A Study To Assess The Knowledge on Breathing Exercises for Stress Management Among III Year B.Sc (N) Students in Narayana College of Nursing, Nellore, A.P.

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Abstract: Stress is an pressure experience by a person in response to life demands. Breathing exercises are a good way to relax, reduce tension, and relieve stress. Then are lots of breathing exercises are helps for Relax. The first exercises belly breathing is simple to learn and easy to do. **Objectives:** To assess the level of knowledge on breathing exercise for stress management among the III year B.Sc (N) students. To find out the association between the level of knowledge on breathing exercise for stress management among III year B.Sc (N) students. **Materials and Methods:** A quantitative research approach and descriptive research design was adopted.100 participants who fulfill the inclusion criteria were selected by non probability convenient sampling technique. Structured questionnaires were used to collect data. The data was analyzed in terms of objectives of the study using descriptive and inferential statistics. **Results:** Regard to level of knowledge on breathing exercise for stress management 14(14%) acquired A+ grade, 24(24%) acquired A grade, 21(21%) acquired B+ grade, 35(35%) acquired B grade, 4(4%) acquired C grade, 2(2%) acquired D grade. **Key Words: Stress, Breathing exercise, Nursing students.**

Introduction: "Regulate the breathing and thereby control the mind"

The word stress was originally used by selyle in 1956 to describe the pressure experience by a person in response to life demands. These demands are referred as stressors.

Stress can be positive or negative Stress is an pressure experience by a person in response to life demands.

These demands are referred to as stress and include a range of life events, physical factors, environmental conditions and personal thoughts.

Stress is tension, strain or pressure from a situation that requires us to use adapt or develop new coping skills.

Whenever our body feel something not favorable, then it tries to defined itself. If this situation continues for a long time then our body working overtime.

Breathing exercises are a good way to relax, reduce tension, and relieve stress. Then are lots of breathing exercises are helps for Relax. The first exercises belly breathing is simple to learn and easy to do.

Deep breathing is one of the best way to decreasing stress in our body this is because when u breath deeply it send a message to your brain to calm down and relax. The brain then send a message to your body those things that happen pressure, all decreased as you breath deeply to relax.

Need for Study:

The incidence of stress suffer between 100-150 million people around world wide in developing countries the incidence of this disease 15-20 million. Stress patients in India rough stimulate indicates prevalence between 10% to 15% in 15 - 20 years of

students.

In Andhra Pradesh, the incidence of stress suffering from 1-10 of 1020 people. Mainly 485 of females are 21% were having stress.

In Nellore district 80% people suffered with stress in the year 2017-2018.

This study was conducted to assess the prevalence and factors associated with stress among III year students in Narayana nursing college Andhra Pradesh.

Statement of the Problem:

A Study to assess the knowledge on breathing exercises for stress management among III year B.Sc (N) students in Narayana College of Nursing, Nellore, A.P.

Objectives:

➢ To assess the level of knowledge on breathing exercise for stress management among the III year B.Sc (N) students.

➢ To find out the association between the level of knowledge on breathing exercise for stress management among III year B.Sc (N) students.

Operational Definitions:

➢ **Assess:**

It refers to estimate the breathing exercise for stress management among the III year B.Sc (N) students.

➢ **Knowledge:**

It refers to the skills and information of understanding breathing exercises for stress management.

➢ **Breathing exercises for stress management:**

The process that moves air in and out of the lungs called breathing or pulmonary ventilation.

➢ **Nursing students:**

It refers to an individual who is studying in III year B.Sc (N) in Narayana College of Nursing, A.P.

Assumption:

The III B.Sc (N) students will have some knowledge our breathing exercise for stress managemenyt.

Delimitation:

The Study is delimitation to III B.Sc (N) students. Sample size in 100 only.

Settings:

Narayana College of Nursing.

Projected out Come:

The pregent study helps to identify the level of knowledge on breathing exercise on stress management among III Yr B.Sc (N) students.

METHODOLOGY

Research Approach:

Quantitative research approach was adopted to assess the knowledge on breathing exercises for stress management among IIIrd year B.Sc.(N) students.

Research Design:

Non experimental descriptive research design was adopted for the study to assess the knowledge on breathing exercises for stress management among IIIrd year B.Sc. (N) students.

Settings of the study:

The study was conducted at Narayana College of Nursing, Nellore A.P. the best nursing colleges in Nellore. It is affiliated with Dr. NTR University of Health Sciences and recognized by Indian Nursing Council, New Delhi. It provides high academic standards to students. The annual intake of students is approximately 100 students. The college offers world class infrastructure unparalleled technical expertise with diligent faculty. The programmes included are Ph.D nursing, M.Sc Nursing, B.Sc Nursing, post B.Sc Nursing, GNM Nursing, The students gain excellent academic and client exposure.

Population:

Target Population:

The target population for the present study includes all III Year B.Sc nursing students.

Accessible population:

The accessible population for the present study includes III year B.Sc nursing students studying in Narayana College of Nursing .

Sample:

III year B.Sc (N) students who fulfills the

inclusion criteria.

Sampling size:

The sample size for the present study was 100 students of III year B.Sc (N) at Narayana College of Nursing, Nellore.

Sample Technique:

Non probability convenience sampling techniques was used to select the samples.

Criteria for sampling:

Inclusion criteria:

The nursing students

➢ who are studying III year B.Sc (N) at Narayana College of Nursing

➢ who are present at the time of data collection

➢ who are willing to participate in the study

Exclusion Criteria:

The nursing students

➢ who were on leave.

➢ Who are sick

Variables:

Variables of the study are research variables and socio demographic variables.

Research Variables:

The knowledge on breathing exercises for stress management.

Demographic Variables:

The socio demographic variables such as age in years, religion, marital status, parents educational qualifications, source of information.

Description of the tool:

Part - I:

Deals with demographic variables such as age in years, religion, marital status, parents educational qualifications, source of information among breathing exercises for stress managements.

Part - II:

It consists of 25 structured questionnaires to assess the knowledge on breathing exercises for stress management among III year B.Sc Nursing students.

Score Interpretation:

Each correct answer scored as "1" and wrong answers scored as "0" total score

was 25. It was to assess the knowledge on breathing exercises for stress management among IIIrd year B.Sc(N) students.

The obtained score was assigned grades as follows:

Grade	Percentage	Score
A+	91-100%	22-25
A	81-90%	20-22
B+	71-80%	17-19
B	61-70%	14-16
C	50-60%	12-13
D	<50%	<12

Data Collection Procedure: The data collection procedure was done for a period of 2 weeks from 3.10.21 to 16.10.21. After getting permission from institutional ethical committee, director NMCH, Nursing Dean the main study was conducted among 100 samples that who were fulfilling criteria. Non probability convenience sampling technique was used for select the samples. Structured questionnaire was used to determine knowledge on breathing exercises for stress management among III year B.Sc (N) students. Each sample 30 minutes for data collection. The total data collection period was 3-4 weeks. The collected data was organized, analyzed based on objectives of study.

The analyzed data was presented in the form of figures and tables.

Plan for Data Analysis:

The data was analyzed in terms of objectives of the study by using the descriptive and inferential statistics.

Table - I: Frequency and percentage distribution of III year B.Sc (N) students based on age.

(N=100)

Age in Years	Frequency	Percentage (%)
a. 20 years	62	62
b. 21 years	37	37
c. > 22 years	1	1
Total	100	100%

Table - 1: Reveals that with regard to age among III years B.Sc (N) students, 62(62%) were 20 years, 37(37%) were 21 years, 1(1%) were >22 years.
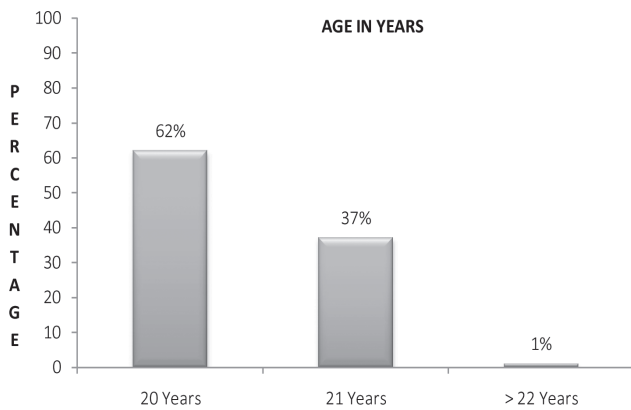
Fig No - 1: Percentage distribution of III year B.Sc (N) students based on age in years.

Table 2:- Frequency and percentage distribution among III year B.Sc (N) students based on religion.
(N=100)

Religion	Frequency	Percentage
a. Hindu	48	48%
b. Muslim	8	8%
c. Christian	44	44%
Total	100	100%

Table 2:- Show that with regard to religion among III year B.sc (N) students, 48(48%) were Hindu, 8(8%) were Muslim, 44(44%) were Christian.
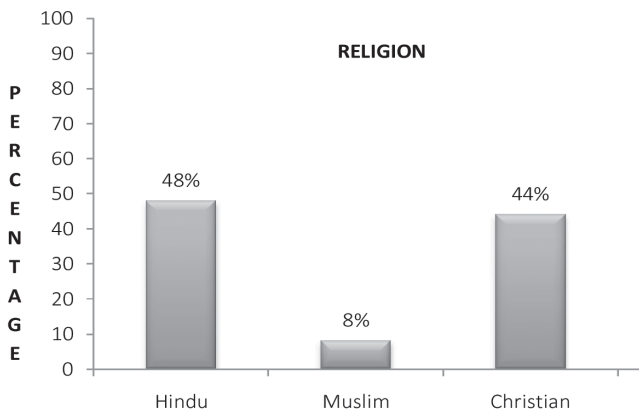

Fig No 2:- Percentage distribution among III YEAR B.Sc (N) students on religion.

Table 3:- Frequency and percentage distribution among III year B.sc (N) students on marital status.
(N=100)

Marital status	Frequency	Percentage
a. Married	2	2%
b. Unmarried	98	98%
Total	100%	100%

Table 3:- Shows that with regard to marital status among III year B.Sc(N) students,2(2%) were married,98(99%) were unmarried.
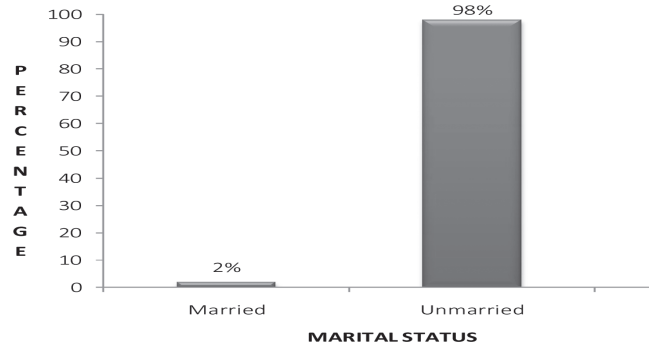

Fig No. - 3: Percentage distribution among III year B.sc (N) students based on marital status.

Table 4 :- Frequency and distribution of level of knowledge on breathing exercises for stress management.
(N=100)

Level of Knowledge	Frequency	Percentage
A+	14	14%
A	24	24%
B+	21	21%
B	35	35%
C	4	4%
D	2	2%
Total	100	100%

The above table shows that with regard to level of knowledge 14(14%) acquired A+ grade, 24(24%) acquired A grade, 21(21%) acquired B+ grade, 35(35%) acquired B grade, 4(4%) acquired C grade, 2(2%) acquired D grade.
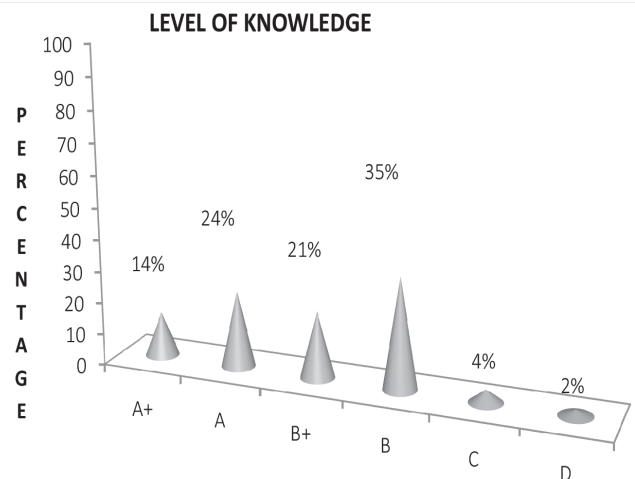
Fig No :- 4 Percentage distribution among III year B.sc (N) students based on level of knowledge

Table 5:- Mean and standard deviation on level of knowledge on breathing exercises for stress management.

Category	Mean	SD
Level of knowledge on breathing exercises for stress management	18.58	4.12

The above table shows that with regard to knowledge on breathing exercises for stress management mean value was 18.58 with standard deviation of 4.12.

Table No - 6: Association between the level of knowledge on breathing exercises for stress management among III Year B.Sc (N) Students with their selected Socio Demographic Variables.

Socio demographic variables	A+ F	A+ %	A F	A %	B+ F	B+ %	B F	B %	C F	C %	D F	D %	Chi square (x²)
Age in years													Cv=12.13
a. 20 years	8	8	14	14	13	13	23	23	4	4	0	0	Tv=18.31
b. 21 years	5	5	10	10	8	8	12	12	-	-	2	2	Df=10
a. >22 years	1	1	-	-	-	-	-	-	-	-	-	-	P=0.05 S
Religion													Cv=31.35
a. Hindu	2	2	15	15	10	10	17	17	3	3	1	1	Tv=18.31
b. Muslim	6	6	-	-	-	-	2	2	-	-	-	-	Df=10
c. Christian	6	6	9	9	11	11	16	16	1	1	1	1	P=0.05 S
Marital status													Cv=7.87
a. Married	-	-	-	-	2	2	-	-	-	-	-	-	Tv=11.07
b. Unmarried	14	14	24	24	19	19	35	35	4	4	2	2	Df=5 P=0.05 NS
Parents Education													Cv=10.92
a. Illiterate	2	2	1	1	1	1	1	1	-	-	-	-	Tv=24.99
b. Primary education	2	2	8	8	4	4	14	14	2	2	-	-	Df=15
c. Secondary education	8	8	10	10	11	11	14	14	1	1	2	2	P=0.05
d. Graduate	2	2	5	5	5	5	6	6	1	1	-	-	NS
Parents Occupation													Cv=26.15
a. Farmer	5	5	1	1	4	4	5	5	-	-	1	1	Tv=24.99
b. Private job	4	4	9	9	2	2	6	6	2	2	-	-	Df=15
c. Government job	3	3	4	4	5	5	1	1	1	1	-	-	P=0.05
d. Other job	4	4	10	10	10	10	23	23	1	1	1	1	S
Income													Cv=12.25
a. Rs.<5,000/-	2	2	2	2	5	5	5	5	1	1	-	-	Tv=24.99
b. Rs.5,001-7,000/-	3	3	4	4	2	2	8	8	-	-	-	-	Df=15
c. Rs.7,001-9,000/-	5	5	4	4	6	6	6	6	-	-	1	1	P=0.05
d. Rs.>9,000/-	4	4	14	14	8	8	6	6	3	3	1	1	NS
Type of family													Cv=2.06
a. Nuclear family	13	13	23	23	20	20	31	31	4	4	2	2	Tv=11.07
b. Joint family	1	1	1	1	1	1	4	4	-	-	-	-	Df=5 P=0.05 NS
Source of information													Cv=3.69
a. Book	4	4	7	7	6	6	11	11	1	1	1	1	Tv=24.99
b. Journals	3	3	4	4	4	4	5	5	-	-	-	-	Df=15
c. Mass media	3	3	4	4	3	3	4	4	1	1	-	-	P=0.05
d. All of the above	4	4	9	9	8	8	15	15	2	2	1	1	NS

➢ With regard to religion of the calculated values is 31.35 and the table value is 18.31 calculated value is greater than table value. Here there is significance association between religion and level of knowledge.

➢ With related to marital status of the calculated values is 7.874 andthetablevalueis11.07 calculated value is lessthan table value. Here there is non significance association between marital status and level of knowledge.

➢ With concern to parent education of the calculated values is 10.92 and the table value is 24.99 calculated value is less than table value. Here there is non significance association between parents education and level of knowledge.

➢ With concern to parents occupation of the calculated values is 26.15 and the table value is 24.99 calculated value is greater than table value. Here there is significance association between parents occupation

and level of knowledge.

➤ In association to family income of the calculated values is 12.25 and the table value is 24.99 calculated value is less than table value. Here there is non significance association between family income and level of knowledge.

➤ With relation to type of family of the calculated values is 2.06 and the table value is 11.07 calculated value is less than table value. Here there is non significance association between type of family and level of knowledge.

➤ With context to source of information of the calculated values is 3.69 and the table value is 24.99 calculated value is less than table value. Here there is non significance association between source of information and level of knowledge.

Discussion: The main aim of the study was to assess the knowledge on breathing exercises for stress management among III year B.Sc (N) students at Narayana College of Nursing, AP.

A quantitative approach and descriptive design was adopted for the study. The study was conducted in Narayana College of Nursing, AP. The sample for the present study was 100 III year B.Sc (N) students. Non probability convenience sampling technique was adopted to select the samples of the study.

Conclusion: The present study concluded that among 100 III year B.Sc (N) students 14(14%) acquired A+ grade, 24(24%) acquired A grade, 21(21%) acquired B+ grade, 35(35%) acquired B grade 4(4%) acquired C grade and 2(2%) acquired D grade of knowledge on breathing exercises for stress management, and a significant association found between the level of knowledge on Breathing exercises among III year B.Sc (N) students with their selected socio demographic variables such as age , marital status, parents education status, family income per month, Types of family, source of information. The results indicate that the health professionals need to educate the nursing students on breathing exercises for stress management. So it is important to create awareness on Breathing exercises for stress management among nursing students.

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