



A Study to Evaluate the Effectiveness of Yoga Therapy on Anxiety Management Among Nursing Officers

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Abstract

Anxiety is a significant occupational health concern among nursing officers due to the demanding nature of healthcare services and continuous exposure to stressful clinical situations. Effective and economical interventions are needed to promote psychological well-being among nursing professionals. The present study aimed to evaluate the effectiveness of yoga therapy in reducing mild anxiety among nursing officers. A quantitative evaluative approach using a one-group pre-test and post-test design was adopted. A total of 100 nursing officers were selected through random sampling. Anxiety levels were assessed before and after implementation of a structured yoga therapy programme. The findings demonstrated a substantial reduction in anxiety levels following the intervention. Post-test assessment showed a marked increase in the number of participants reporting normal anxiety levels and a corresponding decline in mild anxiety levels. Statistical analysis revealed a significant difference between pre-test and post-test anxiety scores ($p < 0.05$). The study supports the use of yoga therapy as a practical and effective non-pharmacological strategy for improving mental health among nursing officers.

Keywords: Yoga Therapy, Anxiety, Nursing Officers, Mental Health, Stress Reduction, Non-pharmacological Intervention

Introduction

Mental health is a crucial component of overall well-being and professional effectiveness. Healthcare professionals, particularly nursing officers, frequently encounter situations that require continuous vigilance, rapid decision-making, emotional involvement, and physical endurance. These occupational demands place nurses at increased risk for psychological distress, including anxiety, stress, burnout, and emotional exhaustion.

Anxiety is characterized by feelings of apprehension, tension, nervousness, and excessive worry that may interfere with daily functioning and professional performance. Among nursing professionals, anxiety may arise from excessive workload, staff shortages, shift duties, exposure to critically ill patients, workplace conflicts, and concerns regarding patient outcomes. Persistent anxiety not only affects the health of nurses but may also compromise the quality and safety of patient care.

In recent years, complementary and alternative therapies have gained increasing attention as supportive measures for managing mental health problems. Yoga, an ancient holistic practice originating in India, combines physical postures (asanas), breathing techniques (pranayama), relaxation exercises, and meditation practices to promote harmony between mind and body. Research suggests that yoga can improve autonomic regulation, decrease stress hormone levels, enhance emotional stability, and improve overall psychological functioning.

Yoga therapy has emerged as a cost-effective, accessible, and culturally acceptable intervention for managing anxiety and stress among healthcare workers. Regular participation in yoga practices has been associated with improved concentration, emotional balance, relaxation, and resilience. Despite the growing body of evidence supporting yoga for mental health promotion, studies focusing specifically on nursing officers with mild anxiety remain limited.

Considering the importance of maintaining psychological well-being among nurses and the potential benefits of yoga therapy, the present study was undertaken to evaluate the effectiveness of yoga therapy in reducing mild anxiety among nursing officers.

Need for the Study

Nursing officers constitute the backbone of healthcare delivery systems. Their responsibilities involve direct patient care, emergency management, health education, and coordination with multidisciplinary healthcare teams. Continuous exposure to demanding work environments often predisposes them to mental health challenges.

Anxiety among nursing professionals can lead to reduced job satisfaction, increased absenteeism, impaired decision-making abilities, and decreased quality of patient care. Traditional approaches to anxiety management often rely on pharmacological interventions, which may not always be practical or preferred.

Yoga therapy offers a natural, economical, and non-invasive approach to improving mental well-being. By enhancing relaxation and promoting psychological resilience, yoga may serve as an effective intervention for managing anxiety among nursing officers. Therefore, evaluating its effectiveness is essential for developing evidence-based wellness programs within healthcare institutions.

Objectives

1. To assess the pre-test level of anxiety among nursing officers.
2. To evaluate the effectiveness of yoga therapy in reducing anxiety among nursing officers.
3. To determine the association between pre-test anxiety levels and selected demographic variables.

Methodology

A quantitative evaluative research approach was adopted for the study. The research design selected was a one-group pre-test and post-test design.

The study was conducted among nursing officers attending training programmes at the District Training Centre, Raichur, Karnataka. A total of 100 nursing officers were selected through random sampling techniques.

Data were collected using a structured anxiety assessment scale. Baseline anxiety levels were measured before implementation of yoga therapy. Subsequently, participants underwent a structured yoga therapy programme designed to promote relaxation and psychological well-being. Post-test assessment was conducted after completion of the intervention.

The collected data were analyzed using descriptive and inferential statistical methods. Frequency, percentage, mean, standard deviation, and paired t-test were used to determine the effectiveness of yoga therapy.

Result

Demographic Characteristics of Nursing Officers (N = 100)

The demographic analysis revealed that the majority of nursing officers 60 (60%) belonged to the age group of 25–30 years, followed by 22 (22%) above 30 years and 18 (18%) in the age group of 20–25 years. Regarding gender, most participants were females 94 (94%) and only 6 (6%) were males. In terms of religion, 86 (86%) participants were Hindus, 8 (8%) Christians, and 6 (6%) Muslims. More than half of the participants 56 (56%) were unmarried, whereas 44 (44%) were married. Concerning area of residence, 52 (52%) belonged to urban areas and 48 (48%) were from rural areas. Most nursing officers 82 (82%) possessed a Diploma in Nursing qualification, while 18 (18%) held a B.Sc. Nursing degree. Regarding annual income, 56 (56%) reported an income between ₹1 lakh and ₹3 lakh per annum.

Table 1: Frequency and Percentage Distribution of Nursing Officers According to Demographic Variables (N = 100)

Demographic Variable	Frequency (F)	Percentage (%)
Age (Years)		
20–25	18	18
25–30	60	60
>30	22	22
Gender		
Male	06	06
Female	94	94
Religion		
Hindu	86	86
Muslim	06	06
Christian	08	08
Marital Status		
Married	44	44
Unmarried	56	56
Area of Residence		
Urban	52	52

Demographic Variable	Frequency (F)	Percentage (%)
Rural	48	48
Professional Qualification		
Diploma (GNM)	82	82
B.Sc. Nursing	18	18
Annual Income		
< ₹1 lakh	38	38
₹1–3 lakh	56	56
₹3–5 lakh	06	06

Distribution of Pre-test and Post-test Anxiety Levels

The pre-test findings revealed that all 100 (100%) nursing officers experienced mild anxiety before the intervention. Following yoga therapy, 74 (74%) participants reported normal anxiety levels, whereas only 26 (26%) continued to experience mild anxiety. No participant reported severe anxiety during either assessment.

Table 2: Frequency and Percentage Distribution of Pre-test and Post-test Anxiety Levels Among Nursing Officers (N = 100)

Level of Anxiety	Pre-test n (%)	Post-test n (%)
Normal	0 (0%)	74 (74%)
Mild Anxiety	100 (100%)	26 (26%)
Severe Anxiety	0 (0%)	0 (0%)

Comparison of Mean, Median, Standard Deviation and Range of Anxiety Scores

The mean pre-test anxiety score was 19.88 with a standard deviation of 1.89, whereas the mean post-test anxiety score was 9.00 with a standard deviation of 6.31. These findings indicate a considerable reduction in anxiety levels after administration of yoga therapy.

Table 3: Comparison of Mean, Median, Standard Deviation and Range of Anxiety Scores (N = 100)

Anxiety Score	Mean	Median	Standard Deviation	Range
Pre-test	19.88	19	1.89	8
Post-test	9.00	7	6.31	19

Effectiveness of Yoga Therapy on Anxiety Levels

The effectiveness of yoga therapy was evaluated by comparing pre-test and post-test anxiety scores. The calculated mean post-test score was substantially lower than the pre-test score. The obtained t-value was 16.6 with a p-value of 0.0001, which was highly significant at the 0.05 level of significance. Therefore, the study hypothesis was accepted, indicating that yoga therapy was effective in reducing anxiety among nursing officers.

Table 4: Comparison of Mean Pre-test and Post-test Anxiety Scores Among Nursing Officers (N = 100)

Anxiety Level	Mean	SD	Mean %	t-value	p-value
Pre-test	19.88	1.89	35.50		
Post-test	9.00	6.31	16.01	16.6	0.0001*

*Significant at $p < 0.05$

Association Between Pre-test Anxiety Levels and Selected Demographic Variables

The association between pre-test anxiety levels and selected demographic variables was analyzed using the Chi-square test. The findings indicated that age, gender, religion, marital status, professional qualification, and annual income

had no statistically significant association with anxiety levels. However, area of residence showed a statistically significant association with anxiety levels among nursing officers.

Table 5: Association Between Pre-test Anxiety Levels and Selected Demographic Variables (N = 100)

Demographic Variable	χ^2 Value	Significance
Age	0.63	NS
Gender	0.91	NS
Religion	5.72	NS
Marital Status	0.06	NS
Area of Residence	0.56	S
Professional Qualification	1.89	NS
Annual Income	1.85	NS

NS = Not Significant, S = Significant

Discussion

The present study demonstrated that yoga therapy significantly reduced anxiety levels among nursing officers. The findings suggest that structured yoga interventions can positively influence psychological well-being and emotional health among healthcare professionals.

The reduction observed in anxiety scores following the intervention may be attributed to the combined effects of physical exercise, controlled breathing, relaxation techniques, and meditation practices included in yoga therapy. These components contribute to improved autonomic balance, reduced physiological arousal, and enhanced emotional regulation.

The findings are consistent with previous research indicating that yoga interventions improve mental health outcomes among healthcare workers. Studies have reported significant reductions in stress, anxiety, and burnout following regular yoga practice. The present study further strengthens the evidence supporting yoga as an effective complementary strategy for mental health promotion among nursing professionals.

The demographic analysis revealed that anxiety was prevalent across different age groups, genders, and professional backgrounds. This finding highlights the widespread nature of occupational anxiety among nursing personnel and emphasizes the importance of institution-wide mental health interventions.

The significant association between area of residence and anxiety levels suggests that environmental and social factors may influence psychological well-being. Further research is warranted to explore these relationships in greater depth. Overall, the study findings support the integration of yoga-based wellness programmes into nursing education and workplace health promotion initiatives.

Implications for Nursing Practice

Nursing Education

Yoga and stress-management strategies may be incorporated into nursing curricula to promote psychological resilience among students and practicing nurses.

Nursing Administration

Healthcare administrators can implement regular yoga sessions and wellness programmes to support employee mental health and improve workplace productivity.

Nursing Practice

Routine yoga practice can be encouraged as a self-care strategy to reduce occupational stress and anxiety among nursing officers.

Nursing Research

Further studies using larger samples and controlled experimental designs are recommended to strengthen evidence regarding the effectiveness of yoga therapy.

Limitations

1. The study employed a one-group pre-test post-test design without a control group.
2. The sample was limited to nursing officers attending a single training centre.
3. Self-reported measures may have introduced response bias.

4. Long-term effects of yoga therapy were not evaluated.

Conclusion

The study provides strong evidence regarding the effectiveness of yoga therapy in reducing mild anxiety among nursing officers. A significant improvement in anxiety levels was observed following implementation of the yoga intervention. The findings indicate that yoga therapy is a safe, cost-effective, and practical approach for promoting mental well-being among nursing professionals. Incorporating yoga into workplace wellness programmes may contribute to improved psychological health, enhanced professional performance, and better quality of patient care. The study supports the broader adoption of yoga-based interventions within healthcare settings as a valuable strategy for mental health promotion.

Ethical Considerations

Ethical approval was obtained from the Institutional Ethics Committee before commencement of the study. Written informed consent was obtained from all participants. Confidentiality and anonymity of participants were maintained throughout the study. Participants were informed about their right to withdraw from the study at any stage without any consequences.

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Conflict of Interest

The authors declare no conflict of interest.

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