"A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING THE BENEFITS OF YOGA ON HEALTH AMONG THE STAFF NURSES IN SELECTED HOSPITALS, VADODARA ."

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Introduction

Yoga is a type of exercise. India is well known for many types of yogic practices- asanas (physical postures), pranayamas (regulated breathing) and kriyas (cleaning process). Yoga tones up the muscles of the body and trains the mind to relax.

Yoga in its full form combines physical postures, breathing exercises, meditation, and a distinct philosophy. Yoga is intended to increase relaxation and balance the mind, body, and the spirit.

Thus yoga plays an important role in the health of humans. So it is important for all the people to have adequate knowledge regarding yoga

OBJECTIVES :

1. To assess the knowledge of staff nurses regarding the benefits of yoga on health

HYPOTHESIS:

H1– The mean post test of subjects exposed to structured teaching programme will be greater than their mean pretest scores as measured by planned knowledge questionnaire at 0.05 level of significance.

H2 - There will be significant association between selected demographic variables and the level of knowledge of staff nurses.

Materials and Methods

A study was conducted on 30 Staff Nurses who were working in the selected hospitals, Vadodara.The research approach was evaluative and research design was pre experimental one group pre-test, post test design.

Purposive sampling technique was used to select the samples for the study. Data was collected by using structured knowledge questionnaire. It consists of 6 items on socio-demographic variables and 36 items on knowledge benefits of yoga on health among the staff nurses in selected hospitals.

Research investigator collected data by conducting pretest using structured knowledge questionnaire to assess the knowledge regarding benefits of yoga. Structured Teaching programme was administered after the pre test, the post test was conducted after 7 days of pretest. Data was analyzed in terms of both descriptive and inferential statistics.

Results

The findings of the study:

- The majority 15(50%) of the sample were in the age group of 21-25 years and least 1(3.33%)of the sample were in the age group of 36 years and above.
- Majority 24(80%) of the samples were females and 6(20%) were males.
- Majority 16 (53.33%) had completed general nursing and 5(16.67%) of the sample had completed B.Sc. Nursing and 9(30%) had completed P.B.B.Sc nursing.
- 70% (21) of the sample were single and 30% (9) of the sample were married.
- Majority 16 (53.33%) of the sample had 1-3 year of experience and 7 (23.33%) of the sample had less than 1 year of experience, 4(13.33%) had 6-9 years & 3 (10%) had 3-6 years experience.
- Majority 9(30%) of the sample gained knowledge on benefits of yoga from experience and8 (26.67%) of the sample gained knowledge on benefits of yoga from hospital manual & during nursing course..
- The overall pre test knowledge scores majority of subjects 14(46.67%) had poor knowledge, 8(26.67%) had good knowledge and 8(26.67%) had good knowledge. In post test majority of the subjects 19(63.33%) had good knowledge, 9(30%) had average knowledge and 2(6.67%) had poor knowledge.
- The post test knowledge scores were higher than the pre test knowledge scores and were significantly

significant at 0.05 level of significance.

- The calculated chi-square value (19.09) for age of nurses is more than chi-square table value (12.592) and the calculated chi-square value (11.67) for qualification of nurses is more than chi-square table value (9.488). Hence H_2 is accepted. There is a significant association between knowledge and age, qualification of nurse.

Table 1: Frequency and percentage distribution of knowledge scores of nurses on incubator care during pre test & post test.

n=30

Sl. No	Knowledge score	Pre-test f　%	Post- test f　%
1.	Good $(\overline{X} + SD)$	26.6%	63.33%
2.	Average $(\overline{X} \pm SD)$	26.67%	30%
3.	Poor $(\overline{X} - SD)$	46.6%	6.67%

Table 1reveals that in pre test majority of subjects 14(46.67%) had poor knowledge, 8(26.67%) had good knowledge and 8(26.67%) had good knowledge. In post test majority of the subjects 19 (63.33%) had good knowledge, 9(30%) had average knowledge and 2(6.67%) had poor knowledge.

Table 2: Mean difference, Standard Error difference (SEd), hypothesis and paired 't' values of knowledge score of nurses.　　　　n=30

Mean difference	Standard ErrorDifference (SED)	Paired 't' value	
		Calculated	Tabulated
16.93	0.04	49.79*	2.045

*(p<0.05)

Table 2 reveals that the calculated paired 't' value (t=49.79) is greater than tabulated 't' value (t=2.045). Hence H_1 is accepted. This indicates that the gain in knowledge score is statistically significant at p< 0.05.

Therefore, the structured teaching programme on benefits of yoga was effective in improving the knowledge of the nurses.

Discussion

The investigator found that the pre-test knowledge scores ranged 7 with a mean of 14.57 where as the post-test knowledge scores ranged 6 with a mean of 31.5. The mean gainin knowledge score was 16.93.

The finding of the study was similar to a study conducted on nursing personnel in hospital to evaluate the effectiveness of benefits of yoga. The findings of the study showed that the mean post-test knowledge score (44.47) was higher than the meanpre-test knowledge score (23.09)[5].

The area-wise mean pre-test percentage knowledge score between 40% and 45%. Where as in the post-test, the mean percentage knowledge score was increased to 58.33% and 93%. The present s t u d y results reflect the inadequacy in knowledge on benefits of yoga among nurses before the structured teaching programme.

The investigator found that the mean post-test knowledge score (31.5) andpre-test knowledge score (14.57) was found to be significantly higher than the mean pre-test knowledge score.

The findings of the study showed that there is no association between knowledge and gender, marital status, experience, previous source of information.

There is a significant association between knowledge and age, qualification of nurse. Hence H_2 is accepted.

NURSING IMPLICATIONS:

Nursing Education

Nursing curriculum should incorporate a vast section on yoga which helps the students acquire adequate knowledge, skills and attitudes to fulfill their duties and responsibilities in the nursing field

Nursing Practice:

In the hospital or community set up, nurses play an important role in providing health care. As a part of health care, the nurses can teach the yoga and explains importance of yoga in the community field.

Nursing Administration

Nursing administrators should create public awareness on Benefits of Yoga. Nursing administrators are responsible in arranging a health education program on importance of yoga in the community which helps the people in understanding the Benefits of Yoga.

Nursing Research:

Extensive research studies can be undertaken in different fields to quantify the magnitude of deficiency of knowledge on importance

of yoga

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