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## ***Effectiveness of Pranayama on reducing the anxiety among the alcoholic patient in BharathMatha De-addiction center***

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### **Abstract:**

*Alcohol is a drug that is dependent upon by the majority of our society. Several people across the world become addicted to alcohol* **Objectives-** *To find out the effectiveness of Pranayama on reducing the anxiety among the alcoholic patients.* **Method:** *Quasi Experimental Research design was adopted for the study. A sample of 40 male alcoholic patients was selected by using simple Random Sampling Technique. The Intervention of Pranayama was given for a duration of 1hour daily for 21 days.* **Result:** *The Mean score value of pre-test was 14.80, post test was 4.23 and obtained 't' value 18.759 was highly significant (0.000) at  $p < 0.001$  level. A significant association between the level of anxiety and history of chronic illness was seen at  $p < 0.05$  level.* **Conclusion:** *The effectiveness of pranayama highly reduces the anxiety level among alcoholic patients.*

**Keywords:** *Pranayama, Anxiety, Alcoholics.*

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### **INTRODUCTION**

Alcohol is a drug that is dependant upon by the majority of our society. Several people across the world become addicted to alcohol; alcohol consumption is the world's third largest risk factor for disease and disability<sup>1</sup>. Alcoholism refers to the use of alcoholic beverages to the point of causing damage to the individual, Society or both. Alcohol withdrawal syndrome is the set of symptoms seen when an individual reduces or stops alcohol consumption after prolonged periods of excessive alcohol intake.<sup>4</sup>

Alcohol Detoxification or detox for alcoholics is an abrupt stop of alcohol drinking coupled with the substitution of drugs, such as benzodiazepines.

Individual at the risk of severe withdrawal syndrome, significant or acute co-morbid conditions are generally treated as inpatients.<sup>3</sup>

Some symptoms like depressed mood and anxiety may take weeks or months to abate while other symptoms persist longer due to persisting neuro-adaptations. Only 10% of patients fully recover during detoxification, and attend Alcohol anonymous group meetings. Among the 10%, 80% of them relapse due to ethanol withdrawal anxiety (Janet Firshein, 2009).<sup>(2)</sup>

So they need some complementary management to overcome those problems. PRANAYAMA is a type of yogic breathing a unique method for balancing the autonomic nervous system and influencing psychological and stress-related disorders.

**Pranayama** breathing has Inhalation (puraka), Retention (kumbhaka) and Exhalation (rechaka) components. Gush of rich oxygenated air enables the normal regulation of GABA receptors and decreases cortisol level.<sup>(5)</sup>

**STATEMENT OF THE PROBLEM:**

The Effectiveness Of Pranayama On Reducing The Anxiety Among The Alcoholic Patients In BharathMatha De-Addiction Center At Puducherry.

**OBJECTIVES:**

- To assess the level of anxiety among the alcoholic patients.
- To evaluate the effectiveness of pranayama on reducing the level of anxiety among the alcoholic patients.
- To associate the level of anxiety among the alcoholic patients with the selected demographic variables

**HYPOTHESES:**

- **H<sub>1</sub>:** There is a significant difference in the reduction of anxiety among alcoholic patients who have received pranayama.

- **H<sub>2</sub>:** There is a significant association between the level of anxiety among the alcoholic patients and the selected demographic variables.

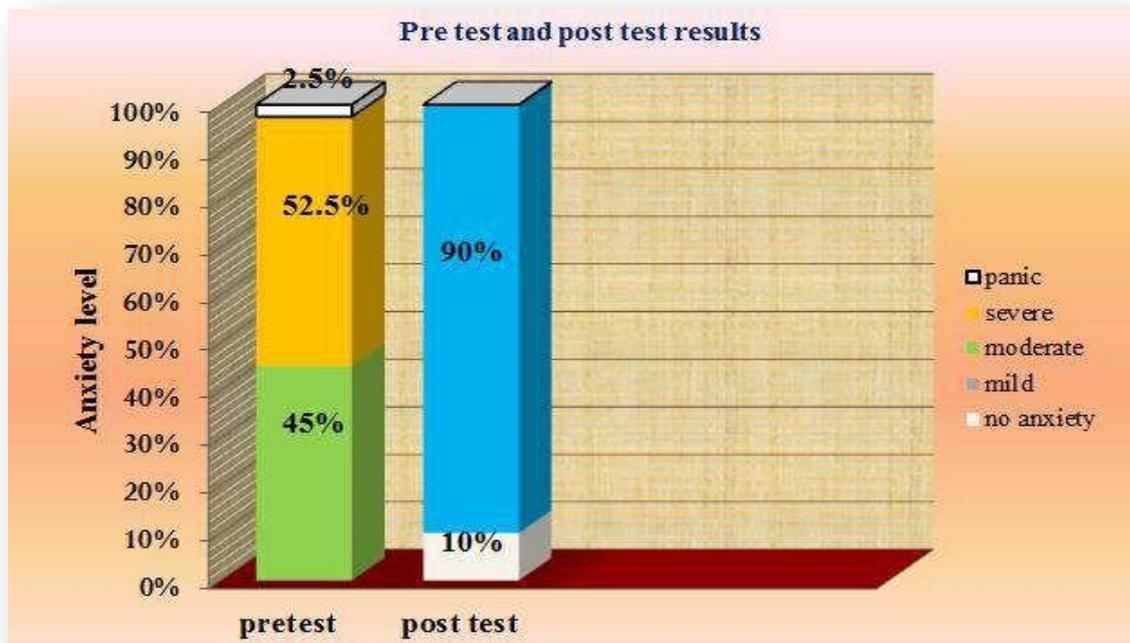
**RESEARCH METHODOLOGY:**

Quasi experimental research design was adopted for the study. The study was conducted in the alcoholic patients residing among BharathMatha de-addiction center at Puducherry. A total of 40 alcoholic patients were selected by using Simple Random Sampling Technique and Pre-test data were collected by Interview method by using Modified Hamilton Anxiety

Rating Scale and Pranayama was given for them everyday morning from 6.30am for 21 days. Followed by the Post test was conducted by using same tool.

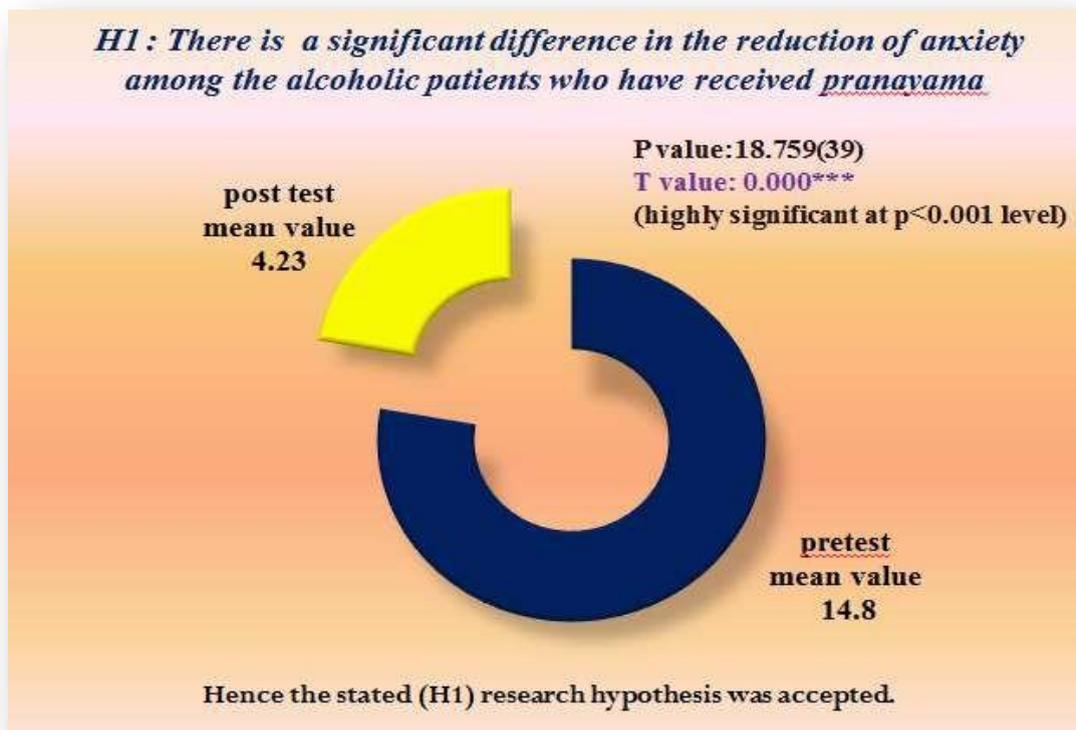
**RESULT:**

The data were analyzed by using descriptive and inferential statistics. The findings of the study were described based on the objectives.



**Figure 1** shows Pre-test level of anxiety 52.5% having severe level of anxiety, 45% of them were moderate and 2.5% of them were panic. After Pranayama, 90% of the patients had mild level of anxiety and 10% of them had no anxiety.

Sl no	Variables	Pretest		Post Test		Improvement		“t” Value (df)	P Value
		Mean	Standard Deviation	Mean	Standard Deviation	Mean	Standard Deviation		
1	Anxiety	2.575	0.54948	1.9	0.3038	10.575	3.565	18.759 (39)	0.000 ***



**Table 2**, Figure 2 shows that the Post test mean level of anxiety score 4.23 was lower than the pretest score 14.80 and the standard deviation level in the post test was 2.896 and in pretest was 5.039. The Obtained “t” value 18.759 was highly significant (0.000) at  $p < 0.001$  level. Hence the Research Hypothesis  $H_1$  was accepted

**Table 3** shows that chi square value is 13.155. The “p” value is 0.041, which is lesser than the table value at  $p < 0.05$  level of significance. Therefore there is a significant relationship between the level of anxiety and their chronic illness. Hence the Research Hypothesis  $H_2$  was accepted

**H2: There is a significant association between the level of anxiety among the alcoholic patients and the selected demographic variables.**

- Frequency, Percentage, Distribution and Chi-Square Value of Level of Anxiety among the Patients with their history of chronic illness. N= 40

History of chronic illness	Anxiety level			Frequency (n)	Percentage (%)	Chi square $\chi^2$	'p' value
	Moderate	Severe	Panic				
Diabetes	2	0	0	2	5	13.155	0.041 *
Hypertension	2	4	0	6	15		
Both	0	4	1	5	12.5		
None	14	13	0	27	67.5		

\* p<0.05 level of significance

#### CONCLUSION:

The Present study revealed that pranayama is effective in reducing the level of anxiety among the alcoholic patients. So regular classes on pranayama can be conducted to the patients in the de-addiction centre and to be their family members to enhance the positive vibration and free from psychological issues.

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