

EFFECT OF YOGA BREATHING ON STRESS OF NURSING STUDENTS AT THE FIRST TIME LABOR PRACTICE¹

Ruja Kaeomaungfang²

Unya Plodpluang

Oomjai Polgaya

Boromarajonani College of Nursing, Chakriraj Thailand

Nitima Suparee

Boromarajonani College of Nursing, Sawanpracharak Nakhonsawan Thailand

Abstract

The purpose of this quasi-experimental study was to determine the effect of yoga breathing on stress reduction in nursing students attending their labour practice for the first time. In the sample were 31 third year nursing students of Boromarajonani College of Nursing, Chakriraj. The sample was selected by cluster random sampling. The research instrument included Demographic questionnaire and the Perceived Stress Scale Questionnaire which had internal consistency reliability of 0.90. Data were analyzed using descriptive statistics and t-test.

The results of this study demonstrated that a mean score of stress in nursing students for their first time in labor practice before applying yoga breathing method was 24.27 and the mean score of stress in nursing students for their first time in labor practice after applying yoga breathing method was 18.23. The result of comparing the mean stress score of the participants before and after applying the yoga breathing method showed that the mean score of stress after applying yoga breathing method was significantly lower than those at 0.05.

The findings in the present study led to a recommendation that Yoga breathing practice is one of many ways to reduce stress. If students practice this on a weekly basis- at least 3 days a week, it will help with their mental health. Yoga breathing practice also reduces nursing students' stress from their internship. This will also improve the effectiveness of their internship.

KEY WORDS: Yoga breathing, stress; labor practice

¹ Financial support for this research is provided by Boromarajonani College of Nursing, Chakriraj, Thailand.

² All correspondence concerning this article should be addressed to Ruja Kaeomaungfang at Boromarajonani College of Nursing, Chakriraj 99 Moo 3 Ladboakhoa District, Banpong Amphur, Ratchaburi Province, Thailand 70110 or by email at jumruja@gmail.com

Introduction

The nursing profession is a core profession. The practical study is a study that must be undertaken to achieve meaningful learning by organizing the learning experience from the real situation. For nursing students to see, observe and act on their own but practicing in real life. Students may face a crisis. This causes nursing students stress. Specifically, clinical nursing practice is the most threatening and stressful situation for nursing students. (Jones & Johnston, 2008)

Instructional management of nursing science curriculum of Boromarajonani College of Nursing, Chakriraj of Nursing and Midwifery practice there is one course for nursing students. There are maternal and childcare issues in pregnancy, childbirth, and the postpartum period. To develop nursing students with skills in maternal and childcare for safe delivery both to mothers and infants. One of the processes that students should practice in this course is the knowledge and skills to care for mothers and babies. It is the delivery. (Parisunyakul & Sansiriphun, 2007)

There are many factors affecting the anxiety of nursing students including the environmental factors around them, physical, social, and interpersonal relationships, Situations or events, and the subject matter of their studies. Teachers and Workers Work on patient and patient conditions. External factors are different and can affect the feelings of students. This is because students have not had experience with such work and environment. It may cause stress to nursing students. The internal factors are the students themselves. Lack of physical and mental knowledge or anxiety-prone personality or sensitivity to stimuli. It can cause stress in the work. (Tantalanukul & Wongsawat, 2017)

Childbirth is a necessary and important skill requiring practical experience in the real situation. Students may face a crisis. It is a complex exercise, and with the delivery, emergency obstetric emergencies, such as bleeding during delivery, may occur. It can be difficult for birth Students who have never worked on the subject before, or who practice for the first time, and may lack the skills and confidence to perform their tasks, are anxious, excited, and stressed.

Stress results in loss of concentration and an inability to follow detailed steps. This causes harm to mothers and babies and to the mental health of nursing students. When performing on-the-job training, patients may be affected. (Tantalanukul & Wongsawat, 2017). There are many ways to reduce stress, but one way is to practice yoga. Researchers have used yoga to reduce the stress of teenage pregnancy. This can help reduce stress. Yoga is a way to improve the quality of learning and teaching by reducing stress in nursing students who practice first time labor.

Research Objectives

To examine the effects of yoga breathing on stress reduction in third year nursing students attending labor practice for the first time.

Materials and methods

This study was Quasi-experimental research aimed to study the effect of yoga breathing on stress reduction of nursing students at their first-time labor practice.

Setting

The setting of the present study was Boromarajonani College of Nursing, Chakriraj.

Participants

The participants of this study were selected by cluster random sampling. They were 31 third year nursing students practicing in Nursing and Midwifery course. Eight students were in their internship at Ban Pong Hospital, 8 were in his holiness the 19th hospital, 8 were in Kamphaeng Saen Hospital, and 7 were in Photharam Hospital.

Research instruments

Research instruments in the present study consisted of research tool and data collecting tools.

1. The research tool was Yoga breathing practice following the 8 principles of Ashtanga Yoga. This practice contained two types of breathing - breathing with the belly and breathing with breath. This breathing exercise was easy and had no harm to anybody. This also helped the body relax.

2. The data collecting tools were:

- Personal information questionnaire about participants' demographic information such as age, education, occupation, family income
- The Perceived Stress Scale Questionnaire of Cohen et al. (1983). The questionnaire composed of 14 items including 7 negative questions, 7 positive questions. This also asked about the responders' feelings in the past week. The answers formed a 5 rating scale- Never, almost never, sometimes, often, very often.

Reliability and validity of the research tools

1. The validity of research instruments were tested by 3 experts-one in mental health, one in midwifery and one in yoga.
2. The content validity index of the perceived Stress Scale Questionnaire was 0.84.
3. The internal consistency reliability of the perceived Stress Scale Questionnaire was 0.90. This was done by tested the questionnaire with 40 similar subjects.

Data collection

Researchers collected data. In the pre-test and post-test period, the researcher explained the objectives of the study and described the practice of yoga breathing. They collaborated and

asked for cooperation with group teachers and practice students in each hospital. The subjects then responded to a questionnaire, Personal information questionnaire and the Perceived Stress Scale Questionnaire, and described yoga breathing exercises. In the experimental phase, two yoga breathing exercises were performed. Follow these steps: Sit back on the seat. Place hands on the stomach. Relax the muscles throughout the body, breathing slowly, so the belly is breathing out focusing on the stomach, noting the movement of the belly, While breathing in and out for 10 minutes.

Then practice breathing in and out to a slow count of 1-2, 1-2 etc. Slowly breathe in until the belly is swollen and slowly exhale until the abdomen is relaxed. Then repeat. Practice for 10 minutes, including breathing exercises. Take 20 minutes, the time to practice yoga practice will begin in the morning of practice. On the delivery room before the start of the operation (at 07:10 to 07:30) for at least 3 days per week for 4 weeks-the duration of practice. When the sample was given four weeks of yoga practice, the subjects responded to the perceived Stress Scale Questionnaire

Ethical Considerations

The study obtained an ethical approval from the Boromarajonani College of Nursing, Chakriraj. Before making a decision to participate in the research project, the participants were informed about this research project, aims of the study and research processes. They could make a decision independently to participate in the present study and could leave the study any time they wanted.

Data analysis

1. Frequency distribution, percentage, mean, and standard deviation were used to analyze personal information data.
2. Dependent t-test was selected to compare pre and post stress scores.

Results

The results of the present study were presented as follows:

Part 1 the personal information data

The participants were 31 third year nursing students. Their average age was 21.47 years. The average of their family income was 19,816.67 baht per month.

Part 2 the comparison of mean score of stress before and after yoga breathing practice

Stress score	<i>M</i>	<i>SD</i>	Mean difference	<i>t</i>	<i>df</i>	<i>p</i>
Before experimental	24.27	7.01	-5.93	-4.10	29	< .01
After experimental	18.23	7.85				

From the table, it revealed that mean score of stress after practicing yoga breathing was lower than before practicing yoga breathing at confidentiality level of 0.05 ($t_{29} = -4.10, p < 0.01$; before the implementation of yoga breathing practice : $M = 24.27, SD = 7.01$; after the implementation of yoga breathing practice : $M = 18.23, SD = 7.85$)

Discussion

A study of the effects of yoga breathing practice on stress reduction among first-time nursing students. Discussion of the results.

The study found that stress levels in nursing students after practicing yoga breathing was lower than in the pre-yoga state. The study shows that Stress reduction can be achieved by breathing. Yoga breathing is another form of exercise that helps relieve stress. It helps to relax the mind.

Yoga breathing practice was a slow breathing exercise. It was a process in the form of meditation. Mindfulness focused on observation of their own breath- knowledge of the wind in - out. All consciousness was captured. The mind was not clouded. It was calm and relaxed (Supaporn, 2011). Compliance with the study of Beddoe and his colleagues (2009) on the effects of yoga on physical and mental stress of pregnant women. The found that there was a statistically significant difference at the level of 0.01.

Yoga breathing helps the trainer to have a slow, steady breathing. Continuous breathing is not a problem. (Supaporn, 2008). Sympathetic nervous system is less active. Parasympathetic nervous system. Work continues to increase. The effect of the body. Catecholamine, Adrenaline and Cortisol decrease continuously. Continuous reduction of substance Catecholamine, adrenaline, and cortisol result in physical and mental relaxation. Calm mind, No emotion, Stress decreases continuously. Anxiety, and mental depression is reduced. As a result, students are able to memorize details or steps in the delivery. Work is full and effective. Compliance with study of Manawong & Thaithanee, found that students' willingness to study increased, and tension after yoga was significantly lower than before yoga. Level 01. (Manawong & Thaithanee, 2013)

Suggestions for the use of research findings

Findings of the present study led to some suggestions as follows:

1. Nursing lecturers could apply yoga breathing practice to their nursing students to reduce their stress and anxiety whilst they were in their internship. This would help nursing students to improve capacity and efficiency of their work.
2. Nurses providing services to the patients could also apply yoga breathing practice to their patients. This would help the patients to reduce stress from their illnesses or having long length of stay.

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