



Evaluate the impact of awareness program on knowledge regarding yoga and mind healing for prevention of common health issues among elderly people, in selected community area

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Abstract

The current study has been undertaken to assess knowledge score regarding Yoga and Mind Healing for prevention of common health issues among Elderly People by Awareness program. The research design used for study was pre-experimental in nature. The tool for study was self-structured knowledge questionnaire which consists of 2 parts-PART- I consisted questions related to Socio-demographic data; PART-II consisted of self -structured knowledge questionnaire to assess knowledge score regarding Yoga and Mind Healing for prevention of common health issues among elderly peoples. The data was analyzed by using descriptive & inferential statistical methods. The most significant finding was subjects were having poor knowledge score, 02 (3.33%) were having average knowledge score, 23 (38.3%) were having good knowledge score, 35 (58.3%) were having excellent knowledge regarding Yoga and Mind Healing for prevention of common health issues among elderly people.

Keywords: Awareness program, knowledge & yoga, mind healing for prevention of common health issues

Introduction

In today's fast-paced world, stress, anxiety, and depression have become increasingly common. Many people are turning to yoga and other mind-healing practices to help cope with these issues. In this article, we will discuss the importance of Yoga and Mind Healing for prevention of common health issues, and how they can help to improve overall health and well-being. One of the main benefits of yoga and other mind-healing practices is stress reduction. Yoga involves deep breathing, meditation, and physical movement, all of which have been shown to reduce stress levels and promote relaxation. Regular practice of yoga can also help to reduce cortisol levels, a hormone associated with stress. Yoga and other mind-healing practices have also been shown to have a positive impact on mental health. They can help to reduce symptoms of anxiety and depression, improve mood, and boost self-esteem. Yoga has also been shown to improve cognitive function and reduce the risk of age-related cognitive decline.

Yoga is not just beneficial for mental health, but also physical health. Regular yoga practice can help to improve flexibility, balance, and strength, as well as reduce the risk of injury. Yoga has also been shown to reduce inflammation in the body, which is associated with many chronic diseases. Mindfulness is the practice of being fully present at the moment, without judgment. Yoga and other mind-healing practices can help to increase mindfulness, which can improve overall well-being. Mindfulness has been shown to reduce stress, improve sleep quality, and increase feelings of happiness and contentment. Yoga and Mind Healing for prevention of common health issues can also improve relationships. Mindfulness can help to improve communication and empathy, while yoga can help to reduce feelings of anger and frustration. Practicing yoga and mindfulness together can lead to better relationships with family, friends, and coworkers.

Objective of the study

1. To assess the pre-test knowledge of elderly peoples regarding Yoga and Mind Healing for prevention of common health issues before implementing Awareness program.
2. To determine the effectiveness of Awareness program on knowledge regarding Yoga and Mind Healing for prevention of common health issues by comparing post-test and pre- test knowledge score.
3. To find out the association between pre-test knowledge score of elderly peoples with selected demographic variables.

Hypotheses

H₁: There is a significant difference between mean pre-test and post-test level of knowledge score of elderly people regarding Yoga and Mind Healing for prevention of common health issues.

H₂: There is a significant association between the pre-test knowledge score of elderly peoples regarding Yoga and Mind Healing for prevention of common health issues with selected demographic variables.

Assumption

1. Elderly peoples may have inadequate knowledge regarding Yoga and Mind Healing for prevention of common health issues.
2. Awareness program increase the knowledge of elderly peoples Regarding Yoga and Mind Healing for prevention of common health issues

Methodology

An evaluative approach was used and research design pre-experimental one group pre-test post-test research design was used for the study. The samples consisted of 60 elderly peoples selected by Non probability convenient sampling

technique. The setting for the study was Pardesipura, Indore. Data was gathered with help of demographic variables & administering a self-structured knowledge questionnaire by analyst prior & after Awareness program. Post-test was

done after seven days of pre-test. Data were analysis using descriptive & inferential statistics.

Analysis and interpretation Section-1

Table 1: Frequency & percentage distribution of samples according to their demographic variables. n = 60

Demographic characteristics	Frequency (f)	Percentage (%)
Age		
61-65 years	23	38.33
66-70 years	16	26.67
71-75 years	12	20
>75 years	09	15
Religion		
Hindu	32	53.3
Muslim	12	20.0
Christian	7	11.7
Other	9	15.0
Educational status		
Elementary education	04	6.7
Secondary education	20	33.33
Higher education	20	33.33
Under graduate & post graduate	16	26.67
Marital status		
Married	57	95
Divorced	03	5
Widowed	00	0

Section-2

Table 2.1: Frequency and percentage distribution of Pre-test scores of studied subjects

Level of knowledge	Knowledge score	Frequency	Percentage (%)	Mean	S.D.
Poor knowledge	0-5	37	61.7%	5.68	2.6
Average knowledge	6-10	18	30%		
Good knowledge	11-15	5	8.3%		
Excellent knowledge	16-20	0	0		

Table 2.1.1 shows that, in pre- test highest 37 (61.7%) of subjects were having poor knowledge score, 18 (30%) were having average knowledge score, 5 (8.3%) were having

good knowledge score, 0 (0%) were having excellent knowledge regarding Yoga and Mind Healing for prevention of common health issues among elderly people.

Table 2.2: Table 2.1: Frequency and percentage distribution of post-test scores of studied subjects

Level of knowledge	Knowledge score	Frequency	Percentage (%)	Mean	S.D.
Poor knowledge	0-5	0	0%	16.07	2.4
Average knowledge	6-10	02	3.33%		
Good knowledge	11-15	23	38.3%		
Excellent knowledge	16-20	35	58.3%		

Table 2.1.2: shows that, in post - test 0(0%) of subjects were having poor knowledge score, 02 (3.33%) were having average knowledge score, 23 (38.3%) were having good

knowledge score, 35 (58.3%) were having excellent knowledge regarding Yoga and Mind Healing for prevention of common health issues among elderly people.

Table 2.3: Mean, mean difference, standard deviation, and 't' value of pre and post-test knowledge score of elderly people. n = 60

Group	Mean knowledge score		Mean difference	Standard deviation		t value
	Pre-test	Post-test		Pre-test	Post-test	
Elderly people	5.68	16.07	10.39	2.6	2.4	20.42

$t_{59} = 2.0010$, $p < 0.05$ * Significant

Data in table 4.11: shows that the mean post-test knowledge score (16.07) was higher than the mean pre-test knowledge score (5.68). The computed 't' value ($t_{59} = 20.42$) was higher than the table value ($t_{59} = 2.00102$) at 0.05 level of significance. Hence the research hypothesis H_1 is accepted

and it was inferred that the mean difference between pre and post-test knowledge score was statistically significant. This indicates that the Awareness program was effective in increasing the knowledge of elderly people regarding Yoga and Mind Healing for prevention of common health issues.

Section-3

Association of knowledge scores between test and selected demographic variables

- The data shows that there was significant association between the pre-test knowledge score and age of the elderly people at level of 0.05 the calculated value ($\chi^2=17.75$) and table value is $p=16.9$. As the calculated value was greater than table value, hence it was significant and hypothesis H_2 is accepted.
- The data shows that there was significant association between the pre-test knowledge score and religion of elderly people at level of 0.05 the calculated value ($\chi^2=5.1$) and table value is $p=16.9$. As the calculated value less than the table value, hence it was non-significant.
- The data shows that there was significant association between the pre-test knowledge score and educational status of the elderly people at level of 0.05 the calculated value ($\chi^2=34.1$) and table value is $p=16.9$. As the calculated value was greater than the table value, hence it was significant, research hypothesis H_2 is accepted.
- The data shows that there was significant association between the pre-test knowledge score and marital status of elderly people at level of 0.05 the calculated value ($\chi^2=0.28$) and table value is $p=12.59$. As the calculated value was less than the table value, hence it was non-significant.

Results

The result of this study indicates that mean post-test knowledge score (16.07) was higher than the mean pre-test knowledge score (5.68). The computed 't' value ($t_{59}=20.42$) was higher than the table value ($t_{59}=2.00102$) at 0.05 level of significance.

Conclusion

Thus, after the analysis and interpretation of data we can conclude that the hypothesis H_1 that, there is a significant difference between mean pre-test and post-test level of knowledge score of elderly people regarding Yoga and Mind Healing for prevention of common health issues. is being accepted.

Furthermore, Awareness program related to Yoga and Mind Healing for prevention of common health issues among elderly peoples may consider as an effective tool when there is a need in bridging & modifying knowledge.

Limitations

- This was limited to Pardesipura, Indore.
- This was limited to 60 elderly peoples.

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