



“A STUDY TO ASESSE THE KNOWLEDGE REGARDING ON YOGA AMONG NURSING STUDENTS AT NURSING COLLEGE”

“Knowledge Regarding on Yoga Among Nursing Students at Nursing College”

¹Mary Vineela Pathri,

Vice Principal¹, Department of Community health nursing¹, Rich College of Nursing, Nellore

Abstract: Yoga is one of the six orthodox systems of India. It is collected, coordinated and systematized by Patanjali, the founder of yoga, in his classical treatise ‘YOGA SUTRAS’. Yoga aims at bring the difference bodily functions into perfect coordination so that they work for the good of the whole body. The word YOGA has derived from Sanskrit root “YUS” means TO UNITE or TO JOIN to connect the individual soul (jivatam with paramatma). In the health care facility nurses are the forefront who plays a major role in health care delivery system. As undergraduate nursing students are undergoing many academic challenges in development of clinical skills and also their personal growth. Where the aims towards their outcomes in skill development and knowledge is essential to screen them. As academic stress may leads to develop low self-esteem, poor scores, poor skill development as well as depression, anxiety and poor sleeping disturbances are the common problems are noticed among nursing students throughout their courses. Objectives: the aim of the study is to asses the knowledge level on yoga among 4th year nursing students.

Methodology: Quantitative research approach design was adopted for the study which was conducted in the month of June 2023 among 38 female nursing students who are studying their 4th year BSc (N) at Rich college of nursing, Nellore. A cluster sampling technique was utilized by the investigator to select the samples for the study. Informed concern was taken before the study from the samples. Student knowledge was assessed by using self-structured questionnaire which includes demographic data and questionnaire to assess the knowledge on yoga.

Results: Majority of them 29 (76.2%) had moderately adequate knowledge on yoga, 6 (15.7%) had adequate knowledge and 3 (7.8%) had inadequate knowledge on yoga. There is no significance between practice of yoga with knowledge level and their no significance between religion and the knowledge levels among nursing students. The mean score obtained by the subjects was 19.58. the standard deviation is 3.48.

Conclusion: the investigator should plan for the regular practice of yoga at least for 15 days and structures teaching programme is necessary to improve the knowledge level among Nursing students.

Index Terms – nursing students, yoga, knowledge level

INTRODUCTION

In recent years, yoga has emerged not only as a traditional wellness practice but also as a scientifically recognized approach to enhancing physical, mental, and emotional well-being. For nursing students, who are frequently exposed to academic stress, demanding clinical duties, and emotional challenges, knowledge of yoga offers both personal and professional benefits. Understanding yoga’s principles—rooted in mindfulness, breath control, physical postures, and ethical living—can empower nursing students to better manage their own stress while fostering holistic healing in future patient care. Moreover, integrating yoga awareness into nursing education aligns with a growing emphasis on complementary and integrative health practices in modern healthcare systems. A 2024 descriptive study involving 500 nursing students across BSc, Post-BSc, GNM, and ANM programs found that: Assignments and workload were the leading sources of stress. Most students experienced moderate to high levels of academic stress. The study recommended stress-relief interventions like time management training and mindfulness practices.

NEED FOR THE STUDY

In the recent resent research According to Deepthi Saini in her study states that the results of the study included a total of 500 nursing students with academic course BSc nursing, post BSc nursing, BSc nursing, Gnm, Anm. And age group of students were 16 to 24. The mean age of study participants was 19.32 and SD 261.62.

Regional Study in Andhra Pradesh: A focused study on BSc Nursing students in Andhra Pradesh revealed: 72% of students experienced **moderate stress**, while 16% had **severe stress**. The primary stressors were **academic pressure and clinical exposure**. The authors recommended **faculty mentorship and peer support systems**.

This study provides the knowledge level among nursing students at Rich college of nursing, Nellore.

3.1 Population and Sample

There were total 450 nursing students are present in the Rich college of nursing among them 38 nursing students were selected from 1st year B.Sc Nursing were selected for the study.

3.2 Data and Sources of Data

For this study primary data has been collected by the investigator. The tool was formulated by the investigator after review of various journals and text books, the content of the tool done by the Principal and ethical committee, the tool was formulated with 30 MCQ'S. each question carries one each mark for the correct answer.

MATERIAL AND METHODS:

Study design:

This study was conducted in selected nursing college at Nellore, Andhra Pradesh, from 15 march to 30 march 2024. Descriptive survey design was used, 38 samples were from 4th year B.Sc. Nursing students. Cluster sampling technique was utilized to collect the samples. Socio demographic data and structured questionnaire was used to assess the knowledge on yoga.

Instrument/ Tool:

Tool consists of two parts, A and B, section A consists of socio demographic variables such as age, religion, habit of practicing yoga, media of information, in family anybody is practicing yoga. Whereas section B consist of structured questionnaire on yoga. The tool consists of 30 questions and each correct answer carries one mark and the total score is about 30. The tool was prepared after the review of literature and consultation from experts in both yoga and nursing departmental experts were reviewed the tool.

Statistical analysis

The data were presented as mean, standard deviation (SD), frequency and percentage distribution was used to evaluate sociodemographic variables of 4th year nursing students of Rich College of Nursing, Nellore. And knowledge was assessed by the structured questionnaire.

Table No.1 selected demographic variables of 1st year nursing students

SLNO	VARIABLES	FREQUENCY	PERCENTAGE
1	Age in years		
	21-22	3	7.8%
	23-24	35	92.1%
2	Religion		
	Hindu	17	44.7%
	Christian	21	55.2%
3.	Habit of practicing yoga		
	Yes	15	39.4%
	No	13	43.2%
	Some times	10	26.3%
4	Source of information		
	Friends	14	36.8%
	Health professionals	12	31.5%
	Mass media	12	31.5%
5	In family any body is practicing yoga		

	Yes	13	34.2%
	No	20	52.6%
	Some times	5	13.1%

Table No: 2 Distribution of level of knowledge on yoga among 4th year nursing students.

Slno	Level of knowledge	Inadequate (<50%)		Moderate (51-75%)		Adequate (>75%)	
		No	%	No	%	No	%
1		3	7.8	29	76.3	6	15.7

Table no 3: distribution of the mean and standard deviation

Mean	Standard deviation (SD)
19.58	3.48

Table no 4: association of level of knowledge with sociodemographic variables

Slno	Demographic variables	<50 %	51-75%	>75%	Chi-sq x ²
1	Age				C= 0.73 df=1 P= 0.39 NS
	21-22	-	2	1	
	23-24	3	27	5	
2	Religion				C= 0.03 Df=1 P=0.87 NS
	Hindu	1	13	3	
	Christian	2	16	3	
3	Habit of practicing yoga				C=5.99 df=2 P=0.05 S
	Yes	2	12	1	
	No	1	11	1	
	Some times	-	6	4	
4	Media of information				C= 1.29 df= 2 P=0.52 S
	Friends	1	11	3	
	Health professionals	1	8	3	
	Mass media	1	10	1	
5	In family anybody practicing the yoga				C=1.29 df=2 P=0.52 NS
	Yes	1	10	2	
	No	1	16	3	
	Some times	1	3	1	

RESULT

The study included 38 4th year nursing students with academic course of B,Sc nursing. And group were 19-24 years. The mean is 19.58 and standard deviation is 3.48. the samples who were residing at college campus. The majority of samples 3(7.8%) were under 21-22 years, 35 (92.1%) were 22-24 years, religion 17 (44.7%) were belongs to Hindu and 21(55.2%) were belongs to Christian, habit of practicing yoga by the students were 15 (39.4%) were said yes, 13 (34.2%) were said no, and 10 (26.3%) were said some times of practicing yoga, source of information 14 (36.8%) were friends, 12 (31.5%) were by health professionals and 13 (31.5%) were by mass media, are participating in the study, in family anu body is practicing yoga were 13 (34.2 %) were said yes, 20 (52.6%) said no, and 5 (13.1%) were said sometimes of practicing of yoga. The knowledge status among 4th year nursing students were 3(7.8%) were under inadequate knowledge, 29 (76.3%) were under moderate knowledge and 6 (15.7 %) were under adequate knowledge on yoga. The significant between knowledge of yoga with and habit of practicing of yoga and mode of information among 4th year nursing students.

DISCUSSION

The current study has shown that among 38 4th year nursing students had inadequate knowledge, 29 (76.3%) students had moderate knowledge and 6 (15.7%) had adequate knowledge on yoga. There is a significant association with level of knowledge on yoga and demographic variables like habit of practicing yoga among nursing students and mode of information were significant.

RECOMMENDATIONS

A structures teaching program me protocol is necessary among the nursing students for practice of yoga in to day to day life.

- A similar study can be conducted large group of nursing students and health workers.
- The similar study can be conducted as experimental study to assess the effects of yoga among population.
- A comparative study to assess the knowledge on yoga among medical and nursing students.

Conclusion

The study findings suggest that the majority of 4th year nursing students has moderate knowledge on yoga. Among the selected students 6 (15.7%) were had adequate knowledge on yoga.

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