

EFFECTIVENESS OF DEEP BREATHING EXERCISE ON STRESS AMONG HIGHER SECONDARY-SCIENCE STUDENTS

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Abstract

Investigator conducted a quantitative approach was used in the study to assess the effectiveness of deep breathing exercise on stress level of the student who were studying in higher secondary school of selected school in Ahmedabad city. The objectives of study were: 1) To assess the stress level among H.Sc. students before and after demonstrating the deep breathing exercise. 2) to find an association between pre test score and selected demographical variable. In this study pre experimental research approach and one group pre test – post test research design was used; investigator collected data from selected school of Asarwa area of Ahmedabad city, in total sixty samples were selected as Disproportional stratified random sampling of probable sampling was used for select the samples. The instrument used for gathering necessary data was used a Modified perceived stress scale. The obtained were analyzed and interpreted in the light of objectives and hypothesis using descriptive and inferential statistical in term of mean, standard deviation 't' test value. The mean post test stress score 48.62 was lower than mean pre test stress score 76.15 with the mean difference of -27.53 and calculated 't' value (29.59) was greater than the table value (1.671). among the selected demographic variable residential facility has significant association with pre test stress score of samples. Thus the finding indicate that the Deep Breathing Exerciser was a suitable and effective method of relieving the stress level of the higher secondary school student in selected school of Ahmedabad.

Keywords: EFFECTIVENESS, DEEP BREATHING, EXERCISE, STRESS, HIGHER SECONDARY, STUDENTS.

INTRODUCTION

The term stress means pressure, in human life it represents an uneasy experience. It is an unpleasant psychological and physiological state caused due to some internal or external demands that go beyond our capacity. Stress is how the body reacts to the stressor real or imagined, a stimulus that cause stress. Stress is a state of disequilibrium that occurs when there is a disharmony between demands occurring within an individual's internal or external environment and his/ her ability to cope with those demands. Ahmedabad the number of suicides in Gujarat has rise by 10.5% in 2012 . The recently published report titled Accidental deaths and suicide in India -2012 said the number of suicides in Gujarat has increased to 6,165 in 2008 from 5,580 registered in 2007, an increase of 10.5% .The all -India average was recorded at 2.2% out of the 6,165 suicides in 2012 in Gujarat 1,744(28.3%) were XII th standard students Gujarat where 4.9% of the total suicides in the country took place in 2012 stands eighth in the list of state . In 2011/12 there was an estimated incidence of 86 000 male and 135 000 female cases of work-related stress based on the Labour Force Survey. This compares to an estimates prevalence of 175 000 cases of work related stress amongst males and 253 000 cases of work related stress amongst females. Females have a statistically significantly higher estimated incidence rate than males in 2011/12.

Research Statement:

A STUDY TO ASSESS THE EFFECTIVENESS OF DEEP BREATHING EXERCISE ON STRESS AMONG HIGHER SECONDARY-SCIENCE STUDENTS IN VISHWA VIDHYALAYA SCHOOL AT ASARVA AREA OF AHMADABAD CITY

OBJECTIVES:

1. To assess the stress level among H.Sc. students before and after demonstrating the deep breathing exercise.
2. To find an association between pretest score and selected demographical variables.

METHODOLOGY:

Research Approach: Quantitative Approach

Research Design: Pre experimental: one group Pre-test and posttest research design.

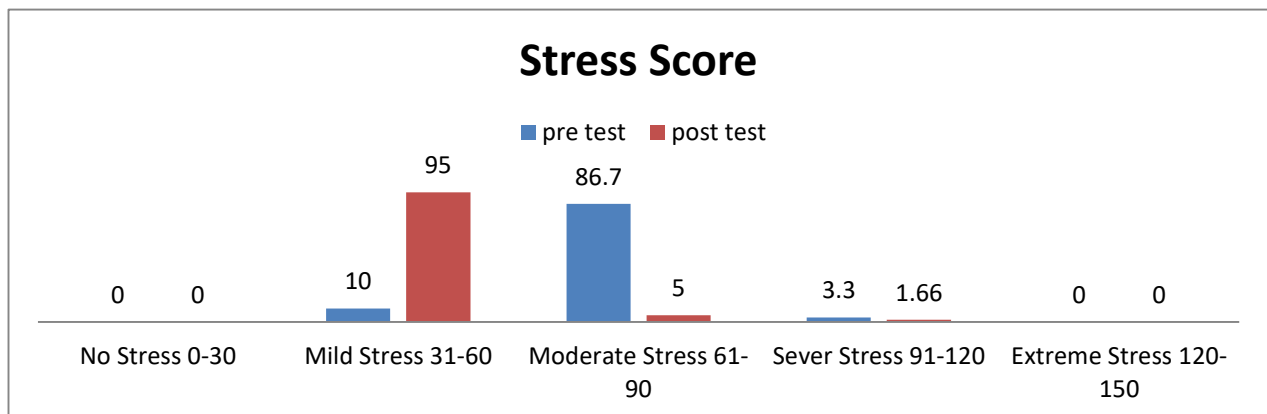
Research Setting: Vishwa Vidhyalaya school of Asarva area at Ahmedabad

Sample Size: Sample size selected for this study is 60 Samples.

Sampling Technique: Disproportional stratified random sampling of probable sampling will be used for select the science stream student of both standards.

Data Collection: Modified perceived stress scale was the appropriate for collection of data regarding stress among students.

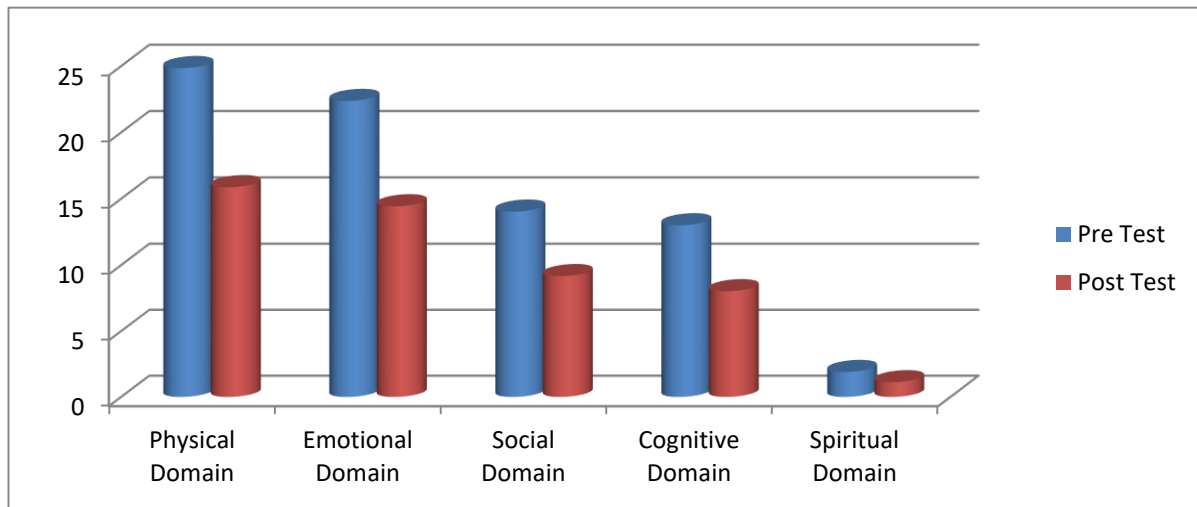
RESULTS:



Knowledge score	mean	Mean difference	SD	't' test calculated	't' test tabulated	df	Level of significance
Pre test	76.15	-27.53	9.954	29.59	1.671	59	0.05
Post test	48.62		6.389				

The mean pre test score was 76.15 and mean post score was 48.62 with the difference of -27.53. Table also shows that SD of pre test score was 9.954 and post test score was 6.389. For the calculated 't' 29.59 is significantly greater than tabulated 't' 1.671. so it reveals that mean post test stress score was significantly lower than mean pre test score. So demonstration of deep breathing exercise was effective in terms of decreasing the stress level among the samples.

MEAN SCORE OF PRE TEST AND POST TEST STRESS LEVEL SCORE OF THE SAMPLES IN EACH DOMAIN WISE:



CONCLUSION:

Stress level existed in all the area of domain before demonstration of deep breathing exercise among students. Highest stress level effects was found in the physical domain. The mean pre test score of samples was 24.85. which decreased up to 15.87 in post test score after administration of deep breathing exercise. Samples gained significant relaxation from stress after doing deep breathing exercise. The mean post test stress score 48.62 was significantly lower than mean pre test score 76.15. Thus the deep breathing exercise was found to be effective in reducing the stress level of students.

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