



The Effectiveness of Pranayama on Level of Stress Among Housewives in Selected Community, Bilaspur Chhattisgarh

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Abstract

This abstract discusses the evolving roles and challenges faced by women, particularly housewives, in contemporary society. The text emphasizes that chronic stress can lead to serious health issues and often goes unrecognized by women who prioritize the needs of others over their own. It also points out the undervalued and demanding nature of unpaid household work, which can lead to feelings of isolation, frustration, and worthlessness among housewives. The societal pressures to fulfill the ideal roles of a wife and mother further exacerbate these stressors, making it challenging for women to maintain a balance between their personal needs and household responsibilities. Overall, the abstract underscores the importance of recognizing and addressing the unique stressors faced by women, particularly in the context of their roles as homemakers.

Keywords: Woman, Society, Obligations, Knowledge, Stress

Introduction

The term woman is usually used for an adult girl. Woman is the great creation of God, a multi-faceted personality with the power of benevolence, integrity, adjustability and tolerance the lives of women of current era are much different than the older days. Women are so busy that they do not take time to slow down long enough to think about how stress is negatively affecting them. Long term stress can lead to serious health problems. It seems to be common knowledge that women are generally busier and more stressed than men. It is widely believed that they juggle more roles and are constantly rushing. Stress can cause stress hormones such as adrenaline and cortisol to flood your system. These hormones cause a rise in heart rate and blood pressure, muscles to tense, an increase in blood sugar levels, and other physical symptoms.

In today's society, women's roles often include family obligations, caregiving for children and or elderly parents, and work responsibilities as well as other roles. As demands increase to fill these roles, women can feel overwhelmed with time pressures and unmet obligations. Women spend

more time meeting the needs of others nurturing their own needs. In functioning high-stress levels, women may not even recognize what their needs are. Stress can range from mild and short-term to more extreme and long-lasting. Chronic (long-lasting) stress can affect your mental and physical health. Stress word has been derived from physics and mechanics where it is defined as physical pressure exerted upon, and between different parts of the body, when deformation occurs as a result it is called strain. Stress can be positive and motivate women to achieve notable goals. But stress can also be negative and destructive, taking its toll in many areas. When stress becomes chronic or excessive, it becomes harder to adapt or cope. Chronic stress builds up so that stress seems like a normal way of life for some women.

Housewives often perform a significant amount of unpaid work, including cooking, cleaning, childcare, and managing household finances. A housewife is a married women who is in charge of her household as defined by Webster's dictionary. The employed people are getting public holidays while the housewife does not get any Holidays, she works

24/7 and 365 days. In the society people believe that there is not much work for household but its not true. This work is often undervalued and can lead to feelings of being taken for granted. Housewives may feel that their contributions to the household are not recognized or appreciated by other family members, which can lead to feelings of frustration and resentment.

Financial distress the housewives may experience lack of satisfaction, boredom and feelings of worthlessness. These problems become serious as their children get older. Enveloped up in their own lives, children assert their independence and husbands are busy with their careers. Housewives may feel isolated and lonely, especially if they do not have a strong support network or opportunities for social interaction outside the home. Balancing household responsibilities with personal needs can be challenging for housewives, leading to a lack of time for self-care, hobbies, or relaxation. Some housewives may feel stressed due to financial dependence on their spouse, which can lead to feelings of insecurity and lack of autonomy. Juggling multiple roles as a caregiver, homemaker, and potentially a spouse can be overwhelming and lead to stress.

Housewives may feel pressure to meet societal expectations of what it means to be a perfect wife, mother, and homemaker, which can be unrealistic and contribute to stress. Without clear boundaries between work and personal life, housewives may find it difficult to switch off from their responsibilities, leading to constant feelings of being "on call."

Literature Review

Salari et al. (2020) ^[1], Prevalence of stress, anxiety, depression among the general population during the COVID-19 pandemic: a systematic review and meta-analysis. In this systematic review and meta-analysis, articles that have focused on stress and anxiety prevalence among the general population during the COVID-19 pandemic were searched in the Science Direct, Embase, Scopus, PubMed, Web of Science (ISI) and Google Scholar databases, without a lower time limit and until May 2020. Moreover data analysis was conducted using the Comprehensive Meta-Analysis (CMA) software.

Harilal A., Santhosh A.V. (2017) ^[2], Study was conducted in Thiruvananthapuram, Ernakulum and Kozhikode. A comparative study on the stress levels of women in this dual role of housewife and working woman becomes significant. The study explores the stresses faced by women in society. The result indicates that the financial position of the family makes an impact on the stress levels among both housewives and working women. 90 working women and 90 housewives 30 each from Thiruvananthapuram, Ernakulum and Kozhikode- participated in the study. Working women with SSLC (14.4%), plus two (17.80%), graduation (34.4%), post-graduation (33.3%) and housewives with SSLC (40%), plus two (24.4%), graduation (26.7%), post-graduation (8.9%) participated in the study. 8.9% of working women belonged to the upper middle class, 85.6% to the middle class and 5.6% to the lower middle class. 8.9% of the housewives belonged to the upper middle class, 15.6% to the middle class and 84.4% to the lower middle class. Where employment status of the husband is concerned, in the case of working women, 34.4%

were working in the government sector and 45.6% in the private sector. 17.8% were self-employed and 2.2% were unemployed. With respect to husbands of housewives, 7.8% worked in the government sector, 45.6% in the private sector and 46.7% were self-employed.

Dr. Nehal Patel (2016) ^[3] Study was aimed to find out the effect of yoga training on stress seen in women. The study was conducted at Yoga Institute of the Gujarat Ayurveda University, Jamnagar, after prior approval from Ethical Committee. Total 50 women working/non-working, aged 25-50 years, non-smoker, non-pregnant, having stress related symptoms but never undergone yogic training were enrolled and informed consent were obtained. Women doing daily exercises and having major medical/surgical illnesses were excluded. History, general and physical examinations, anthropometric data, vital data and stress assessment (done by Zung self-rated anxiety scale) of women were noted before & after 16 weeks of yoga training. Statistical analysis was done by paired-t test and values shown in mean \pm SD. And the result out of total 50 women, 18 were working and 32 were non-working but doing household works. Anxiety scores before and after yoga training was found 47.04 ± 1.99 and 32.20 ± 4.72 respectively. The difference observed in anxiety score was statistically significant ($p < 0.0001$). Yoga helps to reduce stress and anxiety in working as well as non-working women. Practicing yoga daily improves the psychological functions significantly even in the absence of any other form of physical exercise.

R Sreevani (2017) ^[4], stated that, stress is the "non-specific response of the body to any kind of demand made upon it". A stressor is any person or situation that produces anxiety responses. It includes environmental stressors, physiological stressors, social stressors and thoughts. She has explained about the models of stress such as stimulus based model, response based model and transaction based model through the coping resources the person can cope up the stress. The common adaptive coping techniques are problem solving, positive self talk and self acceptance, conflict resolution and community living skills. The coping strategies are four, Such as Adaptive, Palliative, Maladaptive, Dysfunction which help into management of the stressors and the emotional problems.

Devi Kanta (2016) ^[5], Study revealed to compare the level of stress and association among working and non-working women residing in sector 15, Chandigarh. Convenient sampling technique was utilized to select samples. A stress scale was prepared on the basis of scores to assess the stress level and categorize them. The data obtained was analyzed in terms of objectives and hypotheses using descriptive and inferential statistics. The study revealed that the stress level was higher in non-working women as compared to working women. There was significant association between stress level and age of the participants among both working and non-working women.

Research Methodology: The sample for the present study was housewives in selected area at Bilaspur, Chhattisgarh.

Sample Size: Polit and Hungler, sample is a small portion of the population selected to participate in the research study. The sample size for the present study is 40 housewives in selected area at Bilaspur, Chhattisgarh.

Pilot Study

Polit and Beck, 'A small-scale version, or trial run, done in preparation for a major study (parent study)' Pilot study was conducted for 7 days on 09.06.2024 to 15.06.2024 at Lagra, village, Bilaspur, (C.G.). A total four sample of stress with housewives were selected through purposive sampling technique. The researcher explained the purpose of the study and confirmed the confidentiality of the result. An informed consent was obtained from the participants. The pre test was conducted on 09.06.2024. and the samples were demonstrated about pranayama in a quite and peaceful environment. Each day the sample were made to practice pranayama for about 30 minutes in the presence of the researcher. The researcher conducted the post test on the 7th day of intervention. The study was found feasible to conduct.

Method of Data Collection

The pre-test was conducted through self-structured questionnaires and (Perceived stress scale {PSS-10}) to get information on socio demographic data and level of stress among housewives. The sample were asked to choose the response from the given answers. After the pre-test sample were demonstrated about pranayama in a quite and peaceful environment for 20 days to the subject by the researcher. The duration of the procedure was 30 minutes. The post-test was done on 20th day of intervention.

Plan for Data Analysis: The data will be entered micro-excel sheet and data will be analysed by SPSS 22.0 trial version. Descriptive statistics as mean SD, will be find with appropriate graphs. Appropriate statistical test will be applied at the time of analysis. As statistical significant will be considered when will be p less than 0.05 level.

Analysis

Table 1: Distribution of Subject According to Age

S. NO.	Variables (Age in Year)	Frequency (N)	Percentage (%)
1.1	25-30 years	21	52.5%
1.2	31-35 years	5	12.5%
1.3	36-40 years	5	12.5%
1.4	41-45 years	9	22.5%
Total		40	100%

(N=40)

Table 1 Depicts that among the housewives of a selected village, the majority of them, i.e, 21 (52.5%) belonged to the age group of 25-30 years, 5 (12.5%) belonged to the age group 31-35 years, 5 (12.5%) belonged to the age group 36-40 years and 9 (22.5%) belonged to age group 41-45 year.

Table 2: Distribution of Subject According to Their Education

	Variables (Education)	Frequency (N)	Percentage (%)
2.1	Primary	13	32.5%
2.2	Middle	7	17.5%
2.3	Higher Secondary	10	25%
2.4	Graduate	6	15%
2.5	Post graduate	4	10%
Total		40	100%

(N=40)

Table 2 Depicts that among the housewives of a selected village, the majority of them, i.e, 13 (32.5%) belonged to the Primary, 7 (17.5%) belonged to the Middle, 10 (25%) belonged to the Higher Secondary, 6 (15%) belonged to the Graduate and 4 (10%) belonged to the Post Graduate.

Table 3: Distribution of subject according to their types of marriage.

S. NO.	Variables (Types of Marriage)	Frequency (N)	Percentage (%)
3.1	Consanguineous	00	00%
3.2	Non-Consanguineous	40	100%
Total		40	100%

N=40

Table 3 Depicts that among the housewives of a selected village, the majority of them, i.e, 40 (100%) belonged to the Consanguineous marriage and 00 (00%) belonged to the nonconsanguineous marriage.

Table 4: Distribution of subject according to their types of family

S. No.	Variables (Types of Family)	Frequency (N)	Percentage (%)
4.1	Nuclear family	30	75.0%
4.2	Joint family	10	25.0%
4.3	Extended family	00	00%
Total		40	100%

N=40

Table 4 Depicts that among the housewives of a selected village, the majority of them, i.e, 30 (75.0%) belonged to the nuclear family, 10 (25.0%) belonged to the joint family and 00 (00%) belonged to the extended family.

Table 5: Distribution of Subject According to Their Occupational Status of the Husband

S. NO.	Variables (Occupational status of the husband)	Frequency (n)	Percentage (%)
5.1	Government Job	2	5.0%
5.2	Private Job	9	22.5%
5.3	Business	15	37.5%
5.4	Coolie or daily wages	12	30.0%
5.5	Others	2	5.0%
Total		40	100%

N=40

Table 5 Shows that of the occupational status of the husbands among housewives in a selected village, the majority of them, i.e, 2 (5.0%) belonged to the government job, 9 (22.5%) belonged to the private job, 15 (37.5%) belonged to the business and 12 (30.0%) belonged to the coolie or daily wages and 2(5.0%) belonged to the others.

Table 6: Distribution of Subject According to Monthly Income of The Husband

S. NO.	Variables (Monthly income of the husband)	Frequency (n)	Percentage (%)
6.1	<Rs. 2000	0	0%
6.2	Rs. 2000-3000	1	2.5%
6.3	Rs. 3001-4000	3	7.5%
6.4	Rs. 4001-5000	5	12.5%
6.5	Above	31	77.5%
Total		40	100%

(N=40)

Table 6 Shows that of the monthly income of the husbands among housewives in a selected village, the majority of them, i.e, 0 (0%) earned < Rs. 2000, 1 (2.5%) earned Rs. 2000-3000, 3 (7.5%) earned Rs. 3001-4000, 5 (12.5%) earned Rs. 4001-5000, and 31 (77.5%) earned above.

Table 7: Distribution of Subject According to Duration of Married Life

S. No.	Variables (Duration of married life)	Frequency (n)	Percentage (%)
7.1	1-5 year	7	17.5%
7.2	6-10 year	7	17.5%
7.3	11-15 year	7	17.5%
7.4	16-20 year	8	20%
7.5	Above 20 year	11	27.5%
Total		40	100%

N=40

Table 7 Depicts that duration of married life among housewives in a selected village, the majority of them, i.e, 7 (17.5%) spent 1-5 years, 7 (17.5%) spent 6-10 years, 7 (17.5%) spent 11-15 years, 8 (20%) spent 16-20 years and 11 (27.5%) spent above 20 years.

Table 8: Distribution of Subject According to Number of Children

S. No.	Variables (Number of Child)	Frequency (n)	Percentage (%)
8.1	No child	4	10%
8.2	One child	1	2.5%
8.3	Two child	9	22.5%
8.4	Three child	15	37.5%
8.5	More than Three child	11	27.5%
Total		40	100%

N=40

Table 8 Depicts that number of children among housewives

Table 11: Evaluation of Data Related to Effectiveness of Pranayama on Stress by Using 'Z' Test.

Stress score	Total Score	Mean	Mean %	SD	SE	Mean difference	Z value	Df	Inference
pre test	811/1600	20.275	50.68%	5.392	0.853	2.875	3.55	39	significance
post test	696/1600	17.40	43.5%	4.845	0.766				

N=40

Table 11 Reveals that the stress score in pre test and post test was 811 and 696 respectively out of 1600. The total mean and mean score percentage of pre test was 20.275 (±5.392) and post test was 17.4 (±4.845) respectively. Hence, post-test score mean is lower than pretest mean score.

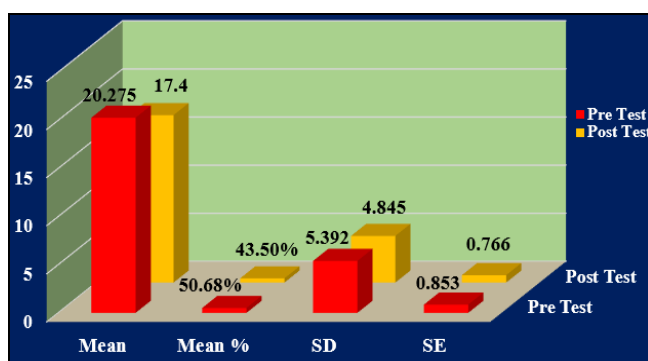


Fig 1: Percentage distribution of level of stress

in a selected village, the majority of them, i.e, 4 (10%) having no child, 1 (2.50%) having one child, 9 (22.5%) having two child 15 (37.5%) having three child and 11 (27.5%) having more than three child.

Table 9: Distribution of Subject According to Bad Habits of The Husband

S. No.	Variables (Bad habits of the husband)	Frequency (n)	Percentage (%)
9.1	Yes	28	70%
9.2	No	12	30%
Total		40	100%

N=40

Table 9 Shows that of the bad habits of the husbands among housewives in a selected village, the majority of them, i.e., 28 (70%) had bad habits (alcohol, smoking, chewing pouch) denote yes, and 12 (30%) had no bad habits, denote no.

Table 10: Criteria Wise Analysis of Pre-Test and Post-Test Stress Score by Frequency and Percentage.

	Stress Score			
	Mild (0-13)	Moderate (14-26)	High (27-40)	Total
Pre-Test	6 (15%)	31 (77.5%)	3 (7.5%)	40(100%)
Post Test	17 (42.5%)	23 (57.5%)	0 (0%)	40(100%)

Table 10 Reveals that the comparison of stress score between pre test in which 6 (15%) had mild stress, 31 (77.5%) had Moderate stress, 3 (7.5%) had high stress and post test stress score majority of subject 17 (42.5%) had mild stress, 23 (57.5%) had moderate stress, 0 (0%) had high stress among housewives. Highly Significant Difference in distribution of subject According to Criteria wise in pre test and post test.

'z' value, intervention of pranayama

The overall pre test and post-test mean stress score of respondents on the effectiveness of pranayama regarding level of stress. The post-test mean percentage (43.5%) is lower than pre-test mean percentage 50.68%. The post-test SE (0.766) is lower than pre-test SE (0.853).

The 'Z' test analysis was used to find the statistical significance on the effectiveness of pranayama on stress. The statistical 'Z' test indicates the difference between the pre test and post-test level of stress scores. It found statistically significant at 5 percent level. the 'Z' value obtained was 3.55.

Further the 'Z' test analysis shows that there was a significant reduce in the level of stress among housewives of selected community area at Bilaspur (CG.). [$Z_{cal} > 1.96$, Hence H_1 accepted.]

In this section Chi Square Analysis is done to find the association in pretest stress in selected demographic variables and is represented in table.

Table 12: Chi Square Analysis to Find out the Association Between the Pretest Level of Stress Among Housewives with Their Selected Demographic Variables.

Socio demographic variables	Mild stress (0-13)	Moderate Stress (14-26)	High stress (27-40)	Total	Df	Chi-Square Value		Inference
						Calculated	Tabulated	
1. Age in years								
25-30	5	15	1	21	6	4.712	12.6	<i>p</i> <0.05 Not Significant
31-35	0	5	0	5				
36-40	0	4	1	5				
41-45	1	7	1	9				
Total	6	31	3	40				
2. Education								
Primary	1	10	2	13	8	7.294	15.5	<i>p</i> <0.05 Not significant
Middle	1	5	1	7				
Higher Secondary	3	7	0	10				
Graduate	0	6	0	6				
Post Graduate	1	3	0	4				
Total	6	31	3	40				
3. Type ca of Marriage								
Consanguineous	0	0	0	00	2	0000	5.99	<i>p</i> <0.05 Not significant
Non consanguineous	6	31	3	40				
Total	6	31	3	40				
4. Type of Family								
Nuclear family	2	25	03	30	4	7.081	9.49	<i>p</i> <0.05 Not significant
Joint family	4	6	0	10				
Extended family	0	0	0	0				
Total	06	31	3	40				
5. Occupational status of the Husband								
Government job	1	1	0	02	8	11.645	15.5	<i>p</i> <0.05 Not significant
Private Job	2	7	0	9				
Business	3	12	0	15				
Coolie or daily wages	0	9	3	12				
Others	0	2	0	2				
Total	6	31	3	40				
6. Monthly Income								
< Rs. 2000	00	00	00	00	8	17.71	15.5	<i>p</i> >0.05 Significant
Rs. 2000-3000	0	0	1	1				
Rs. 3001-4000	0	3	0	3				
Rs. 4001-5000	0	4	1	5				
Above	6	24	1	31				
Total	6	31	3	40				
7. Duration of married life								
1-5 years	1	6	0	7	8	3.067	15.5	<i>p</i> <0.05 Not significant
6-10 years	1	5	1	7				
11-15 years	2	5	0	7				
16-20 years	1	6	1	8				
Above 20 years	1	9	1	11				
Total	6	31	3	40				
8. No. of children								
No child	1	3	0	4	8	5.496	15.5	<i>p</i> <0.05 Not significant
One child	0	1	0	1				
Two child	2	7	0	9				
Three child	3	11	1	15				
More than three child	0	9	2	11				
Total	6	31	3	40				
9. Bad habits of the husbands								
Yes	0	25	3	28	2	16.96	5.99	<i>P</i> >0.05 Not significant
No	6	6	0	12				
Total	6	31	3	40				

Table 12 Depicts that association in pretest Stress selected Socio-demographic variables such as Monthly income of husband (*t*=15.5, *P*<17.71), And Bad habits of the husbands (*t*=5.99, *P*<16.96) were found to be statically significant. Hence Research Hypothesis (H2) is accepted.

Conclusion

In conclusion, the role of women, particularly housewives, has evolved significantly over time, leading to increased stress and challenges in managing multiple responsibilities. Women today often juggle family obligations, caregiving,

and work, which can result in chronic stress that negatively impacts their mental and physical health. Despite their crucial contributions to the household, housewives frequently face undervaluation and lack of recognition, leading to feelings of isolation and frustration. The pressure to meet societal expectations can further exacerbate their stress levels, making it essential for women to prioritize self-care and establish boundaries to mitigate the adverse effects of chronic stress. Recognizing and addressing these challenges is vital for the well-being of women in contemporary society.

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