A Study on the Effect of YogaNidra on AdjustmentProblems of Elderly

Dr.ManoramaPanigrahi,Vice Principal,Sivananda Yoga Vedanta Academy

Dr Prativa Shree,Sr. Assistant Professor,Sri Sri University

Dr.Dinesh Prasad Swain,Sr. Assistant Professor,Sri Sri University

ABSTRACT

Adjustment difficulties can manifest as excruciating emotional and behavioral symptoms in old age.After experiencing a stressful or unexpected transition, seniors may find it difficult to reestablish their quality of life, which could result in a decline in their physical or mental health. People may be more likely to experience adjustment disorders if they lack effective coping mechanisms,feel socially isolated or already experience anxiety or another mental health issue. These adjustment problems sometimes lead to severe stress in old age which may further lead to various psychosomatic diseases like hypertension, diabetes, anxiety disorders etc.

Aim and objective of study: The objective of the research was to study the effect of YogaNidraon adjustment problems of elderly.

Material and methods:45 elderly people ranged from 58 years to 65 yearswere selected for the study.Adjustment capacity was the only criterion measures. The participants had undergone a YogaNidra session by a yoga instructor for 30 minutes regularly for 12 weeks.The data for the study was collected with the help of Old Age adjustment inventory developed by Shamshad Hussain and JasbirKour.Then collected data were converted to quantitative data for analysis.

Results: The adjustments capacities as a whole by the participants were greatly improved due to regular practice of YogaNidra.

Conclusion: From the research, it may be concluded that regular practice of YogaNidra may have positive impact on health, social, emotional and financial adjustment of elderly.They may overcome all their behavioral issues by incorporatingYogaNidra in their daily life.

Keywords: Elderly,Yogic Techniques, Adjustment Problems,YogaNidra

INTRODUCTION:

A major life change takes some time for most people to adjust to the changing scenario. However, after a major change in their lives, some people suffer from significant and persistent stress. In older adults, adjustment difficulties can manifest as excruciating emotional and behavioral symptoms. After experiencing a stressful or unexpected transition, seniors may find it difficult to reestablish their quality of life, which could result in a decline in their physical or mental health. Everybody manages stress in a different way, and some people have more powerful support systems than others. People may be more likely to experience adjustment disorders if they lack effective coping mechanisms, feel socially isolated, or already experience anxiety or another mental health issues. Although it can occur at any age, adjustment disorders are particularly prevalent in those who are going through significant life transformations. Older persons may be more susceptible to developing adjustment issues because they have to experience a greater life change during the period of old age.

“Adjustment is accommodating or fitting oneself to circumstances, as when we say that a student is adjusted to or gets along well, with the group in which he finds himself”(Munn, 1956). In the words of Samuel Ashcroft (1963), “Adjustment is a continuous process of maintaining harmony among the attributes of the individual and environmental conditions which surround him. It involves the fulfillment of potential for a personally and socially satisfactory life”(Ashcroft, 1963). A person who is well-adjusted is capable of keeping consistency in personality, which makes him free from internal conflict, able to handle any stressful situation, and capable of using his intelligence to effectively solve life's difficulties. A person who is well-adjusted is in good physical health and engages in healthy social and cultural interactions.

In modern scenario, it is difficult to adapt to different cultures due to technical advancement and colonial effects. In our daily lives, we strive to fit in with various circumstances, yet it is never possible. This might be caused on by ignorance, a lack of education, neurological disorders, physical and mental health issues, a lack of resources, the structure of the family, etc. This maladjustment issue affects members of our society's youth as well as men, women, adults, and the elderly. This also leads to an increase in the number of diseases that affect people; especially elders are more susceptible to various psychological problems due to maladjustment in family and in the society.

In Indian society, older people are regarded as mentors and counselors for the younger generation. But because of the decline in united families and the busy schedules of the younger generation, this concept has greatly diminished. Naturally, older individuals are working to overcome this frustration by keeping psychological distance from younger generations. Due to this separation, individuals are more likely to experience some adjustment issues. A sizable portion of the elderly population finds it challenging to believe that ageing is a normal process. Physical and mental decline are indicators of advanced age. While older individuals are often confused, reliant, and insecure, we can also encounter older people who are happy, healthy, and active. So, psycho-social

gerontology has done a fair amount of research on ageing adjustment. In addition to changes in physical appearance and function, ageing also affects psychological processes and social roles. Various methods are now formulated and experimented by the social scientists and to improve capacity for adjustment of the elderly people.Yogic techniques had a significant effect on social adjustment and emotional adjustment, that is, yoga exercises led to a significant increase in social adjustment (P = 0.045) and emotional adjustment of elderly women and men (P = 0.001). Therefore, yoga exercises can be used to increase adjustment ability, social adjustment and emotional adjustment of the elderly men and women by specialists in nursing homes(Asiachi, 2017). A similar research done by Chakradhari et al(2016) to assess the effect of yogic practices on adjustment level of blind students revealed that yogic practices are significantly effective to improve the level of Adjustment of blind students(Kewal Ram Chakradhari, 2016). As adjustment is purely a psychological aspect of human being, so the impact of YogaNidra on adjustment behavior of human being cannot be denied.Yoga Nidra is a systematic practice aimed at mental, physical, and emotional relaxation(Gurmeet Singh, 2010;.). This practice was developed and standardized by Swami SatyanandaSarasvati.He explains:"Yoga Nidra as a state of mind between wakefulness and dream"(Bhushan, 2000). When someone practices Yoga Nidra, heis able to open the deeper phases of the mind. During the practice of Yoga Nidra, the consciousness spread at different levels and the consciousness is suspended for a few moments periodically, which means that it alternates between the subconscious and unconscious states.In a study by Eastman-Mueller et.al, a sample of sixty-six college students participated in an 8-week Yoga Nidra intervention. Researchers assessed changes in worry and perceived stress. The data suggests that the intervention was helpful in reducing students' worry and stress(Heather Eastman-Mueller, 2013).

Statement of the Problem:

Every facet of society experiences adjustment issues, which hamper the growth of positive interpersonal relationships. Numerous sociologists and scientists are working hard to improve people's capacity for adaptability. However, the Indian ancient tradition Yoga has the potential to be very beneficial in this area. With this backdrop in mind,knowing the impact of YogaNidra on human psychology and behavior, the researchers decided to conduct a research to know the effects of YogaNidra on adjustment problems of elderly person.

The Objective of the Study:

The objective of this study was to find out the impact ofYogaNidraon adjustment problems of elderly persons.

Methodology:

Selection of the Participants

For the purpose of the study total 45 elderly persons (including 25 women) from Durgamadhabnagarresidentialassociation, Bhubaneswar, Odisha, India was selected through purposive sampling. The group consisted of both male and female as there was no option to select

one sex from the members of the association. The age of the members was ranged from 58 years to 65 years.

Criterion Measures

Adjustment capacity was the only criterion measures. The data for the present study was collected with the help of Old Age adjustment inventory developed by Shamshad Hussain and JasbirKour(Shamshad, 1990). This scale consists 125 items, which gives the global picture of once adjustment pattern It also requires the subject to indicate his/her response by ticking 'YES' 'NO' OR 'DON'T KNOW'. The responses are scored with the help of the scoring key for each area and the level of adjustment is measured and interpreted for each area and overall adjustment of the subject is measured. Higher the score in each area indicates better adjustment and low score indicates poor adjustment in that particular area. The Reliability score of the tool is under test reliability is 0.83, and under, full test is 0.91 as per the recommendations, reliability score is more than 0.8 is reliable. The scale was validated against three different tools.

Experimental Design

The present study was done by using one sample group for pre and post-test assessment. The effects of *yoganidra*were studied in 45 elderlies with age group of 58 to 65 years. The subject of study was selected from the members of Durgamadhabnagar residential association,Bhubaneswar Odisha through a personal interview. They have given details of their medical history and consent letter to go for a practice session of 12weeks and 6 days in a week in the Association Hall.The subjects were selected through purposive sampling method. The subjects were asked to come to the Association Hall,sharp at 6.30 AM with their mat and sit silently for Morning Prayer to begin the session. Then they were advised to do loosening exercises for 10 minutes and lie down in savasana for relaxation. After that they had undergone a YogaNidra session on the regular basisfor 30 minutes. Then they had asked to share their experience in writing.

The method of doing Yoga Nidra involves seven steps of preparation, resolution, rotation of the awareness through the different parts of the body, breath awareness, feeling and sensation, visualization, externalization of the awareness and ending of the practice(Saraswati.., 2002).

Collection of Data

Before the starting of the session, the demographic data of all the participants were collected in proper format. The participants were properly explained about the purpose of the study and asked to fill up the Old Age adjustment inventory questionnaire with the help of the volunteers.Accordingly, pre-test data were prepared from the answers of the questionnaires. After the 12 weeks of practice session, again the participants were asked to fill up the Old Age Inventory questionnaire to assess the improvement. Then the collected data were converted to quantitative data.

Statistical Techniques Employed

After conversion of data into numeric score**,** it was put to suitable statistical analysis by computing Mean, S.D and test of significance (t-test).T test was applied to both pre-test and post test data for interpretation, analysis, discussion and drawing conclusion. All the calculation was done through Excel2010.

TABLE-1:Mean and SD of Pre and Post Test data on Health Adjustment

Variables	**Test**	**Mean**	**S D**	**T VALUE**	**P-value**
Health Adjustment	Pre Test	13.04	±3.26	3.0058	0.0035 Statistically Significant
	Post Test	15.09	±3.21		

From the Table-1,it was observed that mean score and standard deviation (SD) of pretest and post test data of Health Adjustment of 45 elderly personwere13.04 with std deviation± 3.26 and 15.09 with std dev ±3.21 respectively. The p-value equals 0.003451, ($p(x\leq T) = 0.001726$). It means that the chance of type I error (rejecting a correct H0) is small: 0.003451 (0.35%). The smaller the p-value the more it reveals the statistically significantof the impact of the test. The test statistic T equals -3.0058, which is not in the 95% region of acceptance: [-1.9873: 1.9873].x1-x2=-2.05, is not in the 95% region of acceptance: [-1.3554: 1.3554].The standard deviation of the difference, S' equals 0.682, is used to calculate the statistic. In other words, the difference between the sample average of pretest data and post test data is big enough to be statistically significant.

TABLE-2:Mean and SD of Pre and Post Test data on Home Adjustment

Variables	**Test**	**Mean**	**S D**	**T VALUE**	**P-value**
Home Adjustment	Pre Test	15.69	±2.08	1.4809,	0.1422, not Significant
	Post Test	16.46	±2.8		

From the Table-2, it was observed that mean score and standard deviation (SD) of pretest and post test data of Home Adjustment of 45 elderly people were15.69 with Standard deviation± 2.08 and 16.46 with std. dev±2.8 respectively. The p-value equals 0.1422, ($p(x\leq T) = 0.07111$). It means that

the chance of type I error, rejecting a correct H0, is too high: 0.1422 (14.22%).

The larger the p-value means the difference of average of pretest data and post test data was not big enough. The test statistic T equals -1.4809, which is in the 95% region of acceptance:[-1.9873: 1.9873]. x1-x2=-0.77, is in the 95% region of acceptance: [-1.0333 : 1.0333]. The standard deviation of the difference, S' equals 0.52, is used to calculate the statistic other words, the difference between the sample average of pretest data and post test data is not big enough to be statistically significant. Hence it could be presumed that there was no change in adjustment level at home after practicing Yoga Nidra.

TABLE-3:Mean and SD of Pre and Post Test data on Social Adjustment

Variables	**Test**	**Mean**	**S D**	**T VALUE**	**P-value**
Social Adjustment	Pre Test	14.6	±2.18	3.5955	0.00053
	Post Test	16.46	±2.7		Statistically Significant

From the Table 3, it was observed that mean score and standard deviation (SD) of pretest and post test data for social adjustment(N=45) were 14.6 with standard deviation2.18 and 16.46 with standard deviation was 2.7 respectively. Since p-value < α, the average of pre-test data and pst test data was not equal. The P-value is 0.00053; it means type-1 error is small. The test statistic T equals -3.5955, which is not in the 95% region of acceptance: [-1.9873:1.9873].x_1-x_2=-1.86, is not in the 95% region of acceptance: [-1.028:1.028].The standard deviation of the difference, S' equals 0.517, is used to calculate the statistic. So, the difference between the sample average of pretest data and post test data was big enough. So it was evident that, the YogaNidra has a significant impact on old age social adjustment.

TABLE-4: Mean and SD of Pre and Post Test data on Martial Adjustment

Variables	**Test**	**Mean**	**S D**	**T VALUE**	**P-value**
Martial Adjustment	Pre Test	8.19	±3.09	1.4346	0.155
	Post Test	9.12	±3.06		Statistically not Significant

From the Table-4, it was observed that mean score and standard Deviation of Pre-test and Post test data for martial adjustment (N=45) were 8.19 with std dev 3.09 and 9.12 with std dev 3.06 respectively.The mean score of Pre Test data is assumed to be equal to the mean score of post test data.The p-value equals 0.155, ($p(x \leq T) = 0.07748$). It means that the chance of type I error, is too high: 0.155 (15.5%).The larger the p-valuerevealed the statistically insignificant of the average of pre and post data.The test statistic T equals -1.4346, which is in the 95% region of acceptance: [-1.9873: 1.9873].x_1-x_2=-0.93, is in the 95% region of acceptance: [-1.2883: 1.2883].The standard deviation of the difference, S' equals 0.648, is used to calculate the statistic. So from the above data analysis,it could be assumed that, YogaNidra has a very little impact on old age marital adjustment.

TABLE-5:Mean and SD of Pre and Post Test data on Emotional Adjustment

Variables	**Test**	**Mean**	**S D**	**T VALUE**	**P-value**
Emotional Adjustment	Pre Test	10.68	±2.25	3.5012	0.0007296
	Post Test	12.42	±2.46		Statistically Significant

From the Table-5, it was observed that mean score and standard Deviation of Pre-test and Post test data for emotional adjustment (N=45) 10.68 with std 2.25 and 12.42 with std dev 2.46 respectively. The mean score of Pre Test data is assumed to be not equal to the mean score of post test data. The p-value equals 0.0007296, ($p(x \leq T) = 0.0003648$). It means that the chance of type I error (rejecting a correct H0) is small: 0.0007296 (0.073%).).The smaller the p-value revealed the statistically significant of the average of pre and post data. The test statistic T equals -3.5012, which is not in the 95% region of acceptance: [-1.9873: 1.9873].x1-x2=-1.74, is not in the 95% region of acceptance: [-0.9876: 0.9876].The standard deviation of the difference, S' equals 0.497, is used to calculate the statistics. So from the above data analysis, it could be assumed that, YogaNidra has a positive impact on emotional adjustment in old age.

TABLE-6: Mean and SD of Pre and Post Test data on Financial Adjustment

Variables	**Test**	**Mean**	**S D**	**T VALUE**	**P-value**
Financial Adjustment	Pre Test	7.74	±1.38	3.4474	0.0008703
	Post Test	8.69	±1.23		

					Statisticall y Significant

From the Table-6, it was observed that mean score and standard Deviation of Pre-test and Post test data for financial adjustment (N=45) 7.74 with 1.38 and 8.69 with std1.23 respectively. The mean score of Pre Test da($p(x \leq T) = 0.0004351$). ta was not equal to the mean score of post test data. The p-value equals 0.0008703, ($p(x \leq T) = 0.0003648$). It means that the chance of type I is small: 0.0008703 (0.087%).The smaller the p-value revealed the statistically significant of the average of pre and post data. The test statistic T equals -3.4474, which is not in the 95% region of acceptance: [-1.9873: 1.9873].x1-x2=-0.95, is not in the 95% region of acceptance: [-0.5476: 0.5476].The standard deviation of the difference, S' equals 0.276, is used to calculate the statistic. So from the above data analysis, it was observed that, YogaNidra has a positive impact on financial adjustment in old age.

TABLE-7:Mean and SD of Pre and Post Test data on Overall Adjustment

Variables	**Test**	**Mean**	**S D**	**T VALUE**	**P-value**
Overall Adjustment	Pre Test	69.94	±5.08	8.6524	2.131 Statisticall y Significant
	Post Test	78.24	±3.95		

From the Table-7, it was observed that mean score and standard Deviation of Pre-test and Post test data for overall adjustment (N=45) 69.94 with 5.08 and 78.24 with std dev 3.95 respectively. The mean score of Pre Test data was not equal to the mean score of post test data. The p-value equals 2.131e-13, ($p(x \leq T) = 1.066e-13$). It means that the chance of type I error is small: 2.131e-13 (2.1e-11%).The smaller the p-value revealed the statistically significant of the average of pre and post data. The test statistic T equals -8.6524, which is not in the 95% region of acceptance: [-1.9063: 1.9063].The standard deviation of the difference, S' equals 0.959, is used to calculate the statistic. So from the above data analysis, it could be assumed that, YogaNidra has a positive impact on overall adjustment in old age.

Discussion and findings

There are mainly three different types of strain and tension that influence human behavioras per modern psychology as well as the yogic philosophy. Theseare found in the emotional, mental, and physical levels of our existence. These three tensions have an impact on thebehavior, interaction,

communication and life style. With the aging process different problems are found at the different spheres of life in elderly ones with their physical, mental, emotional, social and financial conditions. They undergo different tensions which has the negative impactson their ability to adjust to their children and family as well as their ability to adjust to society. These can be gradually relieved by practicing Yoga Nidra regularly.The mind is a chaotic vortex of fancies, misunderstandings, and oscillations. The tensions from job, home, and interpersonal interactions build up in the mental body's consciousness state.The body that is in responsible of an individual's abnormal behavior may undergo psychological and behavioral changes as a result. Yoga Nidra is a form of deep relaxation that allows one to access the subconscious mind, where tensions can be released and a state of relaxation as well as harmony will be established in all aspects of the life.

Meenakashi Pathak (2014) studied that people who are getting older may struggle with a range of issues, such as diminished self-esteem, depression, unmet dependency needs, loneliness, boredom, and fear of the future. The physical pains and complaints that come with getting older are frequently translated into psychological problems in the elderly(Dr. Meenakshi Pathak, 2014).They can experience a sharp decline in their bodily and mental health as a result. The tremendous energy of Yoga Nidra makes it simple and uncomplicated to experience this. Yoga Nidra is an altered state of consciousness in which a person sleeps while still having a faint awareness of their surroundings. The eight steps of Yoga Nidra (i.e., preparation, relaxation, resolve, rotation of awareness, breathing, picture visualization, resolve, finish) may be used as anadjuvant to release accumulated tensions. S. C. Davis (2018) investigated the efficacy of Yoga Nidra for healing emotional suffering. Atraumatic experience, such being affected by a loved one through their words or deeds, can cause emotional suffering, which is best described as heartbreak(SC, (2018)). It can result from melancholy, anxiety, disappointment, dread, or guilt and tends to get worse when one replay or relive upsetting or traumatic events that have already happened. When emotional anguish interferes with his mood, relationships, personal and professional life, and consumes his thoughts continually, it can become crippling.

In this research work an overall significance difference between pre and post test scores on adjustment was observed. But in Home and Martial adjustment, the impact of YogaNidra was not significant. It might happen due to family structure of Odisha. Apart from this, the elderly persons of Odisha are very much conservative about their relationship with family and spouse.Hence, the result was non- significant in that front. But adjustments as a whole by the participants were greatly improved due to regular practice of YogaNidra.

Conclusion:

From the findings of the present study, it may be concluded that regular practice of YogaNidra by the elderly may have effect on health adjustment, social adjustment, emotional adjustment and financial adjustment. They may overcome most of their behavioral issues by adopting practice of YogaNidra in their life.

Acknowledgement:

The authors would like to thank The Durgamadhab Nagar Residential Association for providing them the opportunity to conduct this study in the Association Hall. They would also like to thank all participants for their individual and collective contribution in completing this study.

Conflict of Interest: None declared.

REFERENCES:

1. Ashcroft, S. C. (1963). A New Era in Education and a Paradox in Research for the Visually Limited. *Exceptional Children, 29* (8).
2. Asiachi, N. S. (2017). The Effectiveness of Yoga on the Adjustment of Elderly Men and Women. *Aging Psychology, 2(4),* , 261-270.
3. Bhushan, S. &. (2000). Yoga Nidra and Management of Anxiety and Hostility. *Journal of Indian Psychology* .
4. Dr. Meenakshi Pathak, D. A. (2014). Yoga Nidra – An Efficient Adjuvant For Geriatric Health Care. *, World Journal of Pharmaceutical Research, 2014(4)2* .
5. Gurmeet Singh, J. S. (2010;.). Yoga Nidra: a deep mental relaxation approach. *British Journal of Sports Medicine, 44*.
6. Heather Eastman-Mueller, T. W.-K. (2013). iRest Yoga-Nidra on the College Campus: Changes in Stress, Depression, Worry, and Mindfulness. *International Journal of Yoga Therapy , 23* (2).
7. Kewal Ram Chakradhari, D. V. (2016). Effect of Yogic Practices on Adjustment Level of Blind Student. *International Journal of Yoga and Allied Sciences , 5* (2).
8. Muktibodhananda, S. (,Hatha Yoga pradipika,Chapter2,Verse2). *Hatha Yoga Pradipika,Chapter2,Verse2.*
9. Munn, N. L. (1956). *Psychology;: The fundamentals of human adjustment.* U.S.A.: Houghton Mifflin Company, 1956.

10. Pranay Kumar Gupta, M. K. (2010). Anuloma-Viloma Pranayama and Anxiety and Depression among the Aged. *Journal of the Indian Academy of Applied Psychology 2010; 36(1)* , 159-164.

11. Saraswati.., S. S. (2002). *Yoga Nidra* (2002 ed.). (B. y. Vidyalaya, Ed.) Munger: Yoga Publication Trust.

12. SC, D. ((2018)). Yoga Nidra to Release Emotional Pain. J. *Yoga Pract Ther 1:1., 1* (1).

13. Shamshad, J. (1990). *The Old Age Adjustment Inventory (SJOAI).* Agra: National Psychological Corporation 4/230 Kachiri Ghat Agra-28004 India, .