



**Research Article**

**AN INTERVENTIONAL STUDY TO ASSESS THE EFFECTIVENESS OF YOGA THERAPY ON CONCENTRATION LEVEL AMONG B.Sc. NURSING STUDENTS OF SELECTED COLLEGE OF NURSING, SOUTH GUJARAT**

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**ABSTRACT**

The main purpose of the study was to identify the effectiveness of the yoga therapy on the concentration level among First year B.Sc. Nursing students. A quasi-experimental non randomized control group research design was adopted for this study. A total of 60 students selected by simple random sampling method. Where two different groups experimental and control group consists 30-30 students of F.Y. B.Sc. Nursing, and pre- post test score was utilized to achieve goal of the study. the collected data were analyzed by using descriptive and inferential statistics. Findings of the study shows that in Control group concentration level score mean was 10.83 and post-test 10.9. The concentration level score mean was 10.66 and post-test 13.46 in Experimental group. Hence it concluded that there was significant changes occurs for concentration level in both group but, in experimental group concentration level was greater than the control Group ( $p \leq 0.05$ ). Thus investigator concludes that yoga therapy can improve the concentration level of students.

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**INTRODUCTION**

Yoga uses breath, body, mind and sound together to integrate all the dimension of physical and mental health. When yoga integrate breath and movement and other exercises such as ohm chanting, the mind becomes more focused and clear the emotions, become more balanced, and neuromuscular functioning is improved. Practices of many yogic techniques stimulate the brain and nervous system to improve concentration.<sup>2</sup>

A student may face many challenges and stressors. Among this nursing students are likely to experience more stress than their friends and colleagues enrolled in other programme. Some stress is normal but it becomes a problem when it impairs the student's studies and personnel life. Research studies shows that nursing is a high stress level occupation, where the nursing student faces challenging situations that of ten influence both his learning process and health conditions.<sup>3</sup>

The benefits of yoga for students can be manifold. Yoga makes students limber and flexible, helping them remain fit. Some particular asana like surya namaskar increase the blood flow to the brain, helping the brain to function better. Regularly practicing poses also helps students to concentrate.<sup>4</sup>

Most Nursing students in India, in the first year of nursing education or primarily in a developmental transition period, and they are in crucial turning point to adulthood.

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Compound on this transition is the leap from general to professional education, during this multifaceted transition the nursing students are require to make adjustment to challenges of life, pressure of education, expectation of parents, friends, teachers and patients, increase stress and anxiety, which ultimately impaired students concentration.<sup>6</sup>

Ms. Priyanka (2011) has conducted a descriptive study to assess the adjustment problem faced by First year B.Sc. Nursing Students in selected college of nursing in Pune city, and results shows that some of the students started a problem of staying away from home within one month, started getting tension about the medium of study as many students are not having adequate self confidence in studies and unable to concentrate due to new study pattern, and have memory problem because they feel that study is too hard and feel unable to cope up with the discipline imposed by the college.<sup>7</sup>

**METHODOLOGY**

**Research Approach**

Quantitative research approach

**Research Design**

The research design used in this study was the quasi – experimental nonrandomized control group research design.

**Variables**

**Independent Variables**

Independent variable of this study was Yoga therapy

**Dependent Variable**

Dependent variable of this study was Concentration

**Extraneous Variables**

Demographic variable of this study are Age, Gender, Religion, types of institute, total percentage in last academic year, Family Income per month, and experience/exposure to yoga.

**Setting of the Study**

**Main Study**

Study was conducted in Sandra Shroff ROFEL college of Nursing, Vapi, district Valsad and Government College of nursing Surat.

**Population**

**Target Population**

In this study, Target Population is the F.Y. B.Sc. Nursing students of selected college of South Gujarat.

**Accessible Population**

Accessible population for this study is the F.Y. B.Sc. Nursing students of Sandra Shroff ROFEL College of nursing, Vapi and Government College of Nursing, Surat District of South Gujarat.

**Sample and Sampling Technique**

- ✓ The Sample size was 60 (Experimental group: 30 sample and Control group: 30 sample)
- ✓ Method of sampling was Simple random sampling technique
- ✓ Lottery method

**Inclusion Criteria**

**Participants Who Are**

- ✓ Students who were willing to participate in study.
- ✓ Students between age of 17-36yrs
- ✓ Students who are able to communicate in Gujarati, English and Hindi.

**Exclusion Criteria**

- ✓ Who were absent during data collection period.
- ✓ Who were not available at the time of data collection
- ✓ Who were sick during data collection period.

**Tool/ Instruments**

Modified P.G.I Scale given by dwarka prasad and N.N.wig

**Result Analysis**

**Oranization and Description of Findings**

The analysis of the data is organized and presented under the following broad headings:

**Section I:** Comparison Of Concentration Level between The Pre – Test and Post Test group Of First Year B.Sc. Nursing Students according To Modified P.G.I. Scale in control and experimental group.

**Section-II:** Association between pretest grade of concentration level among first year B.Sc. Nursing students and selected demographic variables regarding improving concentration level in control and experimental group.

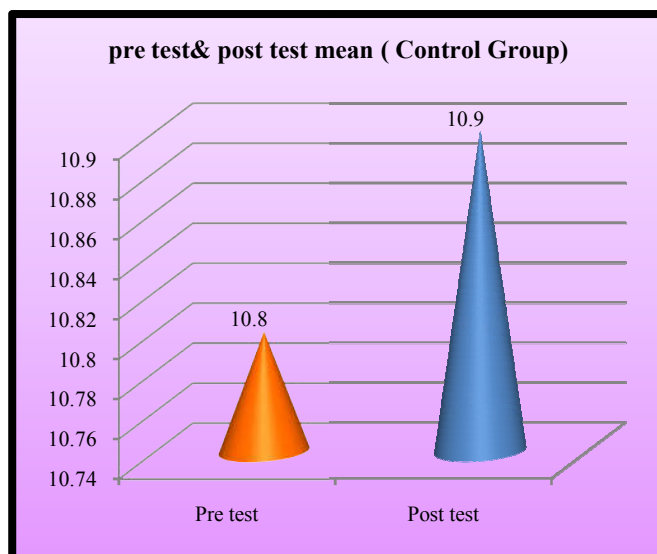
Table 1: Comparison of Concentration Level between the Pre-Test and Post Test of Group of First Year B.Sc. Nursing Students According To Modified P.G.I. Scale

**Table 1 (A)** Control group (Comparison of the Pre-test and Post-test concentration level score in Control group) n = 30

Observation	Percentage (%)	SD	Mean	Mean differences	Computed value 't'	Table value of "t"	significance
PRE TEST	67.70%	2.2141	10.833				
POST TEST	68.12%	1.4227	10.9	-0.067	0.1387	2.05	NS

Note: Statistically significant table value 2.05,  $p \leq 0.05$ ,  $df = 29$

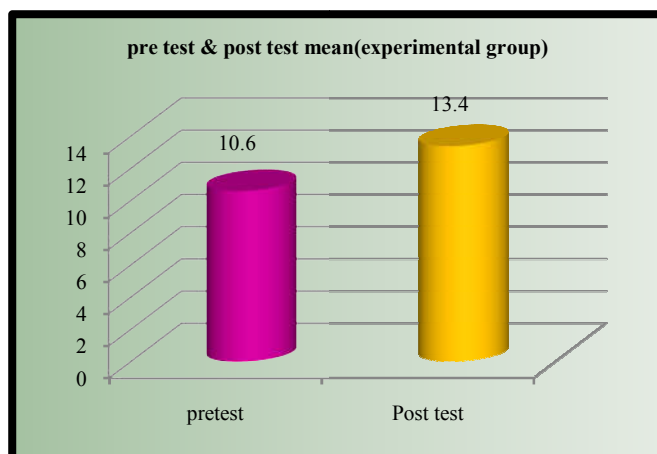
At 0.05 level of significance, the table value of 't' is 2.05 and the computed value of 't' is 0.13 for control group.



**Graph 1** The diagrammatic representation of the Comparison between Pre-test and Post test mean score of concentration in Control Group

**Table 1 (B)** Experimental Group (Comparison of the Pre-test and Post-test concentration level score in experimental group) n = 30

Observation	Percentage (%)	SD	Mean	Mean differences	Computed value 't'	Table value of Significance "t"
PRE TEST	66.66%	1.78	10.666			
POST TEST	84.16%	1.75	13.466	-2.8	6.1215	2.05 *S



**Graph 2** The diagrammatic representation of the Comparison between Pre-Test and Post Test Mean Score of Concentration in Experimental Group

Table 2 Association between pretest score of concentration level among first year B.Sc nursing students and selected demographic variables.

**Table 2 (A) (Control Group) Modified P.G.I. scale for Concentration level**

N = 30

Sr.No	Demographic Variables	Categories	Total Score		Chi Square Value	DF	Table Value	Inference	
			< median	> median					
1.	Age	a) 17 – 21 Years	12	18	0	3	7.82	NS	
		b) 21 – 26 Years	0	0					
		c) 26 - 31 Years	0	0					
		d) 31– 36 Years	0	0					
2.	Gender	a) Male	1	3	0.43	1	3.84	NS	
		b) Female	11	15					
		a) Hindu	11	15					
3.	Religion	b) Muslim	1	2	0.76	3	7.82	NS	
		c) Christian	0	1					
		d) Others	0	0					
		a) Private	6	12					
4.	Types of institute	b) government	6	6	0.83	1	3.84	NS	
		Total	a) Less than 39%	0					0
		b) 39%-59%	3	7					
		c) 59%-79%	8	11					
5.	percentage of last academic year	d) Above 79%	1	0	1.93	3	7.84	NS	
		a) 10,000-20,000	6	9					
		b) 20,000- 30,000	5	6					
		c) 30,000-40,000	1	0					
6.	Family income per month	d) > 40,000	0	3	3.63	3	7.84	NS	
		a) Yes	1	3					
		b) No	11	15					
		experience/ exposure to yoga							
7.	experience/ exposure to yoga	a) Yes	1	3	0.43	1	3.84	NS	
		b) No	11	15					

Note: p ≤ 0.05, S – Significant, NS – Not significant

It can be depicted from the table no 2(A) that demographic variables age, gender, religion ,total percentage in last academic year, family income per month, types of institute, experience/ exposure to yoga are significantly not associated with pre-test concentration level score at p ≤ 0.05 level.

**Table 2 (B) (Experimental group) Modified P.G.I. scale for concentration level**

N = 30

Sr No.	Demographic Variables	Categories	Total Score		Chi Square Value	DF	Table Value	Inference	
			< median	> median					
1	Age	a) 17 – 21 Years	11	19	0	3	7.82	NS	
		b) 21 – 26 Years	0	0					
		c) 26 - 31 Years	0	0					
		d) 31 – 36 Years	0	0					
2.	Gender	a) Male	2	1	1.3	1	3.84	NS	
		b) Female	9	18					
		a) Hindu	11	18					
3.	Religion	b) Muslim	0	0	0.4	3	7.82	NS	
		c) Christian	0	1					
		d) Others	0	0					
		a) Private	2	10					
4.	Types of institute	b) government	9	9	3.4	1	3.84	NS	
		Total	a) Less than 39%	0					0
		b) 39%-59%	0	2					
		c) 59%-79%	9	14					
5.	Total percentage of last academic year	d) Above 79%	2	3	1.2	3	7.82	NS	
		a) 10,000-20,000	6	7					
		b) 20,000- 30,000	3	6					
		c) 30,000-40,000	1	2					
6.	Family income per month	d) > 40,000	1	4	1.15	3	7.82	NS	
		a) Yes	3	10					
		b) No	8	9					
		experience/ exposure to yoga							
7.	experience/ exposure to yoga	a) Yes	3	10	1.82	1	3.84	NS	
		b) No	8	9					

Note: p ≤ 0.05, S – Significant, NS – Not significant

It can be depicted from the table no 2(B) that demographic variables age, gender, religion, total percentage in last academic year, family income per month, types of Institute, experience/ exposure to yoga are significantly not associated with pre-test concentration level score at p ≤ 0.05 level.

## DISCUSSION

In this study Comparison of the pre-test and post-test concentration level among F.Y.B. Sc. Nursing students was done, result found that there is significant increase in concentration level among experimental group compare to control group.

### Section 1: Comparison of the pre-test and post-test concentration score of F.Y.B Sc Nursing students:

In the present study post test mean score of concentration was 10.9 in experimental group which is significant at the level of  $p \leq (0.05)$  level, this is Similar in the study of Elyse J. D(2011) Assess The effects of yoga And aerobic exercise on concentration and feeling-states. Result indicates that aerobic exercise and yoga both produce positive changes in concentration, stress. Scores of concentration on the letter cancellation task improved significantly ( $t = -4.16, p = .05$ ) after a session of yoga.<sup>8</sup>

## CONCLUSION

Based on the findings of the study the following conclusion was drawn. The concentration level among first year B.Sc. Nursing students was less. The yoga therapy daily for 45 minutes for two weeks was given to experimental group. Based on the statistical findings, it evident that yoga therapy will motivate and helped the students to improve their concentration as well as physical and other psychological factors like stress, anxiety, fatigue.

Researcher has selected two colleges for the study, based on the record, researcher found that, the concentration level of the first year B.Sc.

Nursing students of Sandra Shroff ROFEL college of nursing, Vapi and government college of nursing, Surat, pre test score of concentration level for experimental and control group was 66.66% and 67.70%, post test score of concentration level for experimental and control group was 84.16% and 68.12%.

### **Recommendation**

Based on the findings of the study, following recommendations have been made:

- A similar study can be replicated on a large sample to generalize the findings.
- A similar study can be carried out to evaluate the efficiency of various teaching strategies like video assisted, pamphlets, leaflets, of yoga techniques.
- Based on the study findings, intervention should be given to all students through mass media, demonstration etc.
- A similar study can be conduct on any college students.
- A similar study can be replicated for various groups of samples.
- Comparative study can be done.
- This study can be done for identify the effectiveness of Yoga therapy on Physiological dimension like Heart rate, Blood pressure, weight etc.

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