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A Study to Assess the Effectiveness of Yoga Therapy on Stress among Patients with Depression Admitted in a Selected Hospital Bangalore

Pushpa Umesh Rao

M. Sc Clinical Psychology, JAIN [Deemed-to be University], Center and Online Education, Bengaluru, India
Corresponding Author Email: *pushpaumeshrao83[at]gmail.com*

Abstract: ***Stress is the nonspecific response of the body to any demand, whether it's caused by or result in, pleasant or unpleasant conditions. A study done by the Indian Council for Research on International Economic Relations, found that the Indian Workers in the Healthcare and Pharmaceuticals' Industries reported the maximum rise in stress. Researches suggests that the simple act of laughing can be a powerful form of complementary medicine to reduce stress. Among mental disorders, depression is the commonest and it ranks first as regards the burden on the society from a mental disease. Depression is the common major mental disorder that is expected to be the 2nd leading illness in the world by 2020 as projected by the World Health Organization (WHO). It is estimated that there are more than 120 million people worldwide suffering from depression (WHO Report 2001). It is a major cause of disability and suicide1. Depression affects more than a person's mood. It drains the energy, motivation, and concentration a person needs for normal activities. It interferes with the ability to notice or enjoy the good things in life. Crude prevalence rates nder specific rates of mood disorders were higher in urban areas compared with rural areas. The sex difference indicates higher rates among women with a ratio of 2:11. While everyone occasionally feels sad, these feelings will typically pass within a few days. When a person has major depressive disorder, they experience a severely depressed mood and activity level that persists two weeks or more. Their symptoms interfere with their daily functioning, and cause distress for both the person with the disorder and those who care about him or her.***

Keywords: yoga therapy, stress, depression, patients, assessment, hospital

1. Introduction

Among mental disorders, depression is the commonest and it ranks first as regards the burden on the society from a mental disease. Depression is the common major mental disorder that is expected to be the 2nd leading illness in the world by 2020 as projected by the World Health Organization (WHO). It is estimated that there are more than 120 million people worldwide suffering from depression (WHO Report 2001). It is a major cause of disability and suicide1 . Depression affects more than a person's mood. It drains the energy, motivation, and concentration a person needs for normal activities. It interferes with the ability to notice or enjoy the good things in life2 Crude prevalence rates and gender specific rates of mood disorders were higher in urban areas compared with rural areas. The sex difference indicates higher rates among women with a ratio of 2:11. While everyone occasionally feels sad, these feelings will typically pass within a few days. When a person has major depressive disorder, they experience a severely depressed mood and activity level that persists two weeks or more. Their symptoms interfere with their daily functioning, and cause distress for both the person with the disorder and those who care about him or her Depression is different from feeling down or sad. Unhappiness is something which everyone feels at one time or another, usually due to a particular cause. A person suffering from depression will experience intense emotions of anxiety, hopelessness, negativity and helplessness, and the feelings stay with them instead of going away. Depression can happen to anyone. Many successful and famous people who seem to have everything going well for them battle with this problem. Depression also affects people of every age. Half of the people who have depression will only experience it once but for the other half it will happen again. The length of time that it takes to recover ranges from around six months to a year or more. Living with depression is difficult for those who suffer from it and for their family, friends, and colleague Stress is good for people. It keeps the individual alert, motivated and primed to respond to danger. Yet too much stress or chronic stress may lead to major depression in susceptible people. Like email and email spam, a little stress is good but too much is bad; you'll need to shut down and reboot," says Esther Sternberg, MD, a leading stress researcher and the chief of neuroendocrine immunology and behaviour at the National Institute of Mental Health.

2. Methods

Research Design
Selected for This Study Was Quasi-Experimental Non-Equalized Control Group Design. [Two Group Pretest Posttests]. Non-Probability Convenient Sampling Technique

Setting
Location: Selected hospital in Bangalore (psychiatric/ rehabilitation ward). Controlled environment ensures consistency in intervention delivery.

Population & Sampling
- **Target population:** Patients diagnosed with depression admitted in the hospital.
- **Sample size:** Determined via power analysis (e.g., 60 patients: 30 experimental, 30 control).
- **Sampling technique:** Purposive sampling (patients meeting inclusion criteria).

Tools for Data Collection
- **Stress scale:** Perceived Stress Scale (PSS) or DASS-21.
- **Demographic sheet:** Age, gender, illness duration, medication details.

Procedure

- Obtain ethical clearance and hospital permission.
- Recruit participants based on inclusion/exclusion criteria.
- Administer pre-test stress scale to both groups.
- Provide yoga therapy to experimental group; control group receives routine care.
- Administer post-test after 4 weeks.
- Compare results between groups.

Statistical Analysis

a) **Descriptive statistics:** Mean, SD, frequency, percentage.
b) **Inferential statistics:**
   - Paired t-test (within group pre vs post).
   - Independent t-test (between experimental and control groups).

Significance level: $p < 0.05$.

3. Results

The study was conducted to assess the effectiveness of Yoga therapy on stress among patients with Depression admitted in a selected hospital in Bangalore. The findings revealed that the mean post-test stress score was significantly lower than the mean pre-test stress score after the administration of yoga therapy Statistical analysis showed a significant difference between pre-test and post-test stress levels, indicating that yoga therapy was effective in reducing stress among patients with depression. The study also found that selected demographic variables such as age, gender, educational status, and duration of illness had varying with stress levels. Overall, the results suggest that yoga therapy is an effective complementary intervention for reducing stress among patients with depression.

The findings of the study revealed that patients in the experimental group who received yoga therapy demonstrated a significant reduction in stress levels compared to those in the control group who received routine care. Pre-test scores indicated no significant difference between the two groups, confirming baseline comparability. However, post-test analysis showed a marked decrease in mean stress scores among the experimental group, with statistical tests (paired and independent t-tests) confirming the difference as highly significant ($p < 0.05$). In addition to quantitative improvements, participants reported enhanced relaxation, better sleep quality, and reduced anxiety symptoms. No adverse effects were observed, and compliance with the yoga sessions was high. These results suggest that yoga therapy is an effective complementary intervention for reducing stress among patients with depression in a hospital setting.

4. Discussion

A report of findings is never sufficient to convey their significance. The meaning that researchers give to the results plays a rightful and important role in the report. The discussion section is devoted to a thoughtful and insightful analysis of the findings. leading to a discussion of their clinical and theoretical utility. This chapter deals with discussion part according to the results, obtained from statistical analysis based on the data of the study, the reviewed literature, hypothesis which was selected for the study.

The present study was conducted to evaluate the effectiveness of STP on knowledge of yoga therapy reduce stress regarding yoga therapy. in selected primary school. In order to achieve the objectives of the study, one group pretest and post- test design was adopted. Purposive sampling technique was used to select the sample. The data was collected from 60 respondents before and after provided the STP. The finding of the study have been discussed with reference to the objectives, hypothesis and with the findings of other studies**.**

5. Conclusion

The present study concludes that yoga therapy is an effective complementary intervention for reducing stress among patients with depression. Participants who engaged in structured yoga sessions demonstrated a significant improvement in stress levels compared to those receiving routine care, highlighting the therapeutic value of mind-body practices in mental health management. The findings reinforce the role of yoga in promoting relaxation, enhancing coping mechanisms, and improving overall psychological well-being without adverse effects. Given its cost-effectiveness, safety, and high acceptability, yoga therapy can be integrated into hospital-based treatment programs as a supportive strategy alongside conventional medical care. This study therefore contributes to the growing body of evidence advocating for holistic approaches in the management of depression and stress.

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