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A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Yoga and its Benefit in Promotion of Health of People in Selected Rural Areas of Jaipur

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INTRODUCTION

Health is a blessing. Healthy body can produce healthy mind and spirit. In present world man continuously tries to maintain health at optimum level by adapting and practicing different methods. All individuals want themselves to be in a healthy condition. To maintain health, knowledge of health practices is essential. Historically health and illness were viewed as extremes on a continuum1. One of the most effective methods of keeping oneself healthy is to practice yoga**1.**

Yoga refers to traditional physical and mental disciplines that originated in India. The word is associated with meditative practices in Hinduism, Buddhism and Jainism. Major branches of yoga in Hindu philosophy include Raja Yoga, Karma Yoga, Jnana Yoga, Bhakti Yoga, and Hatha Yoga**.2**

The origins of yoga have been speculated to date back to pre-Vedic Indian traditions; it is mentioned in the Rigveda, but most likely developed around the sixth and fifth centuries BCE, in ancient India's ascetic and śramaṇa movements. The chronology of earliest texts describing yoga-practices is unclear, varyingly credited to Upanishads. The *Yoga Sutras of Patanjali* date from the first half of the 1st millennium CE, and gained prominence in the West in the 20th century. Hatha yoga texts emerged sometimes between the 9th and 11th century with origins in tantra.

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Yoga, developed thousands of years ago by Patanjali, it is recognized as a form of mind-body exercises improve muscle strength, flexibility, blood circulation and oxygen uptake as well as hormone function. In addition, the relaxation induced by meditation helps to stabilize the autonomic nervous system with a tendency towards parasympathetic dominance. Physiological benefits which follow help yoga practitioners become more resilient to stressful conditions and reduce a variety of important risk factors for various diseases, especially cardio-respiratory diseases**3**.

Yoga gurus from India later introduced yoga to the West, following the success of Swami Vivekananda in the late 19th and early 20th century with his adaptation of yoga tradition, excluding asanas. Outside India, it has developed into a posture-based physical fitness, stress-relief and relaxation technique. Yoga in Indian traditions, however, is more than physical exercise; it has a meditative and spiritual core. One of the six major orthodox schools of Hinduism is also called Yoga, which has its own epistemology and metaphysics, and is closely related to Hindu Samkhya philosophy.

The impact of postural yoga on physical and mental health has been a topic of systematic studies, with evidence that regular yoga practice yields benefits for low back pain and stress. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131. On December 1, 2016, yoga was listed by UNESCO as an intangible cultural heritage.

According to Katha Upanishad "When the five senses, along with the mind, remain still and the intellect is not active, that is known as the highest state. They consider yoga to be firm restraint of the

senses. Then one becomes un-distracted for yoga is the arising and the passing away."

According to Bhagavad Gita "Yoga is said to be equanimity" "Yoga is skill in action"

"Know that which is called yoga to be separation from contact with suffering"

According to "By the word 'yoga' is meant nirvana, the condition of Shiva."**4.**

According to Satchidananda (1990), yoga "is the total transformation of a seemingly limited physical, mental and emotional person into a fully illumined, thoroughly harmonized and perfected being—from an individual with likes and dislikes, pains and pleasures, successes and failures, to a sage of permanent peace, joy and selfless dedication to the entire creation" (p. xiii). Thus, yoga is much more than asana (the postures--see a description of the eight limbs of Ashtanga below). Yoga helps a person to gain "understanding and complete mastery over the mind" (Satchidananda, 1990, p. xi). It provides a system to achieve Moksha, or "liberation of the 2 cycle of rebirth" (Chaline, 2001, p. 44). The four yogic paths include (1) "Jnana yoga, the yoga of wisdom; (2) Raja or Ashtanga yoga, the yoga of meditation; (3) Hatha yoga, the yoga of physical posture; (4) Karma yoga, the yoga of actions; and Bhakti yoga, the yoga of religious devotion". However, these paths simplify the rather complex goal of self-realization through yoga.

Ashtanga Yoga, according to of Patanjali, is composed of eight different limbs, labeled in the ancient Indian language of Sanskrit (Satchidananda, 1990). The first limb is Yama (1), referring to „ethical relationships," such as practicing „non-violence" (Satchidananda, 1990). Niyama (2) focuses on internal awareness and cleanliness. Asana (3) describes the postures. The fourth limb is Pranayama (4), or the breath. Prathyahara (5) refers to the withdrawal of the senses. Dharana (6) refers to concentration during practice. Dhyana (7) describes meditation. Finally, the eighth limb, Samadhi (8), describes the transcending of consciousness. A yoga practitioner strives for Samadhi, meaning the "absorption into Brahman, the ultimate reality" (Chaline, 2001). In this state, practitioners go beyond the ego (ego-less) and are without thought 4 (Sinari, 1965). To be without thought is the goal of yoga (Satchidananda, 1990). To emphasize these eight limbs, Table 1 provides a summary**5**

Yoga has been utilized as a therapeutic tool to achieve positive health and control and cure diseases. Interest has been shown in this direction by many workers and studies on the effect of Yoga on some ailments like bronchial asthma, hypertension, diabetes mellitus and obesity have been carried out. It has been observed that plasma levels of cortisol increase in bronchial asthma and decrease in diabetes mellitus after practice of pranayama. It is possible that yogic exercises bring about normalization of the pathological state by control of counter-regulatory hormones or by increased receptor sites. There is increasing evidence suggesting that even the short-term practice of Yoga can decrease both psychological and physiological risk factors for Cardio Vascular Disorders and may reduce signs, complications and improve the prognosis of those with clinical or underlying disease.

NEED FOR THE STUDY

Development of science and technology in recent years has made man"s life fast, busy and full of crowding. The pressure on the muscles has been largely taken away by the machines, but the pressure on the nerves has greatly increased. This has resulted in what are called stress disorders or the psychosomatic disorders. Psyche is the soul, or let us say the mind, and soma is the body**.**

Due to hurry, crowding, competition, and fast life one has always to be on the move, physically as well as mentally. When the behaviour is to be adjusted to the demands of circumstances one has to be on the alert, and this creates constant tension in the nerves and the brain. Tension in the mind expresses itself in the form of impulses that flow from the brain to various muscles of the body, such as the facial muscles, muscles of the forehead and neck, those of the abdominal wall and the smooth muscles of the internal organs. If these impulses continue to make an impact on the glands and organs, they interfere with their normal functioning. This gives rise to malfunctioning of the organ or gland concerned, resulting in a variety of disorders such as hypertension, heart ailments, diabetes, asthma, abdominal disorders, mental problems, Rheumatoid arthritis, and so on**7**.

The expression of the diseases in the organs, but its cause is not to be found in the organ itself; it is located elsewhere, in the mind. Unless the mind is relieved of the continuous tension prevailing in it, the disorder cannot be effectively checked. One may succeed in checking the symptoms by taking drugs, but that does not solve the problem permanently. More and more experts of medicines are now becoming aware of this fact, and they are turning to other means like yoga and nature care**8**.

Yoga has an important role in modern medicine. Many researches are going on about yoga for good health. One of the main etiologic factors for any

disease is stress, yoga has a greater impact on reduction of stress and stress related disorders. The Positive aspects of practice of yoga presented in table.

Various studies indicate that chronic emotional stress disturbs the blood pressure mechanism and cholesterol level. Various scientific studies have revealed that appropriate changes in the life style on the basis of yogic principles can even reverse the heart disease and would help us in maintain our healthy state of body and mind and to prevent such stress disorders.

A recent study of Dr. Peter Schnall revealed that workers who faced high psychological demands without having control over day to day decision had three times more risk of high blood pressure and had thickened or enlarged hearts**9**.

In 2005 WHO has projected that the global prevalence of type II diabetes mellitus will double from 135 million to 300 million in developing countries by end of that year. The practice of yoga particularly pranayama is very useful in diabetes mellitus. It has shown that B.S.L dropped appreciably after pranayama**10**.

The research all over the globe in combating cancer and role of yoga is quite evident. Stress is one of the major etiological factors in the cause of cancer. Along with diet the most integral and important part of treatment is mental and emotional factors-which can be perfectly balanced by yogic techniques. Yoga helps to cope with stress at various levels - body, pranic, mental, social, and moral. Yoga increases tolerance to pain, brings more positive mental attitude**11**.

A study was done to find out the role of yoga in cardiac health in continuum heart institute, Beth Israel Medical Center, New York, USA. The aim of the study was to find out the efficacy of yoga in the primary and secondary prevention of ischemic heart disease and post-myocardial infarction patient rehabilitation. The result was majority of rehabilitation workers believes that incorporating non conventional forms of physical exercise such as yoga definitely would enhance efficacy and add value12.

A study about the effects of yoga on mood were examined in 13 psychiatric inpatients of New Hampshire Hospital USA, participants completed the profile of mood states (POMS) prior to and following participation in a yoga class. The results suggest that yoga was associated with improved mood, and may be a useful way of reducing stress during inpatient psychiatric treatment**13**.

The scope of yogic therapy may be extended to the preventive, promotive, curative and rehabilitative aspects also. So yoga can be considered as a holistic approach to stress management. Most of the universities has included yoga in the curriculum, but as it is an optional subject, little interest is given to it by both management and students. And the availability of the trained yoga teacher in colleges is also a problem. So most of the students are unaware of the role of yoga in health and modern medicine.

After extensive review of literature, after obtaining suggestions from several experts the researcher identified the need to improve knowledge about yoga and its benefits in health promotion by using video assisted device.

OBJECTIVES

The objective includes obtaining answers to the research questions, on testing the research hypothesis but may also encompass some broad aims like developing recommendations for change to nursing practice based on the study result. Specific achievable objectives provide the researcher clear criteria for the research study.

The research problem serves as the foundation of a research study. It begins with a problem that a researcher would like to challenge, ask questions that a researcher would like to answer, which often evolves from a broad area. The objectives provide the investigator with some clear criteria against which the proposed research method can be assessed.

This chapter deals with objectives of the study, operational definition, hypothesis, delimitation and conceptual frame work of the study.

PROBLEM STATEMENT

"A study to assess the effectiveness of Structured Teaching programme on knowledge regarding yoga and its benefit in promotion of health of people in selected rural areas of Jaipur"

OBJECTIVES OF THE STUDY

1. To assess the prior knowledge of people about yoga and its benefit in promotion of health.
2. To develop a Structured Teaching programme on yoga and its benefit in health promotion.
3. To assess the post test knowledge of people about yoga and its benefit in promotion of health.
4. To find out the effectiveness of Structured Teaching programme in terms of gain in post-test knowledge score.
5. To associate the pre-test knowledge score with selected demographic variables.

OPERATIONAL DEFINITION

- **Assess:** In the present study, assess means judging the status of Pre Test and post test Knowledge of people about yoga and its benefits in health promotion.
- **Effectiveness:** In the present study, effectiveness refers to the extent to which the video assisted programme has achieved the desired objectives, that means improvement of knowledge scores among people about yoga and its benefits in health promotion.
- **Structured Teaching Program:** It refers to give education or information with the help of lesson plan on knowledge regarding yoga and its benefit in promotion of health of people in selected rural area.
- **Benefit:** In the present study, benefit refers to an advantage or profit gained from video assisted teaching knowledge regarding yoga and its benefit in promotion of health of people in selected rural area.
- **Yoga:** In the present study, yoga refers to a group of physical, mental and spiritual practices or disciplines which originated in ancient India.
- **People:** In the present study, refers to human beings in general or considered collectively.

ASSUMPTIONS: The study assumes that,

- Participants may have some knowledge regarding yoga and its benefits in health promotion.
- Knowledge may vary from person to person.

HYPOTHESIS

All hypotheses will be tested at 0.05 level of significance.

H1: The mean post-test knowledge score of the student nurses will be significantly higher than mean pre-test knowledge score.

H2: There will be significant association between pre-test knowledge score of the people on yoga and its benefits in health promotion with their selected demographic variables.

VARIABLES UNDER THE STUDY

- **Independent Variable:** Independent variables are the cause or influence the dependent variable which is manipulated. In this study independent is Structured Teaching programme on yoga and its benefits in health promotion.
- **Dependent Variables:** Dependent variables are the response, behavior or outcome that is predicted on research. Changes in the dependent variable are presumed to be influenced by the independent variable. In this study dependent variable is knowledge about yoga and its benefits in health promotion.
- **Socio-demographic variable:** The demographic variable confound the relationship between the independent and dependent variable and that need to be controlled either through building in research design or through statistical procedure. In this study, socio-demographic variables are age, gender, educational status, monthly income, occupation, and source of information.

RESEARCH APPROACH

Research approach is a systemic, objective method of discovery with empirical evidence and rigorous control. The research approach spells out the basic strategies that the researcher adopts to develop information that is accurate and interpretable. The control is achieved by holding condition constant and varying only the phenomena under study.

The research approach adopted for the present study was evaluative approach as the study aimed at development of Structured teaching programme for assessing the knowledge of people about yoga and its benefits in health promotion. This approach would help the investigator to evaluate the effect of specific intervention that is "Structured Teaching Programme" on the variable that is knowledge of people about yoga and its benefits in health promotion.

RESEARCH DESIGN

It is the overall plan for obtaining answer to the questions being studied and for handling some of the difficulties encountered during the research process.

The term research design refers to the plan or organization of a scientific investigation. Research design helps the researcher in selection of subjects, manipulation of experimental variables, control of extraneous variables, procedure of data collection and the type of statistical analysis to be used to interpret the data. In the present study, pre experimental one group pre test post test design was selected for the study. The primary objectives of the study were to find the effectiveness of Structured Teaching Programme.

The design chosen for the study is presented in the table as:

Group	Pre Test	Intervention	Post test
	O1	X	O2

Table 1: Pre experimental one group pre test post test design.

Key:

O1 = Assessment of knowledge by Pre Test.

X = Structured Teaching Programme on knowledge of people about yoga and its benefits in health promotion.

O2 = Assessment of knowledge by post test.

RESEARCH SETTING

It refers to the physical location and conditions in the data collection takes place in the study. The present study has been conducted in selected rural areas of Jaipur.

The selection of the selected slum areas was done on the basis of:

- Geographical proximity
- Feasibility of conducting study
- Availability of sample

VARIABLES OF THE STUDY

1. Dependent variable:

Dependent variables are the response, behavior or outcome that is predicted on research. Changes in the dependent variable are presumed to be influenced by the independent variable. In this study the dependent variable is knowledge of people about yoga and its benefits in health promotion.

2. Independent variable:

Independent variables are the cause or influence the dependent variable which is manipulated. In this study independent variable is Structured Teaching Programme.

3. Demographic variable:

The demographic variable confound the relationship between the independent and dependent variable and that need to be controlled either through building in research design or through statistical procedure. In this study the selected demographic variables are age, gender, educational level, monthly income, occupation, previous knowledge about yoga and source of information.

POPULATION

Population refers to the entire aggregate of individuals or objects having common characteristics. In the present study the population consists of among selected rural areas of Jaipur**.**

SAMPLING TECHNIQUE

Sample is used in research when it is not feasible to study the whole population from which it is drawn. The process of sampling makes it possible to accept a generalization to the intended population based on careful observation of variables, within a relatively small proportion of population. In the present study non probability purposive sampling technique was taken to select 80 people of rural areas of Jaipur**.**

SAMPLE AND SAMPLE SIZE

Sample consists of a subset of a population selected in a research study. The samples selected for the present study comprises of 80 people of rural areas of Jaipur

SAMPLING CRITERIA:

The following criteria are set to select the samples:

INCLUSION CRITERIA:

1. The people who are willing to participate in the study.
2. The people who are able to communicate either in Hindi or English.

EXCLUSION CRITERIA:

1. The people who are not available during the period of data collection.
2. The people who had an exposure of structured teaching programme regarding yoga and its benefits in health promotion.

RESULTS

The description of the result is the entirety of a research project which enables the researcher to reduce, summarize, organize, evaluate, interpret and communicate numerical information. In order to find a meaningful answer to the research problem, the data must be processed, analyzed in systemic and some orderly coherent fashion so that the pattern and relationship can be discerned.

An evaluative approach was adopted to assess the "A study to assess the effectiveness of Structured teaching programme on knowledge regarding yoga and its benefit in promotion of health of people in selected rural area JAIPUR". With a view to develop a guideline on life style modification techniques on yoga". The data was tabulated, analyzed and interpreted using descriptive and inferential statistics based on the objectives and hypothesis formulated for the present study.

PRESENTATION OF THE DATA

The collected data was entered in a master sheet for tabulation and statistical processing. The data is analyzed and interpreted using descriptive and inferential statistics based on the objectives and hypothesis formulated for the present study. The findings are presented under the following headings:

Section I: Description of demographic variables of respondents.

Section II: Findings related to knowledge scores of yoga and its benefit in promotion of health.

Part I: Findings related to area wise pre test knowledge score of respondents on yoga and its benefit in promotion of health.

Part II: Findings related to area wise post test knowledge score of respondent's yoga and its benefit in promotion of health.

Part III: Findings related to Effectiveness of Structured teaching programme by comparing pre test and post test knowledge score of respondents.

Section III: Findings related to association between pre-test knowledge score with selected demographic variables of people.

SECTION I
DESCRIPTION OF DEMOGRAPHIC VARIABLES OF RESPONDENTS

This section deals with distribution of demographic variables of people. The obtained data on sample characteristics were described under the sub-headings of Age in years, gender, and educational status, and monthly income, occupation, do you know about yoga and source of information regarding yoga and its benefit in promotion of health.

Section I: Description of demographic variables of respondents.

Table–1-FREQUENCY & PERCENTAGE DISTRIBUTION OF DEMOGRAPHIC VARIABLES N=80

Socio-demographic variable	Frequency	% of respondents
Age group		
21-25 years	25	31.25
26-30 years	35	43.75
31-35 years	10	12.50
Above 36 years	10	12.50
Educational Qualification		
No formal	30	37.50
Primary	40	50
Secondary	05	6.25
Sen. Secondary	05	6.25
Gender		
Male	30	37.5
Female	50	62.5
Occupation		
Agriculture	20	25
Domestic	30	37.50
Mining	20	25
Other work	10	12.50
Family income		
Below 3000 month	50	62.50
3001-3500/- month	15	18.75
3501-4000/- month	10	12.50
4001 and above /-month	05	6.25
Previous Knowledge regarding yoga and its benefit		
Yes	30	37.50
No	50	62.50

SECTION II - FINDINGS RELATED TO AREA WISE OF KNOWLEDGE SCORES OF PEOPLE REGARDING YOGA AND ITS BENEFIT IN PROMOTION OF HEALTH.

This section deals with analysis and interpretation of collected data to find out the knowledge scores of respondents before and after, giving the intervention on yoga and its benefit in promotion of health.

Part I: Findings related to area wise pre-test knowledge score of respondents on yoga and its benefit in promotion of health.

Part II: Findings related to area wise post-test knowledge score of respondents yoga and its benefit in promotion of health.

Part-III: Findings related to effectiveness of video assisted teaching programme by comparing pre-test and post-test knowledge score of respondents.

Part–I

Table 2: Findings related to area wise pre-test knowledge score of respondents yoga and its benefit in promotion of health. N=80

Area	Max score	Mean	Mean%	S.D.
Introduction and definition of yoga	7	3.1	51.66	10.54
Techniques of yoga	4	1.41	47.08	v7.40
General benefits of yoga	2	3.1	51.66	10.55
Yoga types and their benefits	37	6.65	51.15	14.61
Total	**50**	**14.32**	**51.16**	**8.29**

Part- II

Table 3: Findings related to area wise post test knowledge score of respondents on yoga and its benefit in promotion of health. N=80

Area	Max score	Mean	Mean%	S.D.
Introduction and definition of yoga	7	5.75	95.5	19.50
Techniques of yoga	4	2.81	93.66	14.06
General benefits of yoga	2	5.28	93.12	18.99
Yoga types and their benefits	37	12.31	94.71	35.25
Total	**50**	**26.45**	**94.46**	**9.0**

Table4: Distribution of people by the level of knowledge N=80

Level of Knowledge	Score	Frequency		Percentage	
		Pre Test	Post Test	Pre Test	Post Test
Inadequate knowledge (0-50%)	0-24	32	0	40	0
Moderate adequate knowledge (51-75%)	25-35	48	0	60	0
Adequate knowledge (76%-100%)	36-50	0	80	0	100
TOTAL	**50**	**80**	**80**	**100**	**100**

part- III

Table5: Findings related to effectiveness of Structured teaching programme by comparing pre test and post test knowledge score of respondents N=80

	Mean	Mean %	SD	Enhancement	Enhancement %	Df	t	Inference
Pre test	14.32	51.16	8.29	12.13	43.3	79	30.32	S
Post test	26.45	94.46	9.0					

S= Significant NS= Non Significant

SECTION III

FINDINGS RELATED TO ASSOCIATION BETWEEN PRE TEST KNOWLEDGE SCORES WITH SELECTED DEMOGRAPHIC VARIABLES OF PEOPLE

This section deals with analysis and interpretation of the data collected to find out the association between pre test knowledge score with selected demographic variables like Age in years, gender, and educational status, and monthly income, occupation, do you know about yoga and source of information.

A parametric chi square test is used to describe the association between pre test knowledge score with selected socio-demographic variables.

Table7: Association between pre-test knowledge score with demographic variables such as Age in Years and Gender N=80

Variables	Below Median	Above median	Total	Df	$\chi 2$	P value (0.05)	Inference
1. Age in years							
a.21-25 years	13	12	25	3	9.56	7.82	S
b.26-30 years	15	20	35				
c.31-35 years	0	10	10				
d.>36 years	6	4	10				
Total	**34**	**46**	**80**				

2. Gender							
a. Male	3	27	30	1	47.11	3.84	S
b. Female	44	6	50				
Total	**47**	**33**	**80**				

S= Significant NS= Non Significant

Table 8: Association between pre-test knowledge score with demographic variables such as Education level and Monthly income N=80

Variables	Below Median	Above median	Total	Df	$\chi 2$	P value (0.05)	Inference
3. Educational level							
a. No Formal	7	23	30	3	33.19	7.82	S
b. Primary	36	4	40				
c. Secondary	3	2	5				
d. Sin. Sec.	4	1	5				
Total	**50**	**30**	**80**				
4. Monthly income							
a. Below 3000	43	7	50	3	16.84	7.82	S
b. 3001-3500	8	7	15				
c. 3501-4000	3	7	10				
d. Above 4001	3	2	5				
Total	**57**	**23**	**80**				

Table 9: Association between pre-test knowledge score with demographic variables such as Area of Type of family and Occupation N=80

Variables	Below Median	Above median	Total	Df	$\chi 2$	P value (0.05)	Inference
5. Occupation							
a. Agriculture	17	3	30	3	42.25	7.82	S
b. Domestic	3	27	30				
c. Mining	8	2	10				
d. Other	3	27	30				

The $\chi 2$ value of occupation (42.25) is greater than the tabular value which indicates that there is a no significant association between the Pre Test knowledge score of occupation at df of 3 ($p>0.05$ level).

Table 10: Association between pre-test knowledge score with demographic variables such as Area of Previous knowledge about yoga and Source of information

Variable	Below median	Above median	Total	df	$\chi 2$	P value (0.05)	Inference
7. Previous knowledge about yoga							
a. Yes	3	27	30	1	39.28	3.84	S
b. No	41	9	30				
Total	**44**	**36**	**30**				
8. Source of information							
a. Electronic media	1	9	10	3	34.08	7.82	S
b. Print media	0	5	5				
c. Friend& family members	0	5	5				
d. Health workers	1	9	10				
Total	**2**	**28**	**30**				

DISCUSSION

This chapter deals with the discussions in accordance with the objectives of the study and hypothesis. The present study has been undertaken to assess the effectiveness of Structured Teaching Programme on knowledge regarding yoga and its benefit in promotion of health of people in selected rural area Jaipur.

The findings of the study are discussed under the following headings:

Section I: Description of demographic variables of respondents.

Section II: Pre-test knowledge score of people regarding yoga and its benefit in promotion of health.

Section III: Post-test knowledge score of people regarding yoga and its benefit in promotion of health.

Section IV: Comparison between pre-test and post-test knowledge scores of people regarding yoga and its benefit in promotion of health.

Section V: Association between pre-test knowledge score with selected demographic variables.

SECTION I

Description of Demographic variables of respondents

Age in years: The majority of the respondents 43.75% belongs to the age group of 26-30 years, 21.25% respondents to age group of 21-25 years, 12.5% belongs to the age group of 31-35 years and 12.5% belongs to the age group of >36 years.

Gender: The majority of the respondents 62.5% belong to female and 37.5% male.

Educational level: The majority of the respondent 50% belong to primary education, 37.5% belongs to formal education, and 6.25% belongs to secondary and 6.25% belongs to senior secondary education.

Monthly Income: The majority of the respondent 62.5% belongs to below 3000, 18.75% belongs to 3001-3500, 12.5% belongs to 3501-4000 and 6.25% belongs to 4001 & above.

Occupation: The majority of the respondent 37.5% belongs to domestic, 25% belongs to agriculture, 25% belongs to miming and 12.5% belongs to other work.

Previous Knowledge about yoga: The majority of the respondent 62.5% belong to NO and 37.5% to YES.

Source of Information: The majority of the respondent 12.5% belongs to electronic media, 12.5% belongs to health workers, 6.25% belongs to print media and 6.25% belongs to friends and family members.

SECTION II

Pre-test knowledge score of among people regarding yoga and its benefit in promotion of health

The level of knowledge among people regarding yoga and its benefit in promotion of health was assessed in pre-test out of 80 respondents. 40% had inadequate knowledge, 60% people had moderate knowledge and no people had adequate knowledge yoga and its benefit in promotion of health.

SECTION III

Post-test knowledge score of among people yoga and its benefit in promotion of health

The level of knowledge among people regarding yoga and its benefit in promotion of health were assessed that in post-test out of 80 respondents 0% had moderate knowledge and 100% had adequate knowledge. The overall mean of pre-test knowledge among people regarding yoga and its benefit in promotion of health was 14.32 with standard deviation of 2.99 and mean of post-test was 26.45 with standard deviation of 1.96.

SECTION IV

Comparison between pre-test and post-test knowledge scores of people on yoga and its benefit in promotion of health

The overall comparison of pre and post test knowledge scores of people on yoga and its benefit in promotion of health shows that the mean post test knowledge score is 26.45 (94.46 Percent) is greater than the mean pre test knowledge score 14.32 (51.16 Percent). The enhancement in the knowledge level of respondents is 12.13 indicates gain in knowledge by respondents. The data further represent that the 't' value of 30.32 is significantly higher than the table value 1.96 at 0.05 level of significance.

This indicates that there was significant difference in pre test and post test knowledge score of respondents and video assisting Program is effective in improving the knowledge level of people on yoga and its benefit in promotion of health.

SECTION V

Association between pre-test knowledge score with selected demographic variables of people

There is association between knowledge of people and demographic variables such as age in years (c2 = 9.56), gender (c2 = 47.11), education status (c2 = 33.19), monthly income (c2 = 16.84), and occupation (c2 = 42.25), previous knowledge about yoga (c2 = 39.28), source of information (c2 = 34.08) were significant at 0.05 level. There is association between knowledge of people and demographic variables such as type of family (c2 1.62) was no significant at 0.05 level. Hence the research hypothesis (H2) is proved and accepted.

CONCLUSION

This chapter deals with the implications, recommendations and limitations of the study **"a study to assess the effectiveness of Structured Teaching programme on knowledge regarding yoga and its benefit in promotion of health of people in selected rural area Jaipur".**

The following conclusions can be drawn on the basis of the findings:

The demographic characteristics of the respondents revealed that-

Age in years: The majority of the respondents 43.75 percent belong to the age group of 21-25 years, 31.25 percent respondents to age group of 26-30 years, and 12.5 percent belong to the age group of 31-35 years

and 12.5 percent belongs to the age group of > 36 years.

Gender: The majority of the respondents 62.5 percent were females and 37.2 percent belongs to males.

Educational level: The majority of the respondent 50% belong to primary education, 37.5% belongs to formal education, 6.25% belongs to secondary and 6.25% belongs to senior secondary education.

Monthly income: The majority of the respondent 62.5% belongs to below 3000, 18.75% belongs to 3001-3500, 12.5% belongs to 3501-4000 and 6.25% belongs to 4001 & above.

Occupation: The majority of the respondent 37.5% belongs to domestic, 25% belongs to agriculture, 25% belongs to miming and 12.5% belongs to other work.

Previous knowledge about yoga: The majority of the respondent 62.5% belongs to NO and 37.5% belongs to YES.

Source of information: The majority of the respondent 12.5% belongs to electronic media, 12.5% belongs to health workers, and 6.25% belongs to print media and 6.25% belongs to friends and family members.

Pre-test knowledge scores of people on yoga and its benefit in promotion of health

The findings shows that in pre-test the maximum mean percent obtained by the respondents were 51.16 percent with SD of 2.99 which shows that the respondents have inadequate knowledge regarding yoga and its benefit in promotion of health. Hence it is necessary for the investigator to improve the knowledge of respondents by giving information about yoga and its benefit in promotion of health.

Post-test knowledge scores of people on yoga and its benefit in promotion of health

The finding shows that in post-test the maximum mean percent obtained by the respondents were 94.46 percent with SD of 1.96 which shows a gain in knowledge level of the respondents.

Comparison between pre-test and post-test knowledge scores of people on yoga and its benefit in promotion of health

The overall comparison of pre and post-test knowledge scores of people yoga and its benefit in promotion of health shows that the mean post-test knowledge score is 26.45 (94.46 Percent) is greater than the mean pre-test knowledge score 14.32 (51.16 Percent). The enhancement in the knowledge level of respondents is 12.13 indicates gain in knowledge by respondents. The data further represent that the 't' value of 30.32 is significantly higher than the table value 1.96 at 0.05 level of significance. This indicates that there was significant difference in pre-test and post-test knowledge score of respondents and Structured teaching Program is effective in improving the knowledge level of people on yoga and its benefit in promotion of health.

Association between pre-test knowledge score with selected demographic variables of people

There is association between knowledge of people and demographic variables such as age in years (c2 = 9.56), gender (c2 = 47.11), education status (c2 = 33.19), monthly income (c2 = 16.84), and occupation (c2 = 42.25), previous knowledge about yoga (c2 = 39.28), source of information (c2 = 34.08) were significant at 0.05 level. There is association between knowledge of people and demographic variables such as type of family (c2 1.62) was no significant at 0.05 levels. Hence the research hypothesis (H2) is proved and accepted.

NURSING IMPLICATIONS:

The findings of the study have implication in the areas of nursing education, practice, administration and research.

IMPLICATIONS FOR NURSING PRACTICE:

The role of nurses in the health care industry is a vital aspect in society. They shoulder the responsibility of promoting health, preventing illness and rehabilitation. Many people in community are at inadequate knowledge level of people yoga and its benefit in promotion of health and it is therefore important for nurses to understand the condition and how to recognize it. In the Nursing practice the education about the knowledge level of people on yoga and its benefit in promotion of health helps for the integration of overall health care into intensive health care.

IMPLICATION FOR NURSING EDUCATION:

Nursing education plays an important role in preparing the nurse for the wellbeing of the people. Nursing educators have the responsibility of equipping the students with adequate knowledge so that the latter can provide quality care. Facts taught to nursing students should be accurate, up-date and periodically refreshed with the latest trends and practices in every aspects of nursing so that they could bring forth a confident and well qualified bunch of professionals. Hence to achieve the above objectives, educational program should include lecture, skilled, computer assisted instruction and simulated environment which will provide to the nurses in additional knowledge and learning opportunities. Nursing Schools, Colleges and teachers should come forward and encourage the students to

provide information on knowledge level of people on yoga and its benefit in promotion of health.

IMPLICATION FOR NURSING ADMINISTRATION:

Administration plays a major role in regulating and coordinating the laws. The quality of an administrator is determined by the quality of her subordinates. A nursing administrator has a significant role in encouraging and motivating the nurses to improve their knowledge in order to keep in pace with the changing needs of the society. Nurse administrator needs to encourage and plan for staff development program related to knowledge level of people on yoga and its benefit in promotion of health among people to increase the nurses' knowledge and they become skilled. The implication of knowledge level of people on yoga and its benefit in promotion of health enhances the quality assurance.

IMPLICATION FOR NURSING RESEARCH:

The essence of research is to build a body of knowledge in nursing as it is an evolving profession. The findings of the present study serve as the basis for the professionals and the students to conduct further studies. The generalization of the study result can be made by replication of the study. In India only a few research studies have been done on assessment of knowledge of people on yoga and its benefit in promotion of health. All nursing personnel must join hands to provide scientifically listed materials of programme to evolve a time bound plan for the most good knowledge and safety practices.

LIMITATIONS OF THE STUDY:

- The study was limited to the assessment of knowledge of people on yoga and its benefit in promotion of health.
- The study was limited to people who are rural areas of Jaipur.
- The sample was limited to 80 only.
- The data were collected by using purposive sampling method.

RECOMMENDATIONS:

- A similar study can be undertaken with a large sample to generalize the result.
- A comparative study on knowledge regarding knowledge of people on yoga and its benefit in promotion of health of people residing in urban and rural areas can be undertaken.
- A health education programme can be developed based on the knowledge regarding yoga and its benefit in promotion of health.

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