

A Study to Assess The Effectiveness of STP on Knowledge of Yoga And Its Benefits Among Hospital Staffs At Selected Hospital, Lucknow

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Abstract- *The present study Objectives were to test the effectiveness of STP on knowledge among hospital staff regarding yoga and to associate pretest level of knowledge regarding yoga with certain demographic variables such as age, sex, experience. Research Design and Method Fifty hospital staff were selected using simple random sampling technique in CAREER hospital. The data were collected using structured interview schedule. Pretest was done using structured interview schedule to assess the hospital staff knowledge about yoga. STP was given about yoga and its benefits. After 10 days posttest was conducted using same structured interview schedule. Result: The knowledge on yoga among hospital staff was significantly increased ($p < 0.001$) after STP. There was a significant association between pretest knowledge on yoga among hospital staff with demographic variables such as gender, type of occupation and education status, ($p < 0.001$) whereas age and experience are not associated with their knowledge. Conclusion: The study results showed that STP has improved the knowledge on yoga among hospital staff. Such teaching programme can be carried out in the hospital to improve the knowledge of hospital staff and thereby to implement to prevent some disease conditions.*

Keywords- yoga, STP, hospital staff

I. INTRODUCTION

Higher intensity and integrative yoga practices coincide with greater health benefits [2, 6]. As the concept of yoga continues to commercialize, these benefits are becoming more evident to the general population. Yoga is gaining accreditation and popularity as it forges its way into mainstream USA. The ultimate question of yoga is why people practice what makes one choose (or forgo) this exercise form. Some practitioners, known as yogis (male) or yoginis (female), claim they were drawn to yoga for acclaimed aesthetic reasons, such as health promotion, health maintenance, or weight loss [4]. Others seek the benefits of yoga on a deeper level, desiring personal wellness and the yogic virtues of self-acceptance, mindfulness, and non-competitive spirit [4]. Still others use yoga as a route which allows them to prevent, reduce, or control diseases and their associated risk factors [8]. For those combating chronic illness or rehabilitating an injury, yoga can be seen as an alternative

outlet for therapy and healing, as discussed below. However, the most common reason for taking part in a personal yoga practice is to more effectively manage stress [4, 8].

Stress, which contributes to 80% of all diseases and illnesses [1], inhibits an individual's immune function and quality of life [1, 3]. A review of literature on yoga and stress management in healthy adults was conducted by Chong *et al.*, [1]. Eight studies were reviewed, in which both randomized controlled trial (RCT) and clinical controlled trial (CCT) formats were used. The selection of studies featured Hatha, Kundalini, or Iyengar yogic styles. In all studies, a reduction in stress was noted immediately following yogic intervention. Along with reducing negative affect, yoga was found to enhance cognitive function and one's perception of health or wellbeing. Participants also discussed improved sleep, optimism, and quality of life. In addition, the yogic practice of diaphragmatic breathing is mentioned as a vital component to stress management. This breathing technique supports increased respiratory efficiency, improves functions of the nervous and endocrine systems, and encourages the fine tuning of the body to maintain a state of homeostasis [9].

Yoga's function in the alleviation of stress can resultantly ameliorate various factors for chronic disease. Because high blood pressure, high glucose, high cholesterol, and obesity pose the greatest risks for chronic conditions [10], ways of preventing, limiting, or treating these health issues is paramount. Yoga, when used as an integrative health tool, can simultaneously impact all four interrelated factors [10]. Regular yoga helps to boost the immune system, increase muscle movement and improve memory and intellectual capacity

II. NEED FOR THE STUDY

Woodyard [12] found that the restorative, rejuvenating, and relaxing nature of yoga has led to its increased usage in treating multiple common disorders. Yoga improves optimism, immunity, and self-acceptance while minimizing fear, anxiety, and irritability [12]. This is essential

for individuals who are battling mood disorders. The emotional shift provided by yoga can lead to increased quality and quantity of sleep, thereby improving symptoms of insomnia [8, 12]. Overall, yoga therapy leads to a healthier body image, self-confidence, and mindfulness [12], and, interestingly, Woodyard [12] noted that an increase in these measures reduced the risk of developing addictive behaviors.

Yoga's comprehensive approach has been shown to have a cumulative effect on internal healing by engaging all muscle groups, internal systems, organs, and glands [12]. In addition, as with many forms of exercise, yoga therapy helps increase blood flow, thereby circulating vital nutrients, oxygen, hemoglobin, and red blood cells to body tissues [12]. Cancer patients in particular have realized the homeopathic effects of yoga therapy and have attributed the relief of nausea, fatigue, pain, and even toxicity to yoga practice, minimizing their need for related prescription medications [12]. Further, yoga has been credited for leading to increased flexibility, improved gait, and increased strength by alleviating pain that would otherwise hinder movement [12].

Yoga practice has also led to pain relief and increased range of motion for individuals with musculoskeletal disorders including osteoarthritis, carpal tunnel syndrome, multiple sclerosis, and chronic back pain [7]. In addition, yoga may hold an important role in improving cardiopulmonary measures including lung function, exercise capacity, and resting heart rate [7]. Yoga practitioners have displayed a reversal of the negative effects of stress, and reduced risk factors for cardiovascular disease and hypertension [7]. Yoga practice has helped individuals maintain and enjoy healthier body weights, lipid levels, and blood pressures [7]. Further, yoga has been shown to reduce the symptoms of obstructive airway diseases by significantly improving oxygen delivery [7].

For certain ailments, yoga has been recognized as an equally effective method of treatment for disease as that of traditional medicine [7]. This evidence of healing, however, is of a holistic platform, one which nurtures the body, mind, and soul to influence three primary realms of wellbeing – physical, emotional, and spiritual. Although not a customary method of treatment, yoga is a trendy physical practice that has yielded attainable health benefits to those of both sound and compromised immunities [8]. For millions of people around the world who suffer from incurable diseases and injury in worldwide. The aim of present study was to assess the effectiveness of STP on knowledge of yoga among hospital staff at selected hospital, lucknow.

III. STATEMENT OF THE PROBLEM

A Study To Assess The Effectiveness of STP On Knowledge Of Yoga Among Hospital Staff at selected hospital, Lucknow.

IV. OBJECTIVES

1. To test the effectiveness of STP on knowledge of yoga among hospital staff.
2. To associate the pretest level of knowledge among hospital staff regarding yoga with certain demographic variables.

HYPOTHESIS; The mean posttest knowledge score on yoga will be significantly higher than the mean pretest knowledge of hospital staff after STP

V. MATERIAL AND METHODS

RESEARCH DESIGN One group-pretest, posttest design was employed for this study.

VARIABLES:

Independent variable The STP

Dependent variable: The knowledge about yoga among hospital staff working at Career Hospital.

Extraneous variables:

- Individual difference in the subjects
- Exposure to other training program.

SETTING OF THE STUDY: This study was conducted in CAREER Hospital, Lucknow.

POPULATION Both male and female staff in CAREER Hospital.

SAMPLING TECHNIQUE Simple random sampling technique was adopted to select the subjects for the study.

SAMPLE SIZE 50 hospital staff who met inclusion criteria were selected.

Ethical Consideration

Hospital staff was explained about the purpose of the study and written informed consent was obtained from each

hospital staff. The study was conducted after approval was obtained from institutional human ethics committee. No hospital staffs were denied from their routine work and participants were told that they were under no obligation to participate in the study.

CRITERIA FOR SAMPLE SELECTION

Inclusion Criteria:

- Male and female hospital staff working at CAREER Hospital.
- Hospital staff with more than one-year experience

Exclusion Criteria

- Hospital staff who are not willing to participate.
- Hospital staff who are not able to understand Hindi.

Development of Data Collection Instrument

The research tool was developed by doing extensive literature review. Five experts from nursing provided their opinion and their valuable suggestions were incorporated to develop the research tool.

Content Validity: Content validity was obtained from 7 experts. Suggestions were incorporated and the tool and intervention was finalized based on the suggestion.

DESCRIPTION OF THE DATA COLLECTION INSTRUMENT

The tool used for data collection was structured interview schedule. It was organized in 3 sections.

Section A Demographic data such as age, gender, educational status, nature of employment, work experience, marital Status.

Section B Knowledge on yoga. It consisted of 30 closed ended questions (multiple choice). Correct answer was scored as "one" and wrong answer was scored as "Zero".

SCORE INTERPRETATION The knowledge aspect consisted of 30 questions. Correct answer was given a score of 1 and wrong answer was given a score of 0. The total score of 30 on knowledge was converted to 100%. The total knowledge score was interpreted as below

- <50%-Inadequate knowledge
- 51%-75% - Moderately adequate knowledge
- >75% - Adequate knowledge

RELIABILITY: Using test and retest method reliability was checked. The tool was reliable. Score $r = 0.72$

DATA COLLECTION PROCEDURE

The data collection was for about four weeks. Hospital staff working at CAREER Hospital, were selected based on the inclusion criteria. The pretest was conducted after obtaining consent from the hospital staff. Pretest questionnaire was administered to the participants.

On the same day after the pretest the hospital staff were gathered and seated comfortably at the lecture hall and given STP on knowledge about yoga. After 10 days of STP, posttest was conducted using the same questionnaire

DESCRIPTION OF THE INTERVENTION The STP focused on yoga, selected types of asanas and related health, physical and mental benefits.

PLAN FOR DATA ANALYSIS

After the scoring, the pretest, posttest results were tabulated. The statistical methods applied for analysis were

- Number, percentage, mean and standard deviation.
- Test the effectiveness of STP, one-way ANOVA repeated measure was used.
- Compare the pretest with posttest, 't' test was used.

FINDINGS AND DISCUSSION

First objective of the study was to test the effectiveness of STP on knowledge among hospital staff regarding yoga. In this study result revealed that the knowledge on yoga among hospital staff was significantly increased ($p < 0.001$) after STP.

Second Objective There was a significant association between pretest knowledge on yoga among hospital staff with demographic variables such as gender, type of occupation and education status, ($p < 0.001$). Hence the research hypothesis is accepted that the mean posttest knowledge score on yoga will be a significantly higher than the mean pretest knowledge of hospital staff after STP.

VI. MAJOR FINDINGS OF THE STUDY

1. The knowledge on yoga and its benefits among hospital staff was significantly increased ($p < 0.001$) after STP.

2. There was a significant association between pretest knowledge on yoga among hospital staff with demographic variables such as gender, type of occupation and education status, ($p < 0.001$).

VII. CONCLUSION

The present study assessed the effectiveness of STP on knowledge of yoga among hospital staff. This implies that STP had improved the knowledge on yoga among hospital staff. Such teaching programme can be conducted on the government and private hospitals to improve the knowledge of hospitals staff and there by it helps to improve awareness and leads to healthy wellbeing.

VIII. RECOMMENDATIONS

1. The study can be replicated with a larger size for wider generalization of findings.
2. A longitudinal study can be undertaken to see the long term effect.
3. A similar study can be conducted with a control group design.

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