

Effect of Yoga on Sleep Quality and Quality of Life in Geriatric Population – Experimental Study

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ABSTRACT

BACKGROUND: Yoga as a life style practice has demonstrated beneficial effect. Aging is associated with multiple medical conditions mainly due to deteriorating physiological reserves and impaired immune mechanism. (1) Sleep disturbance is another commonly reported problem in elderly. (2) Beneficially of yoga like reduction of blood pressure, relieving of anxiety and decrease in sleep disturbances. (1) QOL is recognized as a concept representing individual responses to the physical, mental and social effects of illness on daily living, which influence the extent of personal satisfaction with life circumstances that can be achieved. (1)

PURPOSE: To evaluate the effect of yoga on sleep quality in old age people. To evaluate the effect of yoga on quality of life in old age people

METHODOLOGY: Research study: Experimental study, Study setting: Shree D.M Patel collage of Physiotherapy Amreli, Study site: Old age home Amreli (Dikra nu ghar), Sampling size: 30, Study duration: 1 month (6 day in a week)

RESULT:

In experimental study our mean±SD total score of pre & post PSQI

| | | |
|---------|-------|----------------------------|
| Pre | 8.43 | ±3.048 |
| Post | 5.07± | 3.393 and pre & post sf 36 |
| Pre sf | 64.67 | ±18.473 |
| Post sf | 69 | ±17.538 |

Our significant value < 0.05 so, our study is significantly improving sleep and quality of life in geriatric population

CONCLUSION: The finding of this study suggests that yoga therapy is effective in improving sleep quality and QOL in elderly.

Keywords: yoga, Sleep Quality, Quality of life, geriatric population

INTRODUCTION

-Yoga as a life style practice has demonstrated beneficial effect. (1). Aging is associated with multiple medical conditions mainly due to deteriorating physiological reserves and impaired immune mechanism (1)

-Sleep disturbance is another commonly reported problem in elderly. (2)

-Beneficially of yoga like reduction of blood pressure, relieving of anxiety and decrease in sleep disturbances. (1). Yoga such as Suksmavyayama, (loosening exercises) yogasana (physical posture), pranayama (breathing exercises), and meditation (1)

-Yoga is a mind-body physical activity that includes a combination of stretching and holding movements and postures. Yoga is growing in popularity among older people and is associated with significant health benefits such as improved strength, flexibility, balance and mobility and mood. (5)

- Various sleep-related problems identified in elderly people include long time to fall

asleep, disturbed sleep at night, and decreased daytime alertness etc (2)

-QOL is recognized as a concept representing individual responses to the physical, mental and social effects of illness on daily living, which influence the extent of personal satisfaction with life circumstances that can be achieved. Measuring QOL is recognized as an important add-on to objectify clinical effectiveness in recent clinical trials. (1)

-current study was planned to assess the effect of Yoga exercises on sleep quality and QOL in elderly people in Amreli.

LITERATURE REVIEW

Kumari BNP et.al research on effect of yoga and exercise to improve physical function and QOL in elderly at Eashwaribai Memorial College of Nursing, Secunderabad, Telangana, India (2022) concluded beneficial in term improving mental and social well being and health related QOL in elder people (5)

Mangesh A Bankar et.al research on impact of long term yoga practice on sleep quality and quality of life in the elderly at department of pharmacology, government of medical collage Nagpur India (January 2022) concluded that long term practice of yoga exercise by elderly people is associated with less sleep disturbance and good sleep quality (2)

Gaurav pant et. Al research on effect of yoga program on quality of life of old age people at Bhartividhyapith Deemed University Pune, India (April 2016) concluded that the yoga program for longer duration may have highly significant level of change in the quality of life of old age people. (3)

V. R Hariprasad et.al research on effect of yoga interventional on sleep and quality of life in elderly at institute of mental health and neuroscience, Bangalore Karnataka, India (July 2013) concluded that benefit of yoga therapy in improving quality of life and sleep quality. (1)

Naciye Vardar Yagly et.al research on effect of yoga on the QOL and Mobility in

geriatric patient with osteoporosis at department of physiotherapy and rehabilitation, hacettepe univercity ankara turkey (2012) concluded that it can be inferred that the regular practice of yoga contributed to increase mobility, reduce pain and consequent improvement in the functionality and QOL in elderly in female. (4)

MATERIALS & METHODS

Research design: experimental study

Study setting: Shree D.M Patel collage of Physiotherapy Amreli

Study site: Old age home Amreli (Dikra nu ghar)

Sampling size: 30

Study duration: 1 month (6 day in a week)

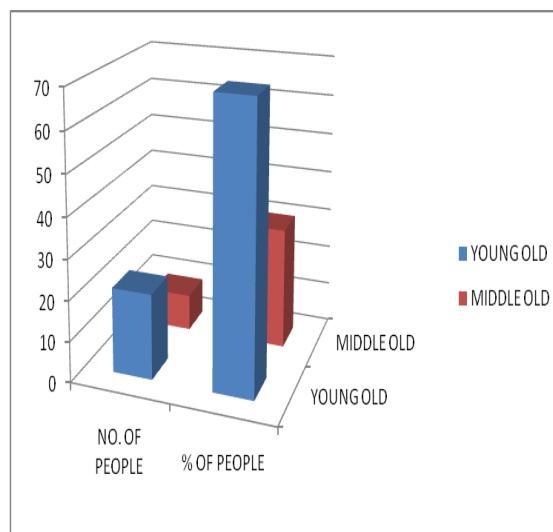
STATISTICAL ANALYSIS

Data were analysis using SPSS version 25.0. Data is presented as percentage or mean ± standard deviation as appropriate.

RESULT

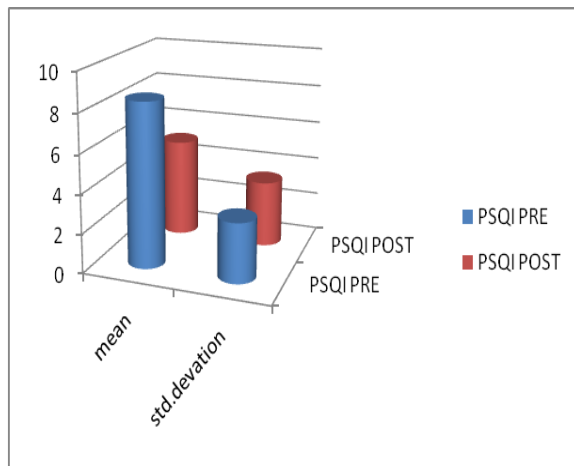
AGE:

| | NO. OF PEOPLE | % OF PEOPLE |
|------------|---------------|-------------|
| YOUNG OLD | 21 | 70 |
| MIDDLE OLD | 9 | 30 |



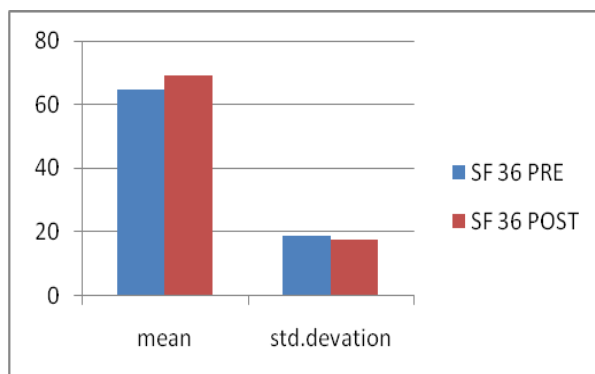
Sleep quality:

| | MEAN | S. D |
|-----------|------|-------|
| PSQI PRE | 8.43 | 3.048 |
| PSQI POST | 5.07 | 3.393 |



QOL:

| | MEAN | S. D |
|------------|-------|--------|
| SF 36 PRE | 64.67 | 18.473 |
| SF 36 POST | 69 | 17.538 |



PAIRED T TEST:

| PAIRED T TEST | T TEST | P VALUE |
|---------------|--------|---------|
| PSQI | 6.903 | 0.00 |
| SF 36 | -3.71 | 0.01 |

DISCUSSION

This research aims to investigate the effect of yoga on sleep quality and QOL in old age people

The study utilized experimental and data were collected using SF 36 and PSQI scale. The study included 30 elderly from old age home Amreli

After yoga session of 1 month, out of 30 candidates, 15 candidate showed improvement of sleep and QOL. 10 candidates had showed improved sleep quality. And only 5 candidates showed no

effect or improvement of yoga in sleep quality and QOL.

In this study prevalence was more common in female than male because of sample size of study mostly consist female as compared to male outcome have more prevalence in female than male.

CONCLUSION

The finding of this study suggests that yoga therapy is effective in improve sleep quality and QOL in elderly.

Declaration by Authors

Ethical Approval: Approved

Acknowledgement: None

Source of Funding: None

Conflict of Interest: The authors declare no conflict of interest.

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