

6. Impact of Pranayama on Stress and Coping Among Housewives in Raichur

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Abstract:

A Study was Conducted to Assess the Effectiveness of Pranayama on Stress and Coping among Housewives in Selected Community, Raichur.

Quasi experimental one group pretest posttest design was adopted for this study. Simple random sampling technique was used to select 60 samples. Pretest was done to assess the level of stress and coping among housewives by using structured interview schedule. Pranayama was implemented to the housewives for 21 consecutive days. Post test was done on 24th day of intervention. The data were gathered and analyzed by descriptive and inferential statistical method.

6.1 Introduction:

Marriage is one of the most important events in an individual's life span. People believe that life after marriage is very interesting. However, the responsibilities of husband and wife are far more than anyone can imagine.

As life moves on, both husband and wife start to experience a variety of problems like inability to adjust to each other, financial difficulties, inability to keep aside enough time for each other due to work pressure, pregnancy, arrival of child and sexual dissatisfaction etc.

Many of the women do not take notice of the stress that end up in being psychologically as well as physiologically disturbed. Throughout the history of mankind women have been dominated by men. Even after marriage, the same trend continues irrespective of the culture, mostly all around the world.

The raising of children puts immense pressure on the woman who works at home. In spite of the stress experienced by women, many are able to cope up effectively to the problems in the married life. However, many do not come up with the stress of married life and experience a variety of psychological as well as psychosomatic symptoms.

6.2 Need for the Study:

Stress is a form of anxiety and discomfort stemming usually from lack of rest or constant exposure to high complicated situations. Stress can result from many things, both physical and psychological pressures and deadlines at work, problems with loved ones, the need to pay bills, etc. are just some of the obvious matters of stress for many people.

Statement of the Problem:

A Study to Determine the Impact of Pranayama on Stress and Coping among Housewives in Raichur.

6.3 Objectives:

- To assess the level of stress and coping among housewives.
- To determine the effectiveness of pranayama on stress and coping among housewives.
- To find out the correlation between the level of stress and coping among housewives.
- To associate the level of stress and coping among housewives with their selected demographic variables.

6.4 Operational Definitions Impact:

It refers to significant reduction of stress level as determined by the difference between pretest and posttest stress and coping scores.

Pranayama:

It refers to set of physical and mental exercise intended to give control over the body and mind, which are practiced by housewives under supervision for 21 days.

Stress:

It refers to feeling of discomfort which is caused by physical, familial, social, financial and sexual factors among housewives.

Coping:

The measures which are used by the housewives to reduce their level of stress.

Assumption:

- Pranayama will help to reduce stress.
- Housewives will have some amount of stress
- Pranayama may help to increase the coping on stress among housewives.

Hypotheses:

H1: There will be a significant difference in the level of stress and coping among housewives, before and after pranayama at $p \leq 0.05$ level.

H2: There will be a significant association between the level of stress with their selected demographic variable at $p \leq 0.05$ level.

H3: There will be a significant association between the level of coping and their selected demographic variables at $p \leq 0.05$ level.

H4: There will be a significant correlation between the level of stress and coping among housewives at $p \leq 0.05$ level.

Delimitations:

- The study is limited to housewives aged between 25-45 years.
- It is limited to the selected community.
- Intervention period is limited to only 3 weeks.

Projected Outcome:

- The study will enable to identify the level of stress, and coping among housewives.
- The study will provide an opportunity to nurses to teach the pranayama to housewives.
- At the end of the study housewives will be able to practice pranayama to reduce stress and to develop high level of coping.
- The findings of the study will help to assess the effectiveness of pranayama on stress and coping among housewives.

6.5 Methodology:

The methodology of research indicates the general pattern of organizing the procedure for gathering valid and reliable data for the purpose of investigation.

6.6 Research Design:

Quasi experimental design (one group pretest posttest) was adopted for this study to determine the effectiveness of pranayama on stress and coping among housewives.

- Pretest (level of stress and coping before intervention)
- Intervention (pranayama)
- Post test (level of stress and coping after intervention)

6.6.1 Sample:

Housewives those who were residing in Raichur and who fulfilled the inclusion criteria.

A. Sampling Technique and Sample Size:

The investigator selected 60 housewives through simple random sampling technique.

B. Criteria for Sample Selection:

The sample selection was based on the following inclusion and exclusion criteria.

Inclusion Criteria:

- Cooperative during study period
- Able to understand Kannada & Telugu
- Available during the study period.

Exclusion Criteria:

- Aged above 45 years
- Having any breathing problem
- Practicing any other relaxation technique.

6.6.2 Variables:

Independent variable: Pranayama

Dependent variables: Level of Stress and coping Description of the Tool

The tool consists of 3 sections.

Section- A: Demographic Variables:

The demographic variables comprised 10 items such as age, education, occupation of husband, monthly income, religion, type of marriage, duration of marital life in years, number of children, type of family and husband's bad habits.

Section-B: Structured Interview Schedule to Assess the Level of Stress:

The tool comprised of 26 items under six factors such as physical, psychological, financial, familial, sexual and social factors.

Each item had a score between 0-3 depending on the level of stress and that could be interpreted as never, occasionally, often and always. The minimum and maximum scores were 0 and 78 respectively. The score interpretation was done as follows:

Level of stress	Score	Percentage
Mild stress	0-26	0.33 - 3
Moderate stress	27-52	33.4 - 66.6
Severe Dress	53 – 78	66.7 - 100

Section-C: Structured Interview Schedule to Assess the Level of Coping:

It comprised of 20 items. Each item had two responses ‘Yes’ or ‘No’, the score was interpreted as 0 and 1 respectively. The minimum and maximum scores were 0 and 20 respectively. The score interpretation was done as follows:

0-7 - Low level of coping

8-13 - Moderate level of coping

14-20 - High level of coping

6.7 Data Analysis and Interpretation:

Analysis is the process of the organizing and synthesizing data in such a way that question can be answered and hypotheses tested. Distribution of samples according to their level of stress among housewives.

Table 6.1: Frequency and Percentage Distribution of Samples According to Their Level of Stress in Pre and Posttest.

Level of stress	Pre-Test		Post Test	
	F	%	F	%
Mild stress	28	46.67	47	78.33
Moderate stress	32	33.33	13	21.67
Severe stress	-	-	-	-

Table 6.1 shows that in pretest 28 (46.67) samples had mild stress and 32(53.33) samples had moderate stress and none of the samples had severe stress.

In posttest 47 (78.33%) samples had mild stress and 13 (21.67%) had moderate stress and none of the samples had severe stress.

Comparison of mean, standard deviation and mean difference in the level of stress and coping among housewives.

Table 6.2: Comparison of Mean, Standard Deviation and Mean Difference in The Level of Stress and Coping Among Housewives Before and After the Intervention.

Sr. No.	Variables	Maximum Possible score	Pretest		Post Test		Mean difference
			Mean	SD	Mean	SD	
1	Stress	78	25.55	9.40	20.98	7.54	4.57
2	Coping	20	13.12	2.73	15.2	1.88	2.08

Table 6.2 shows that the mean pre-test stress score was 25.55 ± 9.40 and mean posttest stress score was 20.98 ± 7.54 with mean difference of 4.57.

The mean pretest coping score was 13.12 ± 2.73 and mean posttest coping score was 15.2 ± 1.88 with mean difference of 2.08.

Impact of pranayama on stress and coping among housewives

Table 6.3: Impact of Pranayama on Stress and Coping Among Housewives.

Sr. No.	Variables	Maximum Possible score	Pretest		Post Test		Mean difference	't' value	Df
			Mean	SD	Mean	SD			
1	Stress	78	25.55	9.40	20.98	7.54	4.57	13.05	59
2	Coping	20	13.12	2.73	15.2	1.88	2.08	11.21	

Table 6.3 shows that the estimated 't' value for the level of stress and coping were 13.05 and 11.21 respectively, which is significantly higher than the table value 1.96 at $P \leq 0.05$ level. It shows that the pranayama is effective in reducing stress and improving the level of coping among housewives. Hence H1 is retained. Association between the level of stress and coping among housewives and their demographic variables.

Table 6.4: Chi-Square Test on Level of Stress and Their Demographic Variables

Sr. No.	Demographic variable	Df	χ^2	Table value
1	Age in years	3	0.446	7.82
2	Education	3	4.839	7.82
3	Occupation of husband	3	11.72	7.82
4	Monthly income	3	15.00	7.82
5	Type of marriage	1	0.90	3.84
6	Duration of marital life in years	4	3.29	9.49
7	Number of children	4	2.62	9.49
8	Type of family	2	1.78	5.99
9	Presence of any bad habits in husband	5	9.8	11.1

The above table shows that there was a significant association between the level of stress and their selected demographic variables like monthly income and husband's occupation. Hence H2 is retained for the above-mentioned demographic variables.

6.8 Conclusions:

The study was done to determine the effectiveness of pranayama on stress and coping among housewives in a selected community Raichur. The result of the study showed that most of the housewives had reduction in stress and increased level of coping through pranayama. The level of stress among housewives was moderate and most of them had high level of coping. Pranayama is an effective intervention to reduce stress and attain high level of coping among housewives.

6.9 References:

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