Tikota.”

OBJECTIVES

- To assess the stress among primary school teachers
- To assess the pre test knowledge score primary school teachers
- To assess effectiveness of AdhumukhaSavasanatherapy on stress management
- To find out Association between pre test stress score with selected demographic variables of the school teachers.

Assumptions

The study assumes that.

- The primary school teachers of selected rural areas of Tikota may have inadequate knowledge regarding stress management
- Providing AdhumukhaSavasanatherapyimprove their knowledge on stress management
- Primary school teachers of selected rural areas of Tikota will willingly participate and give reliable information needed for the study
- Knowledge enhances the better practice among care givers.

Hypotheses:

Fallowing hypotheses will be tested at 0.05 level of significance.

- H0: There will be no significant difference between knowledge score of primary school teachers of selected rural areas of Tikota on stress management
- H1: There will be significant difference between knowledge score of primary school teachers of selected rural areas of Tikotaon stress management before and after implementation of AdhumukhaSavasanatherapy.
- H2:There will be significant association between knowledge level of primary school teachers of selected rural areas of Tikota with the selected socio demographic variables

MATERIALS AND METHODS

Research design

“Pre-experimental one group pre-test and post-test design”

Setting and population

This study was conducted at selected rural areas of Tikota.

Sample.technique and Sample size

The sample size for the present study is 100selected through convenient sampling technique

Inclusion criteria:

- Who are primary school teachers of rural area of Tikota.
- Who are willing to participate in the study
- Who are available at the time of data collection
- The study includes primary school teachers with age group 35-58 years.

Exclusion criteria:

- Primary school teachers who are below 35 years of age.
- Primary school teachers who are not willing to participate in this study.
- Primary school teachers who are not available during the study

Variable under study are

Dependent variable: Knowledge regarding Stressmanagement.

Independent variable: Adhumukha Savasanatherapy

Demographic variables: Age in years, gender, marital status, type of family, occupation, working condition.

Method of data collection and tool description: The data were collected through questionnaires consist

Section A: Socio-Demographic Data Section

Section B: self-administered knowledge questionnaire

Results:**Table: 5.1 Distribution of the subjects according to socio-demographic variables.****n=100**

SI No	Demographic Variables	Frequency	Percentage
1	Age (in years)		
	30-35	17	17.0
	35-40	40	40.0
	45-50	21	21.0
	>50	22	22.0
2	Religion		
	Hindu	50	50.0
	Muslim	28	28.0
	Christian	6	6.0
	Others	16	16.0
3	Marital Status		
	Married	91	91.0
	Unmarried	07	7.0
4	Type of family		
	Nuclear	78	78.0
	Joint	18	18.0
	Extended	04	4.0
5	Working condition		

	Good	80	80.0
	Better	14	14.0
	Best	06	6.0
6	Knowledge		
	Good	63	63.0
	Very Good	23	23.0
	Better	08	8.0
	Best	06	6.0
7	Education		
	Bsc bed	75	75.0
	Msc bed	25	25.0
8	Diet		
	Vegetarian	85	85.0
	Non-Vegetarian	15	15.0
9	Academic Workload		
	Yes	57	57.0
	No	43	43.0
10	Travelling Distance		
	< 10	53	53.0
	10-15	32	32.0
	15-20	14	14.0
	>20	01	1.0

DISCUSSION

Section 1: Description of demographic characteristics of study subjects.

Regarding demographic variables of the participants about age majority that is 40(40.0%) of the study participants were between the age groups 35-40 years of age group, 22(22.0%) of the study participants were more than 50 years of age, 21(21.0%) of the study participants between 45-50 and remaining 17(17.0%) of study participants were between 30-35 years of age in this study. 209(52%) were females and remaining were males 191 (48%). and majority 50(50.0%) of the study participants were Hindu, 28(28.0%) of the study participants were muslims, 16(16.0%) of the study participants were belongs to other caste and remaining 6(6.0%) of study participants were Christians and Educational majority 75(75.0%) of the study participants were completed Bsc bed and remaining 25(25.0%) of the study participants were completed MSc Bed about marital status majority 91(91.0%) of the study participants were married followed by 7(7.0%) who were unmarried and remaining 2(2.0%) of the study participants were divorced, Knowledge majority 63(63.0%) of the school teachers had good knowledge, 23(23.0%) of the school teachers had very good knowledge, 8(8.0%) of the school teachers had better knowledge and remaining 6(6.0%) of had best knowledge and about the type of family majority 78(78.0%) of the school teachers were belongs to the nuclear family, 18(18.0%) of the school teachers were belongs to the joint family and remaining 4(4.0%) of the school teachers were belongs to the extended family. and about Diet majority 85(85.0%) of the school teachers were vegetarians and remaining 15(15.05) of the school teachers were Non-Vegetarians. academic workload majority 57(57.0%) of the school teachers had academic workload and remaining 43(43.0) of the school teachers had no academic workload .

A literature on management of stress by and to evaluate the effect of Adhumukha Savasana therapy on management of stress. A total of 20 published management of stress research articles were included in this review. Across studies the effect of Adhumukha Savasana therapy wellbeing and the significant predictors of stress were depression. The results showed that Adhumukha Savasana therapy have elevated levels of knowledge among primary school teachers regarding stress management.

Section II: Description of pre-test and post test knowledge score.

Regarding pretest knowledge score of respondents out of 100, majority 40(40%) respondents have the low stress, 53 (53%) respondents have moderately stress and 07(7%) respondents have high stress regarding of primary school teachers.

Regarding post test knowledge score of respondents out of 100, majority 100(100%) respondents have the low stress, after Adhumukha Savasana Therapy.

The above findings revealed that level of stress has decreased after Adhumukha Savasana Therapy; all the school teachers (100.0%) had low level of stress after Adhumukha Savasana therapy .it was concluded that Adhumukha Savasana Therapy was effective in reducing stress among the school teachers.

Section III: Comparison of pre test and post test knowledge scores

it was seen that mean pretest low stress score was 9.37 where as mean post stress score was 3.75. Mean pre test moderate and high stress score was 17.88 and 28.85 respectively whereas there were no school teachers with moderate and high stress after Adhumukha Savasana. Hence mean stress in different level of stress also decreased significantly

A study to assess the effectiveness of Adhumukha Savasana therapy on management of stress among primary school teachers of selected rural areas of Tikota. Sample size 100 primary schoolteachers were selected using convenient sampling technique. There was significant difference in mean pretest and posttest knowledge scores of samples after Adhumukha Savasana therapy. Thus the researcher concluded that Adhumukha Savasana therapy in beneficial in improving knowledge regarding stress among primary school teachers.

Section IV: Association between the selected demographic variables and the level of knowledge

The result revealed that there was no association between pre test stress score with selected demographic variables of the school teachers such as age, religion, education, marital status, knowledge, types family, diet, working condition and travel distance but stress was highly associated with academic workload with chi-square p-value less than 0.0001

CONCLUSION

This chapter deals with the conclusions, nursing implications such as nursing practice, nursing education, nursing research, nursing administration, limitation of the study and recommendations.

The following conclusions were drawn based on data analysis:

The findings of the study revealed that

- Majority 40.0% of the subjects were between the age group of 35-40years.
- 52.3% were males.
- 50% subjects were Hindus.
- M.Sc Bed were secondary education.
- 78.0% of belongs to nuclear family.
- 57.0% subjects are having academic workload..
- 78.0% of subjects were vegetarian
- The stress in the study population was found to be 9.25 %(100%), out of 100 participants the maximum numbers were males.
- It is observed that nuclear family is having more risk of getting stress.

To find out association between stress with selected demographical variables by using chi-square test. The chi-square value shows that there is a significant association between hypertension with the demographic variables of primary school teachers of selected rural areas at Tikota.

RECOMMENDATIONS

Nursing research is a widely expanding area with need for validating conservative, interventions and development of new knowledge.

This study recommends the following for achieving this end.

1. The investigator will recommend the tieup hospital to use the post stroke rehabilitation module to provide health education to caregivers of stroke clients.
2. A true experimental study can be conducted to assess the effectiveness of the post stroke rehabilitation module with practice assessment among the caregivers of stroke clients.
3. An exploratory study can be done at various settings to identify the care givers perception of stroke complications and rehabilitation measures
4. A study can be conducted to evaluate the quality of life among caregivers
5. A study can be conducted on selection of one complication with specific rehabilitative measures.
6. Similar study can be replicated on a larger sample to increase validity and generalizability of results.

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