A Study to Assess the Effectiveness of Planned Teaching Programme Regarding Yoga Meditation on The Promotion of Mental Health Among the Old People in Selected Old Age Centres in Udaipur City

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ABSTRACT

Mental and neurological disorders among older adults account for 6.6% of the total disability for this age group. Approximately 15% of aged 60 and over suffer from a mental disorder. Yoga is the art of living. Integrating the many aspects of ourselves and putting us in control of our minds; the effects are holistic, bringing about health awareness and a change of attitude towards ourselves and the world around us. The present study aims to assess the effectiveness of planned teaching programme regarding yoga meditation on the promotion of mental health among 100 old people in selected old age centres (Shreemati Krishna Ananad Vardhashram and Governement Age home / Tara Sanstha) in Udaipur city. The quantitative research approach and pre-experimental one group pre-test post–research design was adopted for this study. The non-probability convenience sampling technique was used for data collection. Data collection tool consisted of structured knowledge questionnaire. Data was analyzed through descriptive and inferential statistics. The study revealed that in the pre-test most of the participants about 52% had poor knowledge, 44% had average knowledge, and 3% had good knowledge, further 1 found to be excellent. In the post-test, after giving planned teaching programme, the results shows that 65% had found to be excellent, whereas 30% participants had good knowledge, 5% participants had average knowledge & 0 % participants had poor knowledge. The mean score of post-test knowledge score 23.85 was apparently higher than the mean score of pre-test knowledge 10.40, suggesting that the planned teaching programme was effective in increasing the knowledge of the old people regarding yoga meditation on the promotion of mental health. The mean difference 13.45 between pre-test and post-test knowledge score of the old people was found to be significant. There are significant association between knowledge score of old people and selected demographic variable such as age ($\chi2$=21.73), gender ($\chi2$=13.64), religion ($\chi2$=27.68), reason for staying in old age home ($\chi2$=17.05), present health condition ($\chi2$=11.36), previous knowledge regarding yoga ($\chi2$=12.75) at the 0.05 level of significance. Hence research hypothesis is accepted and null hypothesis is rejected.

KEYWORDS

Effectiveness; Planned Teaching Programme; Yoga; Mental Health; Old People

INTRODUCTION

Ageing is a natural process in the words of "SENECA", old age is an incurable disease but more recently "Sir. James Sterling Ross" commented you do not heal old age, you protect it, you promote it, you extend it, it is not the fact that growing old should be a time of dismay and withdrawal from everything around, in fact most people growing old is a time to be enjoyed. Mental health is a crucial component of overall health and well-being. It is important to all of us, no matter what our age. Mental health is the positive ability to enjoy life and cope with its difficulties. It is a resource that enables us to grow and learn and experience life as enjoyable and fulfilling. The term "mental health" is often used as aeuphemism for mental illness but mental health and mental illness are not the same. Physical health and mental health are inextricably linked. Good physical health is associated with good mental health. Poor physical health is associated with poor mental health. Older people talk about health in a holistic way, combining both mental and physical aspects. Physical health is an important issue for many older people and improving it will improve mental health as well.

Old age homes are meant for senior citizens who are unable to stay with their families or are destitute. For older people who have nowhere to go and no one to support them, old age homes provide a safe haven. These homes also create a family like atmosphere among the residents. Senior citizens experience a sense of security and friendship when they share their joys and sorrows with each other. States in India such as Delhi, Kerala, Maharashtra and West Bengal have developed good quality old age homes. These old age homes have special medical facilities for senior citizens such as mobile health care systems, ambulances, nurses and provision of well- balanced meals.

Yoga postures (asanas) improve strength and flexibility in joints and muscles and increases the range of movement. This reduces the likelihood of developing degenerative diseases such as arthritis and chronic pain as we age. Many yoga poses focus on balance and stability, both incredibly important as you age. Strengthening your muscles and improving your balance prevents the likelihood of falls, which can be a common concern for elderly. The benefits of yoga for seniors are much the same as those for the general population: increased muscle tone, balance (which is particularly important), strength, and improved mood. Through pranayama (breathing exercises), lung capacity is increased. You can expect your posture to improve and you may sleep better.

NEED FOR STUDY

According to the "Mental Health Action Plan 2013–2020" (WHO, 2013), mental health is an integral part of health and well-being and includes not only individual characteristics but also social, cultural, economic political, and environmental factors. The report recognizes that depending on the context certain groups, such as older people, are at higher risk of having mental health problems and consequently having higher rates of disability and mortality. The main issues concerning aging and mental health are prevention, early diagnosis, recognition of major diseases, treatment and quality of life interventions, at both individual and community level. Globally, the population is ageing rapidly. Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double, from 12% to 22%.Mental health and well-being are as important in

older age as at any other time of life. Mental and neurological disorders among older adults account for 6.6% of the total disability (DALYs) for this age group. Approximately 15% of adults aged 60 and over suffer from a mental disorder.

Over 20% of adults aged 60 and over suffer from a mental or neurological disorder (excluding headache disorders) and 6.6% of all disability (disability adjusted life years-DALYs) among people over 60 years is attributed to mental and neurological disorders. These disorders in older people account for 17.4% of Years Lived with Disability (YLDs). The most common mental and neurological disorders in this age group are dementia and depression, which affect approximately 5% and 7% of the world's older population, respectively. Anxiety disorders affect 3.8% of the older population, substance use problems affect almost 1% and around a quarter of deaths from self-harm are among people aged 60 or above. Substance abuse problems among older people are often overlooked or misdiagnosed.

A study was conducted to explore the short term impact of a comprehensive, but relief lifestyle intervention based on yoga, on subjective well being levels in normal and diseased subjects. The inventory consists of questions related to one's feelings and interpersonal relationship. there was significant improvement in subjective well being scores of 77 subjects within the period of 10 days as compared to controls. These observations suggest application of yoga leads to remarkable improvement in the subjective well being scores on the subjects.

PROBLEM STATEMENT

"A study to assess the effectiveness of planned teaching programme regarding yoga meditation on the promotion of mental health among the old people in selected old age centres in Udaipur city"

OBJECTIVES

- To assess the pre interventional level of mental well being of the old age people at selected old age centres.
- To evaluate the effectiveness of yoga on the promotion of mental health among old age people at selected old age home.
- To assess the post interventional level of mental well being of the old age people at selected old age centres.
- To assess the association between pre test knowledge score with demographic variables.

MATERIALS AND METHOD

Research Approach: A quantitative research approach will be used in the study.

Research Design: Pre-experimental, one group pre-test post–research design will used to getting information from the sample and find out their knowledge.

Sample: In the present study the sample comprises of 100 elderly people.

Sampling Technique: In present study the samples were selected through a non-probability convenient sampling technique.

Setting: In present study the setting were old age centres (Shreemati Krishna Ananad Vardhashram and Governement Age home / Tara Sanstha) in Udaipur city.

Population: In the present study, the target population consisted of all the old people living in the city.

Description of tool: Structured questionnaire to assess the knowledge of yoga meditation. It consisted of two parts:

Section A: Demographic data, it includes age, gender, religion, reason for staying in old age home, present health condition, previous knowledge regarding yoga.

Section B: Structured questionnaire, in these 30 self-structured multiple choice questions was considered appropriate for assessing knowledge score. The maximum total score of the knowledge questionnaire was 30 (for each correct response 1 mark will be given and 0 mark for incorrect answer).

Ethical consideration
- Approval from ethical committee of Venkteshwar College of Nursing Udaipur.
- Prior to data collection, written permission was obtained from the concerned authority of old age homes, at Udaipur.
- Anonymity and confidentiality of subjects was maintained.
- Informed consent was obtained from the subjects.

Plan for data analysis

The data analysis will be done according to study objectives by using descriptive and inferential statistics. The plan of data analysis would be as follows:
- Frequency, percentage, mean and standard deviation will be calculated.
- Paired t test will be used to test the hypothesis.
- Chi-square test will be used for association.

RESULTS AND DISCUSSION

The data's obtained are divided into certain sections for easy and accurate interpretation of data. The data finding have been organized under following sections:

Section-A: Frequency and percentage distribution of demographic variables.

Section-B: Comparison of the pre-test score and post-test knowledge score among samples.

Section-C: Effectiveness of the planned teaching programme regarding yoga/ meditation among the elderly.

Section-D: Association between the pre test level of knowledge with selected demographic Variables.

Section-A: Frequency and percentage distribution of demographic variables.

Age: It was observed that most of the elder belongs to the age group of 66-70 yrs i.e 42% followed by samples under 60-65 years 35%, then samples of age group Above 70 i.e 3% and lastly samples of age between 71-75 yrs i.e 20%.

Gender: It is observed that most of the elder in which 52% were female and 48% were males.

Religion: It was seen that the most of the elderly were Hindus 54% in sum, followed by Muslim who were 20%, Christian were 14% and older people of other caste includes 12%.

Reason for staying home centre: It was seen that the most of the elderly about 46% were orphaned they were found from streets and villages, 10% were accommodated their as their children were abroad, 24% were sick and no one to be take care and 20% were divorcee and they were alone at home.

Present health condition: It was seen that most of the elderly were healthy i.e 78% and 22% were unhealthy.

Source of Information: It was observed that most of the elder about 75% had knowledge through TV, radio, and mobiles, 15% had knowledge through books and magazines, 2% had went for some conference and only 8% said that they have no knowledge.

Section-B: Comparison of the pre-test score and post-test knowledge score among samples.

The study revealed that in the pre-test most of the participants about 52% had poor knowledge, 44% had average knowledge, and 3% had good knowledge, further 1 found to be excellent. In the post-test, after giving planned teaching programme, the results shows that 65% had found to be excellent, whereas 30% participants had good knowledge, 5% participants had average knowledge & 0 % participants had poor knowledge.
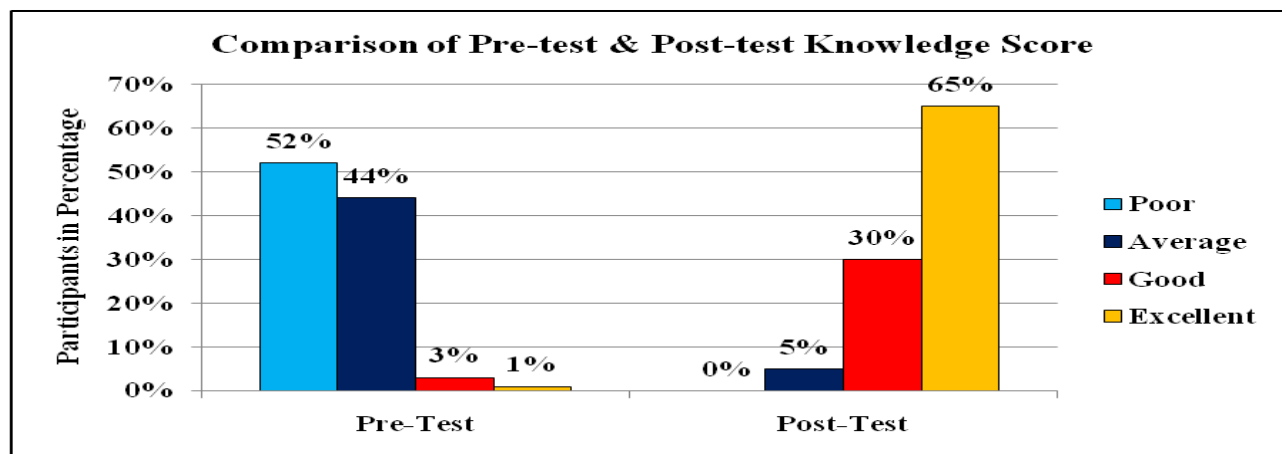
N=100

Figure 1 Comparison of Pre-test & Post-test Knowledge Score

Section-C: Effectiveness of the planned teaching programme regarding yoga / meditation among the elderly

Table 1 Effectiveness Of PTP by calculating Mean, SD, Mean Difference and 't' Value of Pre-test and Post-test knowledge **N=100**

Knowledge score	Mean	SD	Mean Difference	Standard Error	df	t- value	Inference
Pre-test	10.40	4.54	13.45	0.499	99	64.23	1.98* (0.05 Level)
Post-test	23.85	4..11					

Significant*

The table 1 revealed that in the pre-test mean and SD was 10.40±4.54 and post-test mean and SD was 23.85±4.11 with mean difference of 13.45. The mean pre-test and post-test was compared and tested using paired t test (t value=64.23 df=99 and p value=0.05) was highly significant at p value <0.05 level of significance. The study findings showed that planned teaching program was effective in improving the knowledge of old people regarding yoga meditation on the promotion of mental health.

Section-D: Association between the pre-test level of knowledge with selected demographic Variables.

There was significant association between knowledge score of old people and selected demographic variable such as age ($\chi2$=21.73), gender ($\chi2$=13.64), religion ($\chi2$=27.68), reason for staying in old age home ($\chi2$=17.05), present health condition ($\chi2$=11.36), previous knowledge regarding yoga ($\chi2$=12.75) at the 0.05 level of significance. Hence research hypothesis is accepted and null hypothesis is rejected.

CONCLUSION

From the above findings conclusion can be drawn that in present study knowledge scores of samples regarding yoga meditation on the promotion of mental health were in pre-test majority 52% had poor knowledge, 44% had average knowledge, and 3% had good knowledge, further 1 found to be excellent. In the post-test, after giving planned teaching programme, the results shows that 65% had found to be excellent, whereas 30% participants had good knowledge, 5% participants had average knowledge & 0 % participants had poor knowledge. The study concluded that planned teaching program was effective in improving the knowledge of old people regarding yoga meditation on the promotion of mental health. The study suggests that it is essential for the old people to have knowledge about yoga meditation on the promotion of mental health.

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