Effectiveness of Pranayama on Stress Reduction among Software Employees in Selected Settings at Bangalore

KAMAL

ABSTRACT

Design: One group pre test post, test pre experimental design was selected for the study. **Subjects:** The participants were 60 software employees from selected companies at Bangalore. **Methods:** Purposive sampling technique was used to select the samples for the study. **Data collection tool:** A stress rating scale was used to collect data from the subjects. **Data analysis:** The obtained data was analyzed by using descriptive and inferential statistics. Frequency, percentage, mean and standard deviation was used to explain socio-demographic variables and to assess the level of stress. The level of significance was set at 0.05 levels. **Results:** In the pre intervention stage, the subjects had mild stress with a mean of 50.6% ± 7.9, where as in post intervention, there was a significant mean stress reduction of 31.0 ± 9.1. A significant association was found between age, gender, marital status, transportation facilities, awareness of pranayama and source of information and mean pre intervention stress score. **Conclusion:** In pre intervention, 46.7% of the subjects had moderate stress where as in post intervention all the subjects had only mild stress. The study findings indicate that the pranayama program was effective for stress reduction among software employees.

Key words: Pranayama; Stress; Software employees

Lecturer, Dept of Psychiatry,
Mittal College of Nursing, Ajmer, Rajasthan. India

Introduction

Everyone experiences some stress in their working conditions at one point or the other everybody suffers, from stress. Relationship demands, physical as well as mental health problems, pressure at workplaces, traffic snarls, meeting deadlines, growing-up tensions are conditions and situations that are valid causes of stress. People have their own methods of stress management. People react to stress in their own ways. In some people, stress-induced adverse feelings and anxieties tend to persist and intensify. Learning to understand and manage stress can prevent the counter effects of stress. Methods of coping with stress are plenty. The most significant or sensible way is a change in lifestyle. Relaxation techniques such as meditation, physical exercises, listening to soothing music, deep breathing, various natural and alternative methods, personal growth techniques, visualization and massage

Corresponding author: Kamal, Lecturer, Mittal College of Nursing, Ajmer, Rajasthan. Mob: 09799467946. E-Mail: kamaljosi@gmail.com.

are some of the most effective of the known non-invasive stress busters.

This study was conducted to evaluate the effectiveness of pranayama for stress reduction among software employees in selected settings at Bangalore

Objectives

• Assess the level of stress among software employees as perceived by them.

• Provide pranayama for software employees.

• Assess the level of stress after providing pranayama among software employees.

• Find out the association between pre intervention perceived stress and selected socio demographic variable.

Assumptions

Software employees in their work have significant amount of stress due to self direction and desire to make the best use of their capabilities to fulfill their own responsibilities.

• Stress should be avoided.

• Software employees can realize their stress level.

Hypothesis

H_1: The mean post intervention stress scores of the software employees are significantly lower than their mean pre intervention stress scores.

H_2: There is a significant association between the pre intervention perceived stress and the selected socio demographic variables.

Research Methodology

Research Approach: Pre experimental approach

Research Design: One group pre test post test design

Study variable: Stress among software employees.

Extraneous variable

This refers to the socio-demographic variables such as age, gender, marital status, religion, type of family, number of children, family income, educational qualification, experience, hobbies, working hours, transportation facilities, awareness of pranayama and source of information.

The study was conducted at two companies; Elegence Technology Pvt. Ltd, Bangalore and Confocal Technology Pvt. Ltd., Bangalore. The target population for the study was the software employees working in these two companies. In order to assess the effectiveness of pranayama on stress reduction among software employees, purposive sampling technique was used.

Sampling Criteria

Inclusion Criteria

• Working at selected settings at Bangalore.

• Willing to practice pranayama.

Exclusion Criteria

• Diagnosed with medical conditions like diabetes mellitus, hypertension and asthma.

• Practicing pranayama daily.

Development and description of tools

Section A: Socio-demographic proforma.

Section B: Perceived stress scale.

Results

In the pre intervention stage, the subjects had mild stress with a mean of 50.6% ± 7.9, whereas in post intervention, there was a significant mean stress reduction of 31.0 ± 9.1. A significant association was found between age,

gender, marital status, transportation facilities, awareness of pranayama and source of information and mean pre intervention stress score.

Conclusion

In the pre intervention stage, 46.7% of the subjects had moderate stress, whereas in the post intervention all the subjects had mild stress. The study findings indicate that the pranayama program was effective for stress reduction among software employees.

Implications of the study

Nursing practice

Nursing personnel can contribute towards stress reduction by creating awareness of pranayama through health programs, camps and special programs and mass media education.

Nursing education

The changing values of the society, globalization, urbanization, industrialization etc, have influenced the level of stress. The need today is to include stress related education in the nursing curriculum at the basic level, which will prepare nurses to address the issue of stress reduction both in the clinical as well as community areas.

Nursing administration

The main focus of nursing administration should be on organizing seminars and workshop and other educational programmes by which knowledge towards stress reduction shall be enhanced.

Nursing research

Research has to be carried out on a large scale to assess stress level adopted by the software employees. This helps to give meaningful, need-based information and create awareness towards stress reduction.

Acknowledgement

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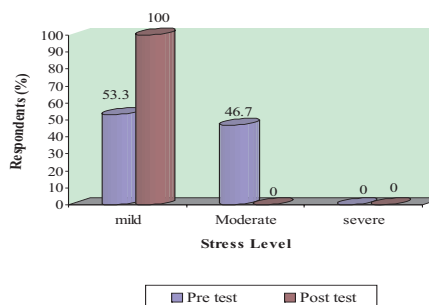
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