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A study on the effect of *Yoga Nidra* on Anxiety in Pregnant Women of different Trimester

Ajay Kumar¹, Megha Sahu², Arti Yadav³

¹Department of Yogic Sciences, Lakshmbai National Institute of Physical Education, Gwalior, Madhya Pradesh, India.

²Assistant Professor, Lakshmbai National Institute of Physical Education, Gwalior, Madhya Pradesh, India.

³Assistant Professor, Department of Yoga Science, University of Patanjali, Haridwar, Uttarakhand, India.

ABSTRACT

Aim: Women who are pregnant frequently experience stress, anxiety, and anger. All women must go through this era of their lives, and pregnancy requires physical, psychological, and social modifications to adjust to a new role. This study assessed the impact of *Yoga Nidra* on anxiety in women who were pregnant across various trimesters. **Methods:** Twenty women in varying trimesters were chosen and participated in a 21-day *Yog Nidra* session. The Sinha Comprehensive Anxiety Test (SCAT) anxiety scale was used to gather the data, and the T-test was used to analyse it. **Results:** The findings demonstrated a significant change in the pregnant women's anxiety levels before and after the intervention ($t=4.440$, $p= 0.00$). **Conclusion:** *Yog Nidra* influenced reducing anxiety levels among pregnant women irrespective of the trimester. It is expected that pregnant women use *Yoga* relaxation to decrease anxiety.

Key words: Anxiety, Pregnant Women, Yoga Nidra

INTRODUCTION

Pregnancy is both a happy and hard period in life. Pregnancy necessitates physical, psychological, and social changes to adjust to a new role. Pregnant women commonly suffer anxiety, with 78% expressing mild to moderate anxiety and 6% experiencing high levels of worry.^[1] Despite years of research on postnatal mental health and anxiety, symptoms of maternal sadness and anxiety are not more widespread or severe after delivery than during pregnancy.^[2] Prenatal psychopathology research has

mostly focused on prenatal mood as a predictor of postnatal depression.^[3,4] Psychosocial anxiety during pregnancy is, the imbalance that a prenatal woman feels when she is unable to cope with demands, as manifested both behaviourally and physically. Approximately 10-15% of pregnant women experience emotional changes that increase the risk of poor mental health, which can affect both pregnant mothers and developing foetuses.^[5] Anxiety or depression during pregnancy may increase the risk of miscarriage, preterm birth, low birth weight, poor Apgar score, and even foetal death.^[6] According to some experts, elevated anxiety during pregnancy disrupts the mother-infant relationship and diminishes the mother's ability to fill the motherly role.^[7] Mild anxiety during the prenatal period is advantageous to the fetus's development; however, severe worry may have a long-term influence on the foetus and disturb the evolution of the foetus' nervous system.^[8] Any stressful event prior to birth has an influence on the infant's health and is connected to mental health problems in adolescence and adulthood. According to a new study, anxiety during the perinatal stage has a negative long-term effect on both the mother and child.^[6] Keeping

Address for correspondence:

Dr. Ajay Kumar

Department of Yogic Sciences, Lakshmbai National Institute of Physical Education, Gwalior, Madhya Pradesh, India.

E-mail: yogiajay125049@gmail.com

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this in mind, this study sought to assess the effect of *Yog Nidra* and *Nadanusandhana* on prenatal anxiety. The current study sought to determine the benefits of *Yog Nidra* and *Nadanusandhana* on lowering anxiety in pregnant women.

Yog Nidra, a relaxation therapy, has lately emerged as an anxiety-reduction treatment.^[9,10,11,12,13] *Yog Nidra*, also known as *Yogic Sleep*, 'psychic sleep,' or 'conscious sleeping,' is a meditation method aimed at modifying the mind and body.^[14] According to research, *Yogendra* practicing induces a hypothalamic reaction, increasing the parasympathetic nervous system and suppressing the sympathetic nervous system activity.^[11,14] *Nadanusandana* is a *Yogic* meditation practice that is based on the belief that sound is an essential part of the cosmos and may be used as a way of gaining spiritual enlightenment. It exhibits its influence on mental serenity.^[15] According to these ideas, *Yogendra* and *Nadanusandhana* practices generate a totally relaxed state of mind and body, but conscious minds remain alert and aware of their surroundings. *Yognidra* also produces nerve relaxation, calm, and the eradication of unconscious deep-seated mental pressure.^[16,17] During *Yognidra*, our mind and consciousness have been found to go farther into the inner phases of psyche sleep than during regular sleep, resulting in enhanced awareness of joy as well as intense relaxation and rest.^[18,19]

METHODOLOGY

Twenty Pregnant women were chosen for this study from the village data district of Hissar to assess how well they could cope with the burden of underreporting anxiety. All the individuals were between the ages of 24 and 35. Prior to and during the 21-day group *Yoga Nidra* training program, pre- and post-evaluation assessments were administered. Variables chosen; independent variables: *Yoga Nidra*, Dependent factors include anxiety, twenty pregnant ladies in various trimesters make up the demographic. The study employed a pre- and post-exposure design as its criterion measure. The impact of *Yoga Nidra* on the subject's anxiety was assessed using the Sinha Comprehensive Anxiety Test (SCAT) anxiety scale. The

response that agrees with the response provided in the scoring key is awarded a score of +1 after taking into account the response provided for the item. A score of 0 is awarded if the response is not in line. When there are positive items, the positive response receives a zero, and the negative answer receives a +1. The subjects were given the test at the *Yoga Shala* Hall in Hisar. The testing took place in the evening, from 5:30 to 6:30. Methodology for gathering information first, in a *Yoga Shala* hall, pregnant Hissar women between the ages of 24 and 35 convened. To determine the impact of *Yoga Nidra*, the statistical method used in this study was T-test mean, T-test significance level. Was established at 0.05.

Table 1: Details of the training program

SN	Practice Name	Round	Time
1.	Opening Prayer	1	5 min.
2.	<i>Yoga Nidra</i>	1	20 min
3.	Closing prayer	1	5 min

RESULT

The statistical analysis of the data obtained on 20 pregnant women of Hissar *Yoga Shala* to check the effects of *Yoga Nidra* on the recovery of anxiety. These data were obtained while administrating Sinha's comprehensive anxiety test (S CAT) before and after giving them *Yoga Nidra*. To assess expectant pregnant women of different trimesters anxiety the t-test for utilized. At a confidence level of 0.05, the significance threshold was established. The t-test was performed and the threshold of significance was set at 0.05 to examine and determine the significance. Based on the existing literature study and an understanding of the issue, a hypothesis was developed suggesting that *Yoga Nidra* would have a major effect on anxiety recovery.

Table 2: Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre	31.1500	20	17.03333	3.80877
	Post	15.8500	20	9.00453	2.01347

Table 3: Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Pre & Post	20	.436	.055

Table 4: Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Pre - Post	15.3000	15.41052	3.44590	8.08765	22.51235	4.440	19	.000

Shows value of t-statistics is 4.440 for anxiety. This t-value is significant as the p-value is 0.000 which is less than 0.05, it may be concluded that the pregnant women Pre & Post testing Back strength program is not same. Here SPSS provide the significance value for two tailed testing and no more conclusions regarding the effectiveness of the program. Therefore, to check the effectiveness of the program one-tailed test should be used. For one Tailed test, the value of tabulated t, at 0.05 level of significant (N-1=19) df can be seen from table 4, which is equal to 2.093. Since and 19 calculated value of t (=4.440) is greater than tabulated t 0.05 (19=1.729) concluded that the *Yoga Nidra* program is effective for the anxiety.

DISCUSSION

From the above statistical analysis, it is found that the difference in means of the pre and post scores of SCAT t-ratio was significant. Hence it can be concluded that this difference was because of the administration of *Yoga Nidra* as the subjects were with any other therapeutic tool. The selected practices in the given *Yoga Nidra* module were fine for the recovery of anxiety. Hence in this way the *Yoga Nidra* practices helped in reduce the level of anxiety. Hence this *Yoga Nidra* could reduce anxiety.

CONCLUSION

The conclusion within the limitation of this study may be drawn as follows: *Yoga Nidra* is effective in reduces anxiety disorders. The decrease of anxiety disorders proved that the obtained results were mainly on account of the effects of *Yoga Nidra*. Based on results, it is said that practice of *yoga Nidra* can remove anxiety disorders. There was a significant remove anxiety disorder. Practice of *Yoga* gives a stress-free life with skilful living. *Yoga Nidra* teaches us to live in present, not to brood over past and worry about future. *Yoga Nidra* helps in curing the body mind and soul. *Yoga Nidra* helps in improving mental ability in the society. This study helps in gaining knowledge about *Yoga Nidra* in the society. The result shows the difference in the anxiety level of the practitioners.

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