

Effectiveness of Yoga Therapy on Anxiety among Caregivers of Old Age People Living in a Selected Community at Jaipur, Rajasthan

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Abstract:

Background: Yoga acts as a prominent complementary and holistic mind-body practice combining physical poses, breath regulation, and meditation. Caregiving for the geriatric population often induces profound psychological distress and clinical anxiety due to sustained physical and emotional burdens. This study evaluates the efficacy of targeted yoga therapy on mitigating anxiety levels among caregivers of old age people residing in Mansarovar, Jaipur.

Materials & Methods: An evaluative quantitative approach using a pre-experimental single-group pre-test/post-test research design was executed with a cohort of 60 caregivers chosen via non-probability convenient sampling. Baseline anxiety profiles were documented using a standardized Modified Beck Anxiety Inventory Scale before a structured yoga therapy intervention was introduced. A follow-up post-test was conducted to measure changes in psychological anxiety parameters.

Results: The baseline pre-test findings indicated that 63.33% of caregivers suffered from moderate anxiety, while 36.66% exhibited severe anxiety symptoms. Following the implementation of regular yoga sessions, the post-test results revealed a major clinical shift: 73.33% moved into the mild anxiety category, 26.66% reported moderate anxiety, and severe anxiety was entirely eliminated (0%). The aggregate mean anxiety scores dropped drastically from 51.3 in the pre-test to 26.3 in the post-test, showcasing a mean score compression of 25 points. Inferential statistical evaluation generated a paired t-test value of 21.36, which vastly exceeded critical thresholds, proving a highly significant educational and therapeutic outcome ($p < 0.05$).

Conclusion: Yoga therapy functions as a highly potent, zero-cost, and non-pharmacological self-management intervention that markedly minimizes distress and anxiety burdens for family caregivers. Integrating systematic mind-body programs into community health networks is highly recommended.

Keywords: Yoga Therapy, Anxiety, Caregivers, Geriatric Care, Mental Health Nursing, Mansarovar.

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INTRODUCTION

Yoga is a ancient physical, mental, and spiritual discipline that originated in India over 5,000 years ago, designed to promote holistic growth, systemic balance, and inner harmony.

In modern clinical research, therapeutic yoga is increasingly defined as the systematic application of yogic postures (asanas), controlled breathing exercise (pranayama), and mindfulness meditation (dhyana) to mitigate structural, physiological, and emotional distress. Accumulating evidence indicates that consistent mind-body practices enhance cardiovascular metrics, stimulate parasympathetic nervous activation, regulate cortisol synthesis, and enhance overall quality of life.

As global demographic trajectories tip toward an aging society, caregiving for the elderly has evolved into a vital civic and public health nexus. In older adults (aged 60 and above), multiple chronic illness states, cognitive declines, and dependency progressions create an immediate need for extensive daily assistance. Consequently, family caregivers are regularly thrust into demanding roles that induce sustained cognitive, emotional, and economic strain. This micro-environment frequently fosters pathological anxiety, defined as a debilitating emotional pattern of worry, constant tension, and systemic fatigue that disrupts domestic and occupational baseline functionality.

MATERIALS & METHODS

To evaluate the physiological and psychological modifications driven by mind-body practices, an evaluative quantitative approach using a pre-experimental single-group pre-test/post-test research design was chosen. The investigation was physically situated within the urban community of Mansarovar, located in Jaipur, Rajasthan, under the institutional oversight of the Upchar College of Nursing.

A study cohort comprising 60 active caregivers of elderly individuals was assembled using a non-probability convenient sampling framework based on strict eligibility baselines. Inclusion parameters required participants to be primary family or co-habiting care providers for an individual over 60 years of age, to be present during data collection, and to provide written informed consent. Individuals with acute psychiatric conditions or severe physical disabilities preventing light physical alignment were excluded.

The primary analytical instrument consisted of a standardized psychometric scale modeled on the Modified Beck Anxiety Inventory Scale, alongside a structured pro-forma to log key socio-demographic variables (age, gender, educational qualification, religion, family income, marital status, and caregiving duration). The intervention phase introduced a targeted yoga module focusing on soft physical alignments, structured rhythmic breathing, and guided meditation over a predefined clinical observation window.

Empirical Results and Data Analysis

Statistical evaluation utilized descriptive metrics (frequencies, percentages, mean values, and standard deviations) alongside inferential paired t-test distributions to map the therapeutic outcomes.

Anxiety Severity Tier	Pre-Test Distribution (%)	Post-Test Distribution (%)	Clinical Outcome Shift
Mild Anxiety (<50% Score)	0.00%	73.33%	+73.33% Growth
Moderate Anxiety (50-75%)	63.33%	26.66%	-36.67% Reduction
Severe Anxiety (>75% Score)	36.66%	0.00%	-36.66% Eradication

Table 1.1: Comparative Psychometric Distribution of Caregiver Anxiety Levels (N=60)

Initial diagnostic screenings documented severe psychological strain within the sample: 63.33% faced moderate clinical anxiety, and 36.66% presented severe anxiety patterns. Post-intervention scores showed a complete shift: severe anxiety dropped down to 0%, while 73.33% transitioned successfully into the mild anxiety tier.

The cumulative pre-test mean anxiety index was computed at 51.3. Following yoga therapy, the post-test mean index collapsed down to 26.3, representing an absolute drop of 25.0 points. A paired t-test was conducted to confirm the statistical validity of this difference, yielding an empirical value of 21.36. This vastly exceeded the critical table value at 59 degrees of freedom ($p < 0.05$), confirming that the reduction in anxiety parameters stems directly from the yoga therapy program rather than circumstantial artifacts.

DISCUSSION AND CONCLUSION

The results demonstrate that simple, structured yoga protocols can alleviate caregiver stress. By targeting the nervous system through rhythmic breathing and light physical movements, caregivers experience a substantial drop in anxiety. This matches larger global trials evaluating non-pharmacological stress relief tools for home care providers.

Ultimately, this research establishes that structured yoga therapy provides an effective, zero-cost framework to reduce severe anxiety and improve psychological well-being among caregivers. It is highly recommended that community health setups incorporate regular yoga classes to support family caregivers.

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