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A STUDY TO ASSESS KNOWLEDGE REGARDING BENEFITS OF YOGA AMONG STUDENTS OF SELECTED INTER JUNIOR COLLEGE AT HYDERABAD

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ABSTRACT

Yoga practices has the general aim of facilitating the development and integration of the body, mind and breath to produce structural, physiological and psychological benefits specifically, Objectives: To assess the knowledge regarding benefits yoga among inter junior college students and to determine the association between knowledge score of inter junior college students with the selected demographic variables. The investigator explained the purpose of study and obtained consent before administrating the structured questionnaire to the students in selected Inter college at Hyderabad on the day of data collection. The duration of the pilot study was one week from 28.08.2015 to 01.09.2015. After obtaining content validity from experts, the pilot study was conducted in college. The purpose of pilot study was to determine the feasibility of the main study and to refine modified tool. Pilot study was conducted among students who are selected by convenience sampling technique. Reliability of the tool was tested with the help of split half method. During the pilot study the practicability feasibility was checked. No modifications was made in the tool and the tool was found to be feasibility to conduct the main study. After obtaining consent from Inter college students, data collection was done by using questionnaire method to assess the knowledge regarding benefits of yoga among Inter Junior college students. It took 30 minutes to complete the questionnaire by each inter junior college students. The sample size was 30 students and non probability convenience sampling techniques was used for selection of subjects for the study. Structured questionnaire was adopted to collect the data. The data was collected from students for about 30 minutes. Finally the data was analyzed by using descriptive and inferential statistics. The findings of the study showed that among 30 students studying in inter junior college students at Hyderabad. Majority of respondents 26 had moderate knowledge regarding benefits of yoga.

INTRODUCTION

Yoga is a philosophical system of exercise and

meditation originating in what is now India 2000-4000 years ago. There are many forms of yoga which differ in specific practices, while maintaining the purpose of directing the mind and body common elements of many form include postures (asanas) which are held for a

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certain period of time, controlled breathing exercises (pranayama) and meditation. Yoga practices has the general aim of facilitating the development and integration of the body, mind and breath to produce structural, physiological and psychological benefits specifically, the development of a strong and flexible body which is free of pain, a balanced autonomic nervous system enabling all physiological systems to functions optimally and a calm, clear and tranquil minds [1].

BACKGROUND OF THE STUDY

There is no written record of the inventor of yoga. Yogis (yoga practitioner) practiced yoga long before any written account of it came into existences. Yogis over the millennia pass down the discipline to their students and may different schools of yoga developed as the practice widened in global reach and popularity.

OBJECTIVES

1. To assess the knowledge regarding benefits of yoga among inter junior college students
2. To determine the association between knowledge score of inter junior college students with the selected demographic variables.

OPERATIONAL DEFINITIONS

Assess: It refers to findings the level of knowledge regarding benefits of yoga. **Knowledge:** Refers to level of information regarding benefits of yoga.

Benefits of yoga: Refers to level of information regarding uses of yoga and useful methods of yoga.

students: Students who are in inter junior college.

ASSUMPTIONS

- Inter junior college students may have adequate knowledge regarding benefits of yoga.
- Students will be co-operative and willing to participated in the study.

LIMITATIONS

The study is limited to; The inter junior college students studying in Hyderabad.

The inter junior college student aged between 15 -17 years.

The present study was aimed to assess the knowledge regarding benefits of yoga among inter junior college students at Hyderabad.

Research Design

The research design for the present study was non-experimental descriptive design.

Setting of the Study

The study was conducted at selected inter junior

college at Hyderabad.

Population

The target population for present study includes selected inter junior college students at Hyderabad.

Sample

The sample for the study were inter junior college students..

Sample Size

Sample size for the present study were 30 inter junior college students

Sampling Technique:-

Convenience sampling technique was adopted of the present study.

CRITERIA FOR SAMPLE SELECTION

The samples were selected according to the inclusion and exclusion criteria.

Inclusion criteria

- students who can understand and speak Telugu or English
- students who are willing to participate in the study.
- Who are available at the time of data collection

Exclusion criteria

- students who don't know Telugu or English
- students who are not willing to participate in the study
- Who are not available at the time of data collection

Method of data collection:-

The investigator selected samples according to convenient sampling technique. The investigator explained the purpose of study and obtained consent before administrating the structured questionnaire to the students in selected Inter college at Hyderabad on the day of data collection.

DEVELOPMENT OF TOOL

The tool used for the study was prepared by the investigator after going through the content, review of literature, journals and based on experts suggestions [2].

DESCRIPTION OF THE TOOL

Section – A: Demographic data

The first section of the tool consists of age, religion, educational status, marital status, language, source of information or knowledge regarding benefits of yoga.

Section – B:

It consists of 30 structure multiple questions related to benefits of yoga to assess the knowledge of students regarding benefits of yoga.

SCORING PATTERN

Questionnaire consists of 30 questions. A score



of one was given to the right answer and score of 0 was given to the wrong answer. Total score was 30.

Sl.No	Grade	Marks	Percentage (%)
1	Adequate Knowledge	21 -30	> 75%
2	Moderate Knowledge	11-20	51 – 75%
3	Inadequate Knowledge	0-10	< 50%

PILOT STUDY

The duration of the pilot study was one day on 28.08.2015. The ethical clearance was obtained from ethical committee, Inter college at Hyderabad. After obtaining content validity from experts, the pilot study was conducted in college. The purpose of pilot study was to determine the feasibility of the main study and to modify the tool. Pilot study was conducted among students who are selected by convenience sampling technique. Reliability of the tool was tested with the help of split half method.

During the pilot study the practicability feasibility was checked. No modifications was made in the tool and the tool was found to be feasible to conduct the main study [3-5].

Data Collection procedure:-

Data collection was conducted from 01.09.2015 to 05.09.2015..Data was collected by obtaining formal written permission from ethical committee. After obtaining consent from Inter college students, data collection was done by using questionnaire method to assess the knowledge regarding benefits of yoga among Inter Junior college students. It took 30 minutes to complete the questionnaire by each inter junior college students

Plan for analysis:-

The data was analyzed in terms of objectives of the study using the descriptive studies.

The plan for data analysis as follows

Frequency and percentage for demographic variables

Range of scores, mean, standard deviation for the level of knowledge of subject by chi-square.

Sl.No	Data analysis	Method	Remarks
1	Descriptive statistics	Frequency, percentage mean, standard deviation	To describe the demographic variables and to assess the knowledge regarding benefits of yoga among Inter college students.
2	Inferential statistics	Chi-square test	Association between the knowledge scores and socio-demographic variables regarding benefits of yoga.

The data for present study obtained was organized, tabulated, analyzed and interpreted by using descriptive and interential statistics based on the objectives of the study. The findings were presented on tables and diagrams as follows.

The data were organized and presented under following headings.

Section the analysis & interpretation of data were presented under three Section- I: Frequency & percentage distribution of socio - demographic variables of students studying in the Inter College at Hyderabad.

Section-II: Frequency & percentage distribution of level of knowledge regarding benefits of yoga among students and mean and standard deviation.

Section-III: Association between level of knowledge regarding benefits of yoga among students studying in the Inter College with demographic variables.

RESULTS

Frequency and Percentage Distribution of Inter Junior College Students Studying in the Inter College at Hyderabad, Based on Demographic Variables.

Table 1: Shows that according to age 21(70%) of the samples fall between the age group of 15 years, 7(23%) of the samples fall between 16 years of age, 2(7%) of the samples fall in 17years of age and 0(0%) of the samples were above 18 years or above.

Table 2 shows that according to religion, 25(83%) of the samples were Hindus, 1(3%) of the samples were Muslims and 4(14%) of the samples were Christian.

Table 3: Shows that according to language 8(26%) of the samples speak English, 18(60%) of the samples speak Telugu, 2(7%) of the samples speak Hindi and 2(7%) of the samples speak Urdu.

Table 4: Shows that according to source of knowledge, 3(10%) of the samples gained knowledge through journals, 4(13%) of the samples through internet, 20(67%) of the samples through books and 3(10%) of the samples through News papers.

Table 5: Shows that according to practice of yoga daily, none of the samples practice yoga daily.

Table 6: Shows that according to previous knowledge on benefits of yoga, 26(87%) of the samples had previous knowledge on benefits of yoga and 4(13%) of the samples were not having previous knowledge on benefits of yoga.

Table 7: Shows that among 30 students, 26(87%) had moderately adequate knowledge and 4(13%) had adequate knowledge regarding on benefits of yoga.

Table 8: Shows that the mean was 18.3 with the standard deviation 2.41.



Table 9: Shows that the age, religion, , language, source of knowledge, practice of yoga daily and previous knowledge in benefits of yoga are not significant to knowledge regarding benefits of yoga among students.

Table 1. Frequency and percentage distribution of Age of the Inter junior college students

N = 30

Demographic variables	Frequency	Percentage
Age in years		
15 years	21	70%
16 years	7	23%
17 years	2	7%
18 or above	0	0%
Total	30	100

Table 2. Frequency and percentage distribution of religion of the students

N = 30

Religion	Frequency	Percentage
Hindu	25	83%
Muslim	1	3%
Christian	4	14%
Others	0	0
Total	30	100

Table 3. Frequency and percentage distribution of Language of the students

N = 30

Language	Frequency	Percentage
English	8	26%
Telugu	18	60%
Hindi	2	7%
Urdu	2	7%
Total	30	100

Table 4. Frequency and percentage distribution of source of knowledge of the student

N = 30

Source of Knowledge	Frequency	Percentage
Journals	3	10%
Internet	4	13%
Books	20	67%
News Papers	3	10%
Total	30	100

Table 5. Frequency and percentage distribution of practice of yoga daily by students

N = 30

Practice yoga daily	Frequency	Percentage
Yes	0	0%
No	30	100%
Total	30	100

Table 6. Frequency and percentage distribution of previous knowledge on benefits of yoga of the students

N = 30

Benefits of yoga	Frequency	Percentage
Yes	26	87%
No	4	13%
Total	30	100



Table 7. Frequency and percentage distribution of level of knowledge regarding benefits of yoga of the students.

N = 30

Level of Knowledge	Frequency	Percentage
Adequate	4	13%
Moderately adequate	26	87%
Inadequate	0	0%
Total	30	100

Table 8. Mean and standard deviation

Criteria	Mean	Standard Deviation
Level of knowledge	18.3	2.41

Table 9. Association between demographic variables and level of knowledge regarding benefits of yoga among students

N = 30

Socio demographic variables	Moderately adequate		Adequate		Chi-square
	F	%	F	%	
Age					CV = 1.723
15years	17	57%	4	13.3%	Df = 3
16 years	7	23.3%	0	0	TV = 7.82
17 years	2	6.7%	0	0	P = 0.05
d. 18 or above	0	0	0	0	NS
Religion					CV = 1.36
Hindu	22	73.3%	4	13.3%	Df = 3
Muslim	1	3%	0	0	TV = 7.82
Christian	3	10%	0	0	P = 0.05
d. Others	0	0	0	0	NS
Language					CV = 4.74
English	5	17%	2	7%	Df = 3
Telugu	19	63.3%	0	0	TV = 7.82
Hindi	1	3.3%	0	0	P = 0.05
Malayalam	1	3.3%	2	7%	NS
Source of Knowledge					CV = 4.6
Journals	2	7%	0	0	Df = 3
Internet	2	7%	2	7%	TV = 7.82
Books	18	60%	2	7%	P = 0.05
News papers	4	13.3%	0	0	NS
Do you practice yoga daily?					CV = 0
Yes	0	0	0	0	Df = 1
No	26	87%	4	13.3%	TV = 7.82
					P = 3.84
					NS
Do you know Benefits of yoga?					CV = 0.52
Yes	26	87%	4	13.3%	Df = 1
No	-	-	0	0	TV = 3.84
					P = 0.05
					NS



Fig 1. Percentage distribution of Religion of the students

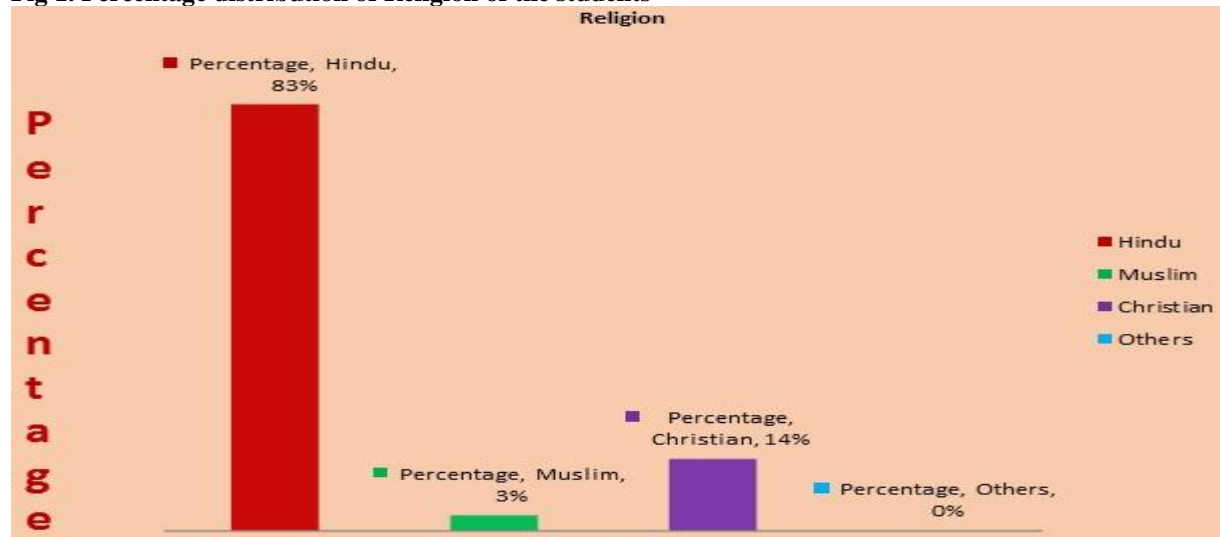


Fig 2. Percentage distribution of Language of the students

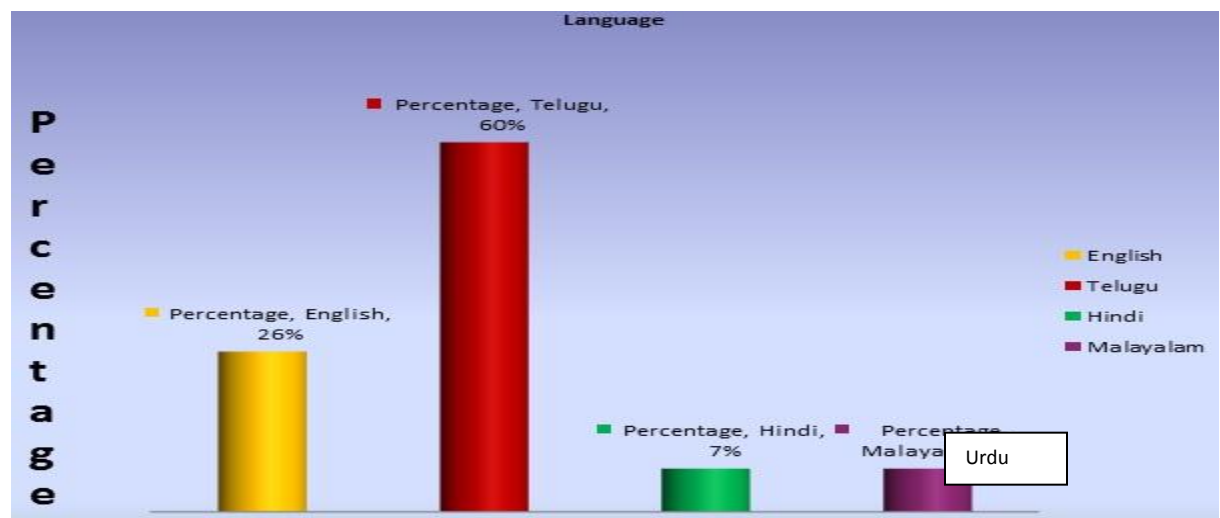


Fig 3. Percentage distribution of Source of knowledge of the students

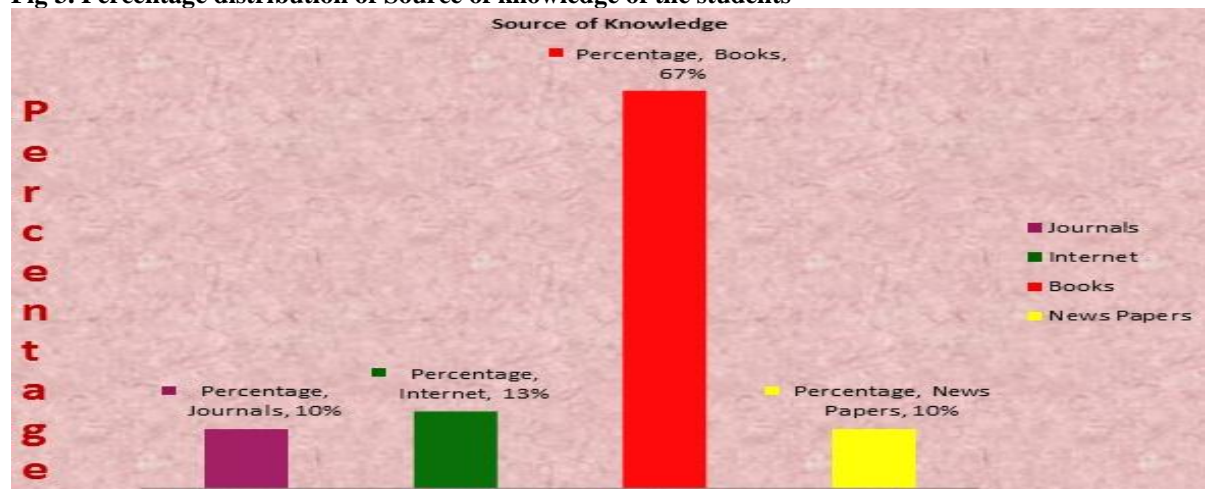


Fig 4. Percentage distribution of practice of yoga daily by students

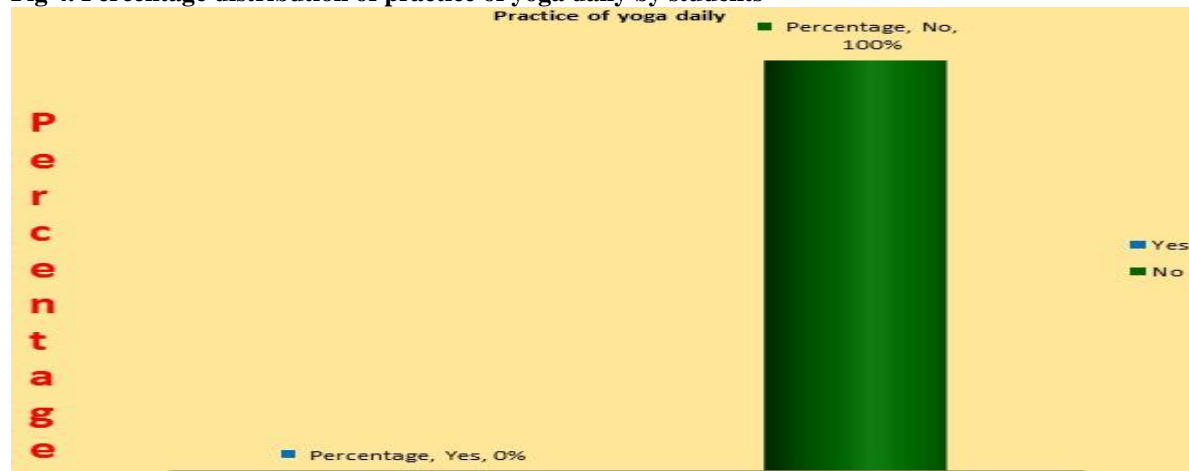


Fig 5. Percentage distribution of previous knowledge on benefits of yoga of the students

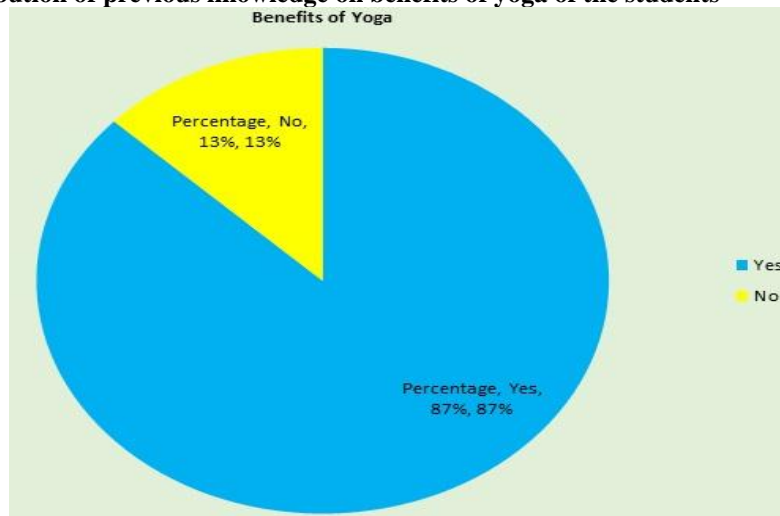
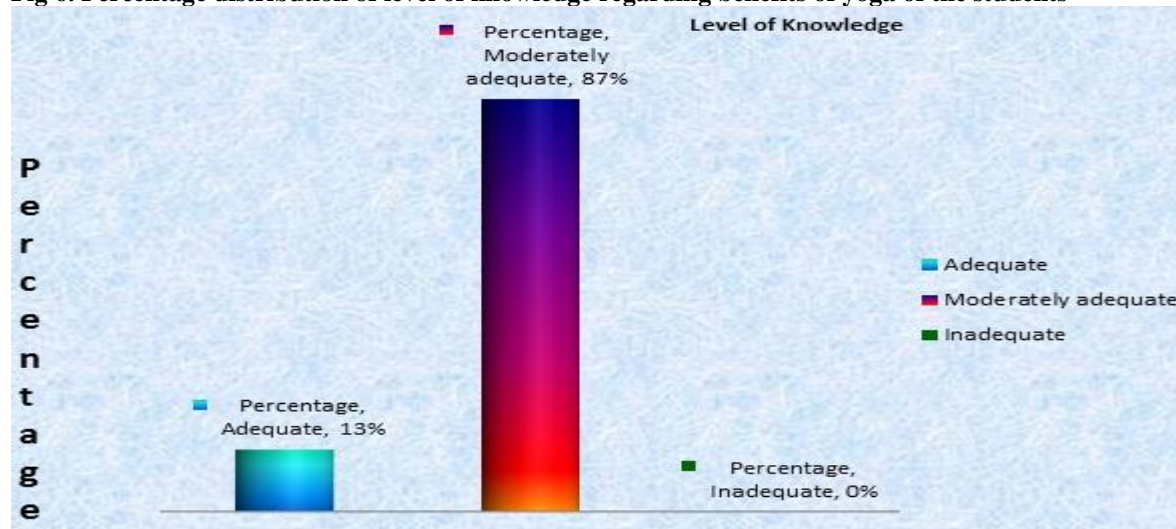


Fig 6. Percentage distribution of level of knowledge regarding benefits of yoga of the students



DISCUSSION

The aim of the study was to assess the knowledge regarding benefits of yoga among inter junior college students at Hyderabad. A quantitative approach was used for the study and descriptive method was used as research design. The study was conducted in selected inter junior college at Hyderabad. The sample size was 30 students and non probability convenience sampling techniques was used for selection of subjects for the study. Structured questionnaire was adopted to collect the data. The data was collected from students for about half an hour. Finally the data was analyzed by using descriptive and inferential statistics.

OBJECTIVES OF THE STUDY

1. To assess the knowledge regarding benefits of yoga among inter junior college students
2. To determine the association between knowledge score of students with the selected demographic variables.

DESCRIPTION OF MAJOR FINDINGS

Table 1 shows that according to age 21 (70%) of the samples fall between the age group of 15 years, 7(23%) of the samples fall between 16 years of age, 2(7%) of the samples fall between 17 years of age and 0% of the samples were above 18 years or above.

Table 2 Shows that according to religion 25(83%) of the samples were Hindu, 1(3%) of the samples were Muslims and 4(14%) of the samples were Christians.

Table 3 Shows that according to language 8(26%) of the samples speak English, 18(60%) of the samples speak Telugu, 2(7%) of the samples speak Hindi and 2(7%) of the samples speak Urdu..

Table 4 Shows that according to source of knowledge, 3(10%) of the samples gained knowledge through journals, 4(13%) of the samples through Internet ,20(67%) of the samples through Books and 3(10%) of the samples through news papers in students.

Table 5 Shows that according to practice of yoga daily, none of the samples were practice of yoga daily.

Table 6 Shows that according to Benefits of yoga, 26(87%) of the samples previous knowledge on the benefits of yoga and 4(13%) of the samples no previous knowledge the benefits of yoga in the students.

Level of knowledge regarding Benefits of yoga among inter junior college students at Hyderabad.

The findings of the study revealed that among 30 inter college students, 26(87%) had moderately adequate knowledge and 4(13%) had adequate knowledge regarding benefits of yoga. The result also showed that for 30 students, the mean knowledge score was 18.3 and standard deviation was 2.41.

The association between the knowledge and socio-demographic variables regarding benefits of yoga among students

The findings of the study showed that the age, religion, educational status, marital status, source of knowledge, practice of yoga, previous knowledge on benefits of yoga are no significant association with knowledge regarding benefits of yoga among students at $p < 0.05$.

SUMMARY, CONCLUSION IMPLICATIONS AND RECOMMENDATIONS

A descriptive study was undertaken in inter junior college students at Hyderabad. Assess the knowledge regarding benefits of yoga among inter junior college students at Hyderabad.

MAJOR FINDINGS OF THE STUDY

The findings of the study showed that among 30 selected samples of inter junior college students studying at Hyderabad. Majority of respondents (26) had moderate knowledge regarding benefits of yoga.

SUMMARY OF SOCIO-DEMOGRAPHIC CHARACTERISTICS OF INTER JUNIOR COLLEGE STUDENTS AT HYDERABAD.

Majority of respondents 21(70%) fall between 15 years of age.

- Majority of respondents 25(83%) were Hindus
- Majority of respondents, 18(60%) were Telugu students.
- Majority of respondents , 20(67%) gained knowledge through books
- Majority of respondents, 30(100%) were not practicing yoga daily
- Majority of respondents, 26(87%) had previous knowledge benefits of yoga.

IMPLICATIONS OF THE STUDY

The challenges faced by the inter junior college students are enormous. The scientific knowledge and skills regarding benefits of yoga helps to improve the efficiency and competency of all students through their knowledge and skills regarding benefits of yoga among students which is a key step in shaping the future of inter junior college students.

The findings of the study have implications to nursing practice nursing education, nursing administration and nursing research.

NURSING PRACTICE

1. It is the constant Endeavour of a student who is taking care of patients to have enough knowledge on



benefits of yoga.

2. Students can utilize the knowledge on benefits of yoga to provide comprehensive care to the patients.

NURSING EDUCATION

- Education programmes should be emphasized more on teaching of nursing students improve their knowledge regarding benefits of yoga.
- Nursing education helps the nursing students to develop more insight on new concepts.

NURSING ADMINISTRATION

- Nurse administrators should organize in science education/ workshops/ simulation on benefits of yoga to improve the knowledge of nursing students.
- The nursing administrators should develop certain plans and policies to be implemented to improve the knowledge on benefits of yoga.
- Students also should undergo training programme on benefits of yoga.

NURSING RESEARCH

- Extensive research can be carried out to assess the knowledge regarding benefits of yoga.

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- Research on knowledge regarding benefits of yoga can be conducted in colleges.

- The findings of the study can be disseminated through print journals as well as through e-journals.

RECOMMENDATIONS

On the basis of findings of the study the following recommendation are being made.

- A similar study can be replicated on a large sample to generalize the findings.
- An experimental study can be conducted to assess the effectiveness of teaching programme on knowledge regarding benefits of yoga.
- Similar study can be done on different settings
- A comparative study can be undertaken to compare the knowledge of in arts college students and nursing students with benefits of yoga.
- A similar study can be conducted by including attitude domain.

COCNLUSION

The findings of the study showed that among 30 students studying in inter junior college students at Hyderabad. Majority of respondents 26 had moderate knowledge regarding benefits of yoga.

