

Effectiveness of deep breathing exercise on level of stress among the industrial workers

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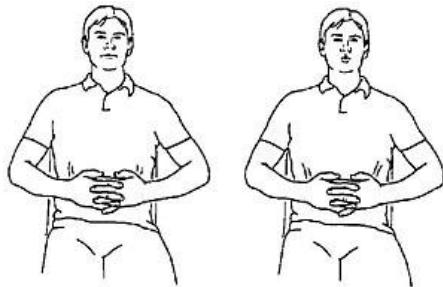
Introduction



As like above quote our thoughts really do color our perceptions and affect our stress level. What thoughts are serving you today? Which thoughts are weighing you down? To create less stressed existence. As stress is a disease of modern life. We are habitual to carry stress daily but we are not habitual to use simple techniques of stress management such as deep breathing.

Problem Statement

'A study to assess the effectiveness of deep breathing exercise on level of stress among the industrial workers of selected industries of Pune'.



Objective

1. To assess the level of stress before deep breathing exercise among the industrial workers.
2. To assess the level of stress after deep breathing exercise among the industrial workers.
3. To evaluate the level of stress before and after deep breathing exercise among the industrial workers.
4. To find the association between the post test level of stress with selected demographic variables.

Materials and methods

Investigator selected evaluative approach Quantitative.

A nonequivalent control group pretest post test (quasi - experimental) design was chosen for the study

The sampling technique used in the study was non-probability Quota sampling. Research tool composed of two section .section one deals with the demographic data of the sample and section 2 was rating scale to assess the level of stress. Which composed of total 30 questions which were rated on 4 point likert scale scoring was

A score is given as follows Always will be score as a 4 Often as a 3 Occasionally as a 2 and Never as 1. And the question 1,2 12,13and 20 will be score as Always will be score as a 1 Often as a 2 Occasionally as a 3and Never as 1.

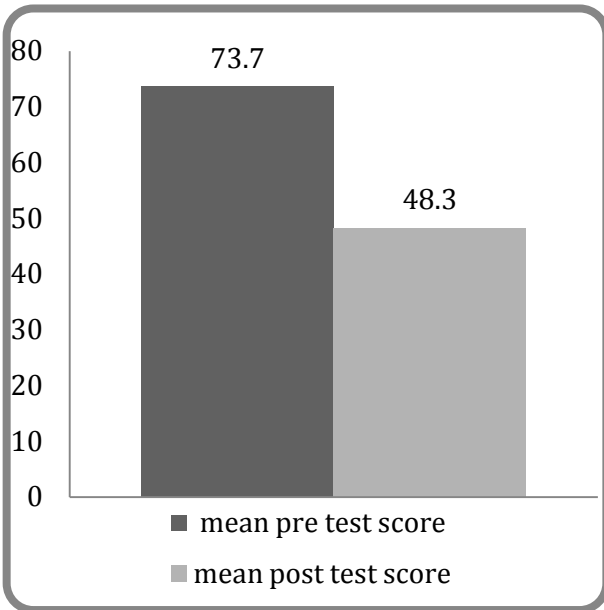
Grade of level of stress

1. 0-30 = Mild stress
2. 31-60= Moderate stress
3. 61-90 = Severe stress
4. 91-120 = Extreme stress

Structured interview technique was used to collect the data from the sample. Necessary permission to conduct the study was obtained from the concern authorities. Purpose and role of the participant was explained to the participants, pre test was conducted after that experimental group was given the intervention for next six days (deep breathing exercise). On sixth day post test of experimental and control group was done.

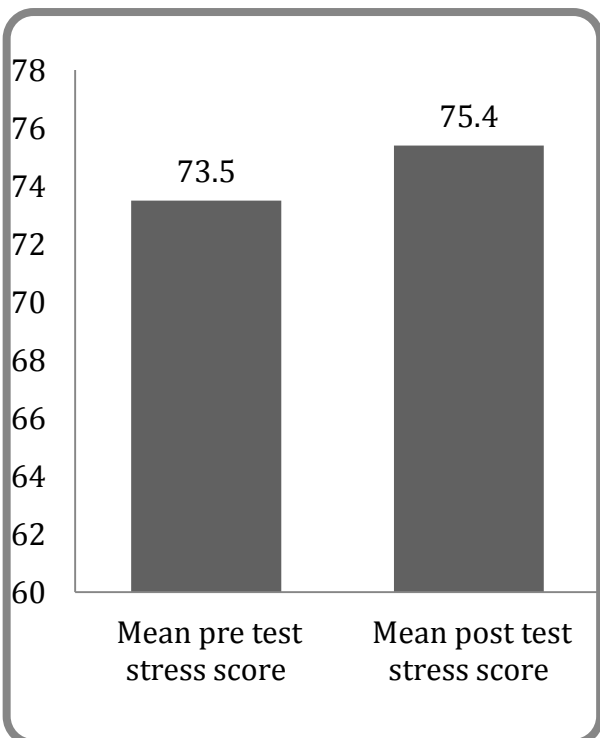
Results

Fig 13.1 significance difference between pre test and post test stress level in experimental group



Bar diagram shows that mean pre test stress level score 73.7 which are higher than post test stress score 48.3 Thus it is conclude that deep breathing exercise was effective.

Fig 13.2 Significance difference between pre test and post test stress level in control group.



Bar diagram shows that there is no any significant change in the level of the pre test and post test stress score. By comparing this effect with the effect f the experimental group we can conclude that deep breathing is effective in the management of the stress among the industrial workers .

Table 13.2: significance difference between post test stress level in control group and experimental group.(N= 60)

Test	Mea n	SD	SE	t calcula ted	t tab le
Post test control group	75.4	9.89	2.32	11.68	2.02
Post test experime ntal group	48.3	8			

t calculated > is more than t (table) at 0.05 level of significance. So null hypothesis is rejected and research hypothesis is accepted. Above mentioned table depicted mean pre test score 75.4 which are more than post test score 48.3 and dispersion of post test score SD 9.89 is more than that of their post test score SD 8.and't' value is 11.68 is more than tabled value is 2.02 at the level of 0.05. Thus data in the Table showed more than the tabled value 2.02 at p<0.05 thus indicated significant difference between pre test and post test stress level among industrial workers.

Fig 13.3 significance difference between post test stress level in control group and experimental group.

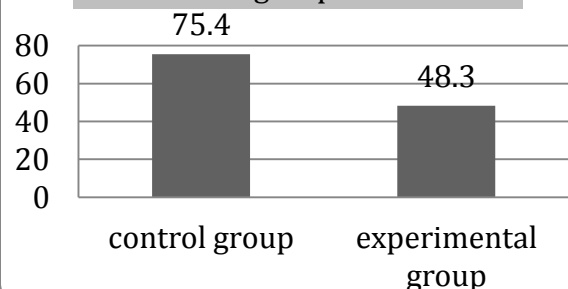
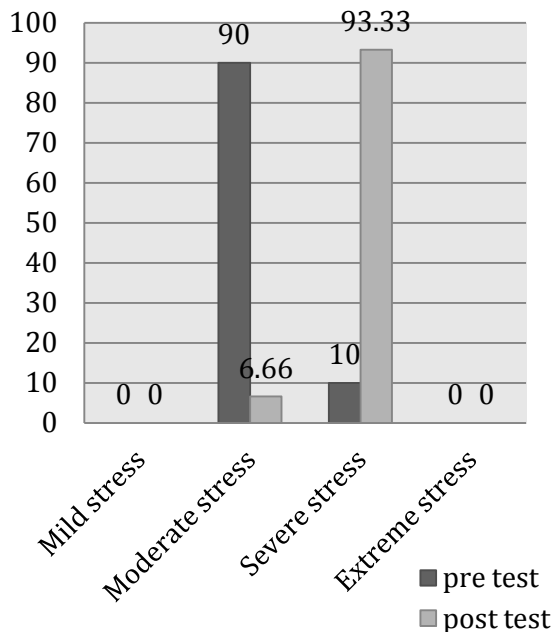


Table 13.3: Distribution of sample with regards to pre test and post test level of stress in experimental group (N= 30)

S r r o	Level of stress	Pre test		Post test	
		Freque ncy (f)	Percent age (%)	Freque ncy (f)	Percent age (%)
1	Mild stress (0-30)	0	0	0	0
2	Moder ate stress (31- 60)	4	13.33	27	90
3	Severe stress (61- 90)	20	66.66	3	10
4	Extre me stress (91- 120)	6	20	0	0

From above mentioned table it is evident that majority of sample (66.66%) were having severe stress in pre test were as in post test majority of sample (90%) having moderate stress. So we can conclude that there was a reduction of stress in of industrial workers.

Fig. 13.4 Distribution of sample with regards to pre test and post test level of stress in experimental group.



References

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