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A study to assess the effectiveness of easy dance yoga therapy on stress among elderly in selected old age home in Chennai

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Abstract

Geriatric stress is a mental and emotional disorder affecting older adults. A Study was conducted to assess the effectiveness of easy dance yoga therapy on stress among elderly in selected old age home in Chennai. A Quantitative pre-experimental one group pre test and post test adopted for the study and 30 geriatric people were selected by using Purposive sampling technique. Perceived Stress Questionnaire (PSQ) which consists of 30 questions was used to collect the data.. Samples were instructed to do easy dance yoga therapy for 15-20 minutes twice a day daily for one month. In pretest score revealed that most of the samples 20(66.7%) had mild level of stress, 8(26.7%) had moderate level of stress and remaining 2(6.7%) were normal and no participants in the severe category of stress. After the easy dance yoga therapy, the mean stress score decreased significantly to 12.87 with a standard deviation of 4.88. The paired t-value was 14.527 with 29 degrees of freedom (df), and the corresponding significance value was less than 0.05 ($p<0.05$), indicating a high level of statistical significance. Statistically, there was a significant difference in the mean stress score before and after intervention.

Keywords: Stress, easy dance yoga therapy, elderly people

Introduction

Geriatric stress is a mental and emotional disorder affecting older adults. Feelings of sadness and occasional “blue” moods are normal. However, lasting stress is not a typical part of aging. According to Prakash Jha *et al.* (2023) ^[11], a study was conducted on stress, which is the most prevalent global health problem among every individual. It mainly affects the age group of 60-80 years. It has been considered that the prevalence of stress is more among females compared to males. Dance and movement therapy is also beneficial in reducing anxiety and stress and thus helping in the improvement of quality of life and cognitive function of every individual.

Stress can affect older adults in many ways, including physical symptoms like headaches, stomach upset, chest pain, muscle tension, pain and mental health problems comprises difficulty concentrating, irritability, moodiness, and feeling pressured or rushed. The elderly population is one of society's weakest groups. They are not only weak physically, but they also lack social standing, self-esteem and financial means. Elderly persons are more susceptible to illness and impairment, they have different physical characteristics when it comes to the mental health of those they accept. Some mental illnesses are more common throughout this stage of life.

Statement of the problem

A study to assess the effectiveness of easy dance yoga therapy on stress among elderly in selected old age home in Chennai.

Objectives

- To assess the pretest level of stress among elderly in selected old age home
- To evaluate the effectiveness of easy dace yoga therapy on level of stress among elderly
- To find out the association between posttest level stress among elderly with their selected demographic variables.

Hypothesis

- **H1:** There is a significant difference between the pre test and post test level of stress among elderly in selected old age home
- **H2:** There is a significant association between the posttest level of stress among elderly with their selected demographic variables after easy yoga therapy

Methodology

The research approach selected for study was Quantitative approach. The design selected was pre-experimental one group pre test and post test. The study was conducted in old age home in Chennai which consists of 50 people after obtained permission from the management. The sample consist of 30 elderly people who fulfil the inclusion criteria were selected by using purposive sampling technique. On the 1st day the demographic data and pre test data obtained by using Perceived Stress Questionnaire (PSQ) which consists of 30 questions followed with the sample were instructed to do easy dance yoga consist of 12 exercises for 15-20 minutes twice a day for one month. After one month the post test was conducted using the same questionnaire.

Results and Discussion

The analysis of the demographic variables were depicted that majority of the samples 22 (73.3%) were above 60 years old, 7(23.3%) were aged between 50-60 years and only 1(3.3%) below 50 years of age. In the aspect of gender, females' sample were 17(56.7%) compared to males 13(43.3%). Nearly half of the samples 13(43.3%) were studied up to 8th std, 9(30.0%) were educated up to 10th std, 4(13.3%) were educated up to 12th std and remaining 4(13.3%) were post graduates. With regard to marital status 23(76.7%) of the sample were married, 6(20.0%) were

unmarried, 1(3.3%) were divorced. The participants exhibit diverse preferences, 2(6.7%) enjoy dancing as entertainment preference, 8(26.7%) preferred singing and 20(66.7%) engaged in the reading newspapers, A significant majority, 26(86.7%) were lived in the old age home for less than one year, 2(6.7%) had been there for 1-3 years and rest 2(6.7%) had residing there for 4-6 years. The frequency of visitors visiting to study participant varies with 25(83.3%) had visitors once a monthly and rest of the 5(16.7%) had visitors once a week.

The objective first was to assess the pretest and post test level of stress among elderly in selected old age home.

Table 1: Frequency and percentage distribution of level of stress among elderly before and after easy dance yoga therapy

N=30

Level of Stress	Before easy dance yoga Therapy		After easy dance yoga therapy	
	F	%	F	%
Normal (0-9)	2	6.7	8	26.7
Mild (10-19)	20	66.7	22	73.3
Moderate (20-25)	8	26.7	0	0.0
Severe (26-30)	0	0.0	0	0.0

Table 1 presents the frequency and percentage distribution of level of stress among elderly before and after easy dance yoga therapy

Before the easy dance yoga therapy, the data reveals that the majority of elderly participants were experiencing some level of stress symptoms. Most of the samples 20(66.7%) had mild level of stress, 8(26.7%) had moderate level of stress and remaining 2(6.7%) were normal. There were no participants in the severe category of stress.

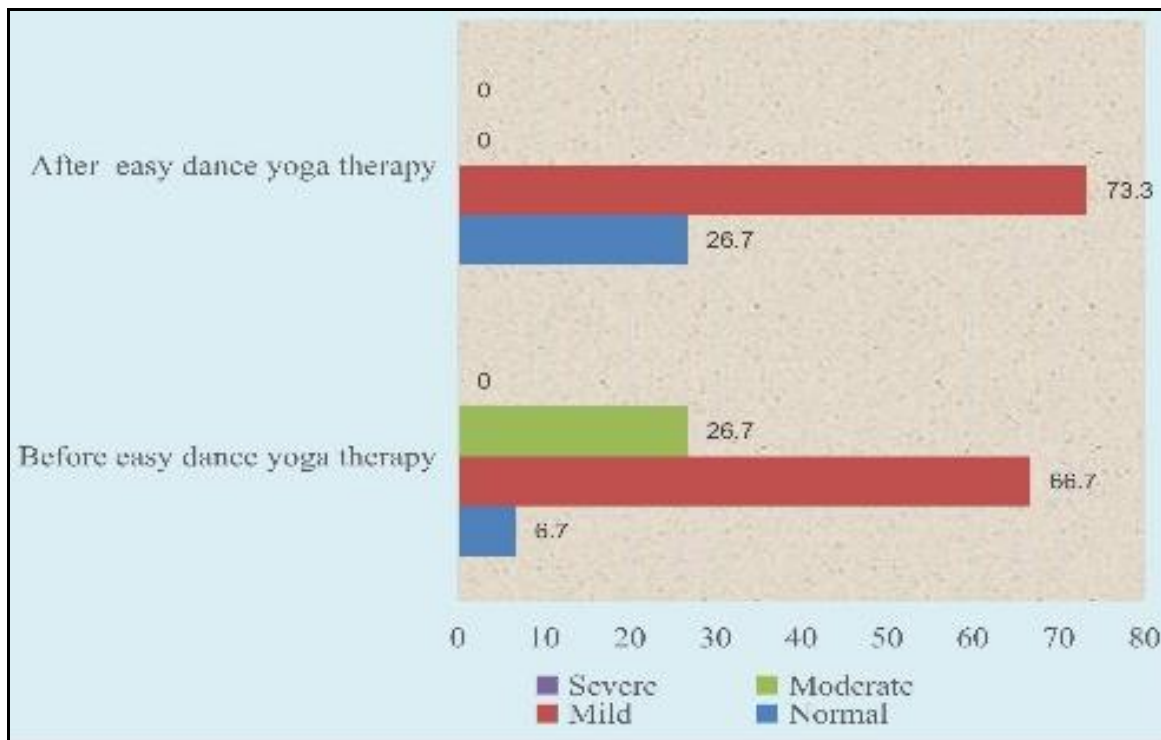


Fig 1: Presents percentage distribution of level of stress among elderly before and after easy dance yoga therapy.

To evaluate the effectiveness of easy dance yoga therapy on level of stress among elderly at selected old age home

Before the intervention, the mean stress score among the elderly participants was 16.40, with a standard deviation of 5.46, indicating a moderate level of stress symptoms. After the easy dance yoga therapy, the mean stress score decreased significantly to 12.87 with a standard deviation of 4.88. The reduction in mean stress scores reveals that the

easy dance yoga therapy had a substantial positive impact on the elderly participants. The paired t-value was 14.527 with 29 degrees of freedom (df), and the corresponding significance value was less than 0.05 ($p < 0.05$), indicating a high level of statistical significance. Statistically, there was a significant difference in the stress score before and after intervention. Hence the hypothesis, H1 was accepted.

Table 2: Mean stress score and standard deviation among elderly before and after easy dance yoga therapy and its level of significance

Observation	Mean	Standard Deviation	Paired t value df=29	Sig value
Before easy dance yoga therapy	16.40	5.46	14.527 *	0.000
After easy dance yoga therapy	12.87	4.88		

* Significant at $p < 0.05$

To find out the association between posttest level stress among elderly with their selected demographic variables.

The finding from the table 3 reveals that there was a statistical significant association between marital status and

stress and there was no significant association between the selected demographic characteristics such as age, gender, education, entertainment, duration in home and visitors time with the level of depression among elderly after easy dance yoga therapy

Table 3: The Association between post test level stress among elderly with their selected demographic variables.

Sl. No.	Demographic Characteristics	Level of stress		χ ² value df	Significant value
		Normal	Mild		
1	Age in Years				0.901
	≤ 60	2	6	0.016 NS df = 1	
	> 60	6	16		
2	Gender				0.201
	Male	5	8	1.632 NS df=1	
	Female	3	14		
3	Education				0.057
	8th Std	2	11	5.710 NS df = 2	
	10th Std/12th Std	3	10		
	Post Graduate	3	1		
4	Marital Status (N=29)				0.016
	Married	4	19	5.784 * df = 1	
	Unmarried	4	2		
5	Entertainment				0.560
	Dance/Singing	2	8	0.341 NS df = 1	
	Reading news paper	6	14		
6	Duration in home				0.935
	< 1 Year	7	19	0.007 NS df = 1	
	≥ 1 Year	1	3		
7	Visitor's time				0.712
	Monthly Once	7	18	0.136 NS df = 1	
	Weekly Once	1	4		

Conclusion

The present study was conducted to evaluate the effectiveness of selected easy dance yoga therapy on stress among elderly. The study findings showed that there was an significant difference in the mean stress score before and after recreational activity. Hence the hypothesis H1 is accepted, which shows the effectiveness of selected recreational activity on stress reduction among elderly.

Conflict of Interest

Not available

Financial Support

Not available

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