

**“EFFECTIVENESS OF YOGANIDRA IN MITIGATING STRESS
AMONG CANCER PATIENTS UNDERGOING CURATIVE
RADIOTHERAPY IN A SELECTED HOSPITAL, KOLAR.”**

By

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ABSTRACT

BACKGROUNDAND

OBJECTIVES

INTRODUCTION

Cancer is a major health issue in developing countries and it is one of the leading cause of death worldwide. The incident cases of cancer in India is 14, 61,427 by the year 2022 almost one third of the world's number is suffering with cancer. After diagnosing the people with cancer they may alter the psychological condition such as anxiety etc.

Depression are common if appropriate care and interventions are not provided at the right time the constant psychological stress reduces the quality of life ,increases the physical and emotional distress and impacts the treatment schedules and survival.¹

METHODS AND MATERIALS

A pre-experimental research design (one group pretest-posttest design. was adopted by using Non-Probability, convenient sampling techniques among 60 Cancer patients and collected data using Modified Stress scale was used to collect the data based on expert's validation and inclusion criteria of the study.

MAJOR FINDINGS

The major findings of the study highlighted that majority 50% (50) of the samples belongs to Moderate stress , 10%(10) samples belong to Mild stress and there is NO, Severe stress ,there are many studies conducted which supporting to the study.

Which indicates that majority of respondents were suffering from Cancer patients.

RECOMMENDATIONS:

Similar studies can be conducted on larger population at different Hospital settings.

CONCLUSION:

Finally, the researchers concluded the findings of the study clearly showed that majority of the study sample was Moderate Stress, thus, study recommended to Early identification, preventive practice to reduce Mitigating stress among the Cancer.

Key words: Effectiveness, Yoga Nidra, Mitigating stress, Cancer patients

LIST OF ABBREVIATIONS

| Sl. No. | Abbreviations |
|----------------|---|
| 1 | CA- Cancer |
| 2 | X² -Chi-square p value |
| 3 | df -Degree of Freedom |
| 4 | f: Frequency |
| 5 | F- Fisher's exact test |
| 6 | MSS- Modified stress scale |
| 7 | NS- Not Significant |
| 8 | %- Percentage |
| 9 | RLJ H&RC- R L Jalapa hospital and Research Centre. |
| 10 | SD- Standard Deviation |
| 11 | SS- Statistically significant |
| 12 | YN- Yoga Nidra |

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CHAPTER-1

INTRODUCTION

“EFFECTIVENESS OF YOGANIDRA IN MITIGATING STRESS AMONG CANCER PATIENTS UNDERGOING CURATIVE RADIOTHERAPY IN A SELECTED HOSPITAL, KOLAR.”

Cancer is a major health issue in developing countries and it is one of the leading causes of death worldwide. The incident cases of cancer in India is 14, 61,427 by the year 2022 almost one third of the world's number is suffering with cancer. After diagnosing the people with cancer, they may alter the psychological condition such as anxiety etc., Depression are common if appropriate care and interventions are not provided at the right time the constant psychological stress reduces the quality of life, increases the physical and emotional distress and impacts the treatment schedules and survival.¹

Regular practice of yoga, an ancient Indian traditional form of mind-body exercise, has been shown to facilitate regeneration and recuperation. This ancient practice uses techniques such as asana, Pranayama, Dhyana, and moral observance. Yoga has been found to increase strength, agility, flexibility, cardio-respiratory functions, reduce mental and physiological stress, and enhance mood, well-being, mind-body awareness, attention, and emotions in adults.²

Cytotoxic treatment for cancer diagnosis and post-therapy life can cause significant psychosocial and physical challenges for the affected individual. Yoga, a relaxation technique, has been shown to alleviate stress and improve physical and mental health in women with various cancers, including lymphoma, lung, breast, and

ovarian cancer. Swami Sathyananda Saraswathi developed Yoga Nidra, a form of yoga that focuses on yogic relaxation without physical movements. This form teaches individuals to consciously alter states of consciousness, including controlled breathing and respiratory.³

Yoga Nidra is easy to practice and poses no risk of physical injury, making it a beneficial alternative to traditional yoga. Cancer has a significant Psychological impact on affected People, affecting their quality of life. Pain and bleeding are common in cervical cancer patients, affecting mobility and quality of life 7-8. Interventional approaches like yoga and meditation can help reduce mental stress in cancer patients. This study aims to determine the benefits of Yoga Nidra in reducing distress in people undergoing curative radiotherapy for cancer.⁴

Cancer and its treatments, particularly radiotherapy can be profoundly stressful for patients, often resulting in psychological distress ,anxiety and decreased quality of life .Yoga Nidra a guided meditation and relaxation practice rooted in ancient yogic traditions has gained attention as a complementary intervention in oncology care unlike physical yoga practices, yoga Nidra involves deep relaxation while lying in a supine position making it accessible to individuals with limited mobility such as cancer patients undergoing intensive treatment.⁵

Studies suggest that Yoga Nidra can effectively reduce stress, anxiety, and depression by promoting parasympathetic nervous system dominance and improving emotional regulation. For instance, Rani et al. reported a significant reduction in stress levels among cancer patients practicing Yoga Nidra during radiotherapy, highlighting its potential as a supportive care strategy Similarly, research by Kumar and Joshi

demonstrated improved psychological well-being and sleep quality in oncology patients following a structured Yoga Nidra intervention.⁽⁶⁾

NEED FOR THE STUDY

Living with cancer can be incredibly challenging, both physically and emotionally. While medical treatments are crucial for treating cancer, they often come with side effects that can be difficult for patients to manage. This is where Yoga Nidra comes in. As a powerful relaxation practice, Yoga Nidra can offer a variety of benefits for cancer patients, including enhanced healing, reduced stress and anxiety, better sleep, and much more. There are several techniques used in Yoga Nidra that help promote relaxation and enhance healing. These include breath awareness, body scanning, visualization, and intention setting. Breath awareness involves paying attention to the natural rhythm of the breath, while body scanning involves consciously focusing on different areas of the body and releasing tension. Visualization involves creating mental images that promote feelings of calm and well-being, while intention setting involves setting positive intentions for healing and recovery.⁵

By using these techniques, individuals can cultivate a deep state of relaxation that promotes healing and well-being. Additionally, Yoga Nidra has been shown to help reduce stress and anxiety, improve sleep patterns, boost immune function, and promote emotional healing, all of which can be especially beneficial for individuals undergoing cancer treatment. Thus, the technique is increasingly important among cancer patients. Hence the researchers felt that Yoga Nidra technique is useful for cancer patients in reducing mitigating stress who is undergoing curative radiation therapy.⁶

Cancer patients undergoing radiotherapy often face significant psychological distress, including anxiety, fear and heightened stress levels stemming from both the

disease and the rigorous treatment process. prolonged psychological stress can impair immune function, reduce treatment adherence, and negatively affect overall quality of life and prognosis in cancer patients.⁷

Yoga Nidra a deep relaxation technique and meditative practice has gained attention for its potential to alleviate stress, anxiety and insomnia it is noninvasive, cost effective and suitable even for patients with limited mobility -making it an ideal adjunctive therapy during radiotherapy. Evidence suggests that yoga Nidra can modulate the autonomic nervous system, reduce cortisol levels and enhance emotional well-being.⁸

Despite the growing interest in integrative oncology there is a dearth of research specifically examining the effects of yoga Nidra among patients undergoing radiotherapy. addressing this gap is essential to provide a comprehensive approach to cancer care that include psychological and emotional support.⁹

Cancer is not only a physical illness but also a profoundly stressful experience. undergoing radiotherapy face multifaceted challenges including physical side effects emotional distress uncertainty and changes in body image. These stressors often lead to heightened psychological morbidity, with studies indicating that a significant proportion of cancer patients experience anxiety and distress during radiotherapy. if left unaddressed persistent stress can impair immune function, interfere with treatment compliance and reduce overall quality of life and treatment outcomes.⁽⁰⁾

Yoga Nidra, a guided meditation and deep relaxation technique rooted in yogic tradition, has been reported to be effective in reducing stress, anxiety, and depression in both healthy individuals and those with chronic illnesses.it works by inducing a state of conscious system responses and reduce cortisol levels , thereby.

The practice is especially suitable for cancer patients, as it requires minimal physical effort and can be practiced even in hospital setting. ¹¹

Although Yoga Nidra has shown potential in various clinical setting, there is limited empirical research focusing specifically on its effectiveness among cancer patients undergoing radiotherapy. Given the high prevalence psychological distress in this. ¹²

CHAPTER-II

OBJECTIVES

This chapter deals with the statement of the problem, objectives of the study, operational definitions, assumptions, hypothesis, conceptual framework which provides a frame of reference for the study.

STATEMENT OF THE PROBLEM

“Effectiveness of Yoga Nidra in mitigating stress among cancerpatients undergoing curativeradiotherapy in a selected hospital, Kolar.”

The Objectives of the study are to:

- 1.To assess the mitigating stress among cancer patients undergoing curative radiotherapy using Modified stress scale.
- 2.To evaluate the effectiveness of Yoga Nidra in mitigating stress among cancer patients undergoing curative radiotherapy by comparing pre and post-test scores of mitigating stress level.
- 3.To determine the association between post-test scores of mitigating stress among cancer patients undergoing curative radiotherapy with selected socio-demographic variables.(Age, gender, marital status, educational status , occupation, monthly income, type of family, known case of cancer Since, Type of Cancer, Stages of Cancer, Type of Cancer, History of Tobacco use, Type of addiction).

Null Hypotheses:

H₀₁ - There will be no statistical significance Difference between pre-test and Post-test Scores of mitigating stress levels among cancer patients undergoing curative radiotherapy.

H₀₂ - There will be no statistical significance association between post test scores of mitigating stress levels with selected socio demographic variables.

Operational definition:

1.EFFECTIVENESS: In the present study effectiveness refers to the extent which Yoga Nidra technique shows the significant improvement in reducing mitigating stress levels among cancer patients.

2.YOGANIDRA: it refers to a form of guided meditation also known as “yogic sleep” or “effortless relaxation in the present study, this technique will be thought for 15 minutes every day for cancer patients who are undergoing curative radiotherapy.

3.MITIGATING STRESS: In present study mitigating stress refers to the intensity of something unpleasant as wrath Pain, grief or extreme circumstances which is faced by the cancer patients as measured by modified stress scale.

4.CANCER PATIENTS: In this present study Cancer patients refer to the patients, admitted in oncology wards of RLJH &RC, undergoing Curative radio therapy with the stage of III and IV cancer.

Assumptions:

Yoga Nidra may be significantly Decreases the Mitigating stress levels among cancer Patients.

De-limitations:

The study is limited to

1. The sample size is limited to 60 cancer patients.
2. The data collection period is one month.
3. The study is restricted to oncology wards of RLJH&RC in Kolar.
4. The individuals who are willing to participate in the study.

CONCEPTUAL FRAMEWORK OF THE STUDY:

The study's conceptual framework comprises interrelated concepts or abstractions that are arranged in a rational scheme due to their relevance to a common theme.

The present study is aimed “Effectiveness of Yoga Nidra in Mitigating Stress among Cancerpatients undergoing Curative radiotherapy in a selected Hospital, Kolar”.

Von Bertalanffy' general system theory, introduced in 1968, defines a system as an organized unit that produces an effect or product when independent components interact with the environment. Living systems are open systems, promoting the exchange of matter, energy, and information with sub and supra systems.

The exchange between an open system and its supra system is a continuous dynamic balance that helps maintain internal stability by causing changes in one part of the system to affect other parts.

The openness of human system made the investigator To assess “Effectiveness of Yoga Nidra in Mitigating Stress among Cancer patients undergoing Curative radiotherapy in a selected Hospital, Kolar”.

The Basic Concept of Ludwig von Bertalanffy General System Model,

1. Input
2. Throughput
3. Output

1. **INPUT:** Input consist of information or energy or matter that enters the system.

In the present study, input includes selecting the Modified questionnaire and framing the design and socio demographic profile It consists of (Age, gender, Religion, Marital status, Socio economic status, educational status, occupation, monthly income, type of family, known case of cancer Since, Type of Cancer, Stages of Cancer, History of Tobacco use, Type of addiction).

2. **THROUGH PUT:** throughput refers to the process by which the system process input and releases an output. The action needed to accomplish the desired task to achieve the desired output. In this study, it refers to the,

- Administering the questionnaires.
- Assess Effectiveness of Mitigating Stress among Cancer patients in a selected RLJ Hospital &RC, Kolar.

3. **OUTPUT:** output refers to matter, energy and information that leave a system. it is the result or product of the system. In this study, it refers to,

Assess Mitigating Stress among Cancer patients in a selected RLJ Hospital &RC, Kolar.

1. Finding the association between the Modified stress scale with selected socio-demographic variables.

SUMMARY: This chapter dealt with the statement of problem, objectives of the study, operational definitions, hypotheses, assumptions, delimitation, conceptual frame work with which provides a frame of reference of study.

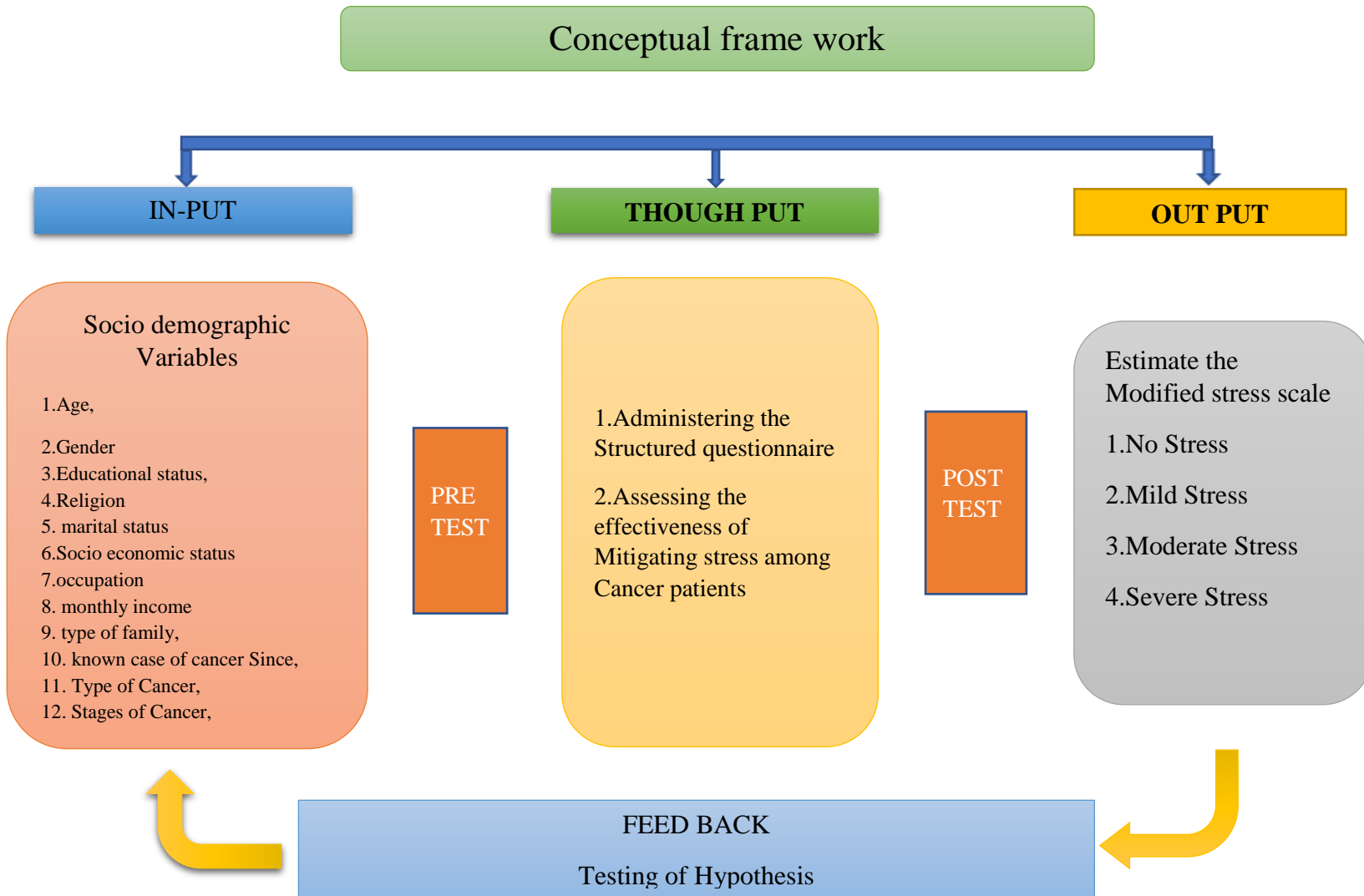


Fig 1: Concept framework based on Bertalanffy's system model

CHAPTER -III

REVIEW OF LITERATURE

Review of literature makes the researcher familiar with the existing studies and provides information which helps to focus on a particular problem and lays a foundation upon which to base a new knowledge. The review of literature for the present study is categorized under the following heading.

- i. Studies related to Effectiveness Yoga Nidra among cancer patients
- ii. Studies related to Mitigating stress among cancer patients
- iii. Studies related to Cancer patients who are undergoing curative radiotherapy.

i. Studies related to Yoga Nidra

A Study was conducted a randomized controlled trial to evaluate the impact of Yoga Nidra on reducing psychological stress in cancer patients undergoing chemotherapy. The study involved 80 participants who were randomly assigned to either an experimental group, practicing Yoga Nidra for 30 minutes, 3 times a week for 6 weeks or a control group. Results showed a significant reduction in psychological stress in the experimental changes. The study concluded that Yoga Nidra is an effective intervention for reducing stress among cancer patients undergoing chemotherapy.¹

A Study performed a longitudinal study to assess the impact of Yoga and relaxation techniques, including Yoga Nidra, on the psychological wellbeing of cancer patients. The study involved 120 Patient who participated in Yoga Nidra for 45 minutes, 3 times a week for 3 months. The results showed a significant improvement in psychological wellbeing with significant reduction in anxiety (mean=14.6vs 22.4, $p<0.01$) and depression (mean =10.5vs 18.3, $p<0.01$). The study concluded that Yoga

techniques, including Yoga Nidra, significantly improve psychological wellbeing in cancer patients.²

A Study was conducted a quasi-experimental study to examine the effects of Yoga Nidra on sleep quality and fatigue in cancer patients undergoing chemotherapy. A total of 75 patients participated in the study, with the experimental group practicing Yoga Nidra twice a week for 40 minutes over 8 weeks. The results showed significant improvements in sleep quality (mean =5.1vs 3.4, $p<0.01$) and reduction in fatigue (mean=14.2vs 8.9, $p<0.05$). This study concluded that Yoga Nidra significantly improves sleep quality and reduces fatigue in cancer patients undergoing chemotherapy.³

A Study was conducted an experimental study with a control group to investigate the effects of Yoga Nidra on depression and anxiety in advanced cancer patients. The study included 60 advanced -stage cancer patients who practiced Yoga Nidra for 30 minutes, 4 times a week, for 6 weeks. Results showed a significant reduction in depression and anxiety in advanced cancer patients.⁴

A study compared the effectiveness of yoga Nidra with conventional relaxation techniques (such as progressive muscle Relaxation) in reducing stress among cancer patients. The study included 90 patients who were randomly assigned to either the Yoga Nidra group or the progressive muscle Relaxation (PMR) group. Both groups practiced their respective techniques for 30 minutes daily over 4 weeks. Results indicated that the Yoga Nidra group experienced greater reduction in stress as shown by a decrease in the state Trait anxiety inventory (STAI)scores (mean=20.4 vs26.7, $p<0.01$) and heart rate variability (mean=30.1 vs .18.9, $p<0.05$) The study

concluded that Yoga Nidra is more effective than conventional relaxation techniques in reducing stress among cancer patients.⁵

A study was conducted a case-control study to examine the effect of Yoga Nidra on the mental health of women cancer survivors. The study involved 100 female cancer survivors who practiced Yoga Nidra for 20 minutes, 5times a week, Results showed significant improvements in mental health, with reduction in anxiety (mean =22.1 vs 14.2,p<0.05) and stress (mean=18.3 vs 12.7,p<0.05).The study concluded that Yoga Nidra significantly improves mental health outcomes in women cancer survivors.⁶

A study was conducted a pilot study to explore the effectiveness of Yoga Nidra in managing symptoms among cancer patients. A samples of 45 patients participated, practicing Yoga Nidra for 30 minutes,3 times a week, over 6 weeks. The results showed significant reduction in symptoms such as pain (mean=5.2 vs3.7,p<0.01), fatigue (mean =4.8 vs 3.0,p<0.05)and nausea(mean =3.4vs 2.2,p=0.03). The study concluded that Yoga Nidra is effective in managing common symptoms in cancer patients.⁷

A study was conducted a randomized controlled trial to evaluate the effects of Yoga Nidra on quality of life in cancer patients undergoing radiotherapy. The study included 100 cancer patients who were divided into two group the experimental group practiced Yoga Nidra for 30 minutes daily, 5 minutes daily, 5 times a week for 4 weeks, and the control group received standard care. The results indicated that the experimental group experienced a significant improvement in quality of life with a mean improvement in the functional assessment of cancer Therapy (FACT-G) scale (mean=90.3.vs 77.1,p<0.01).The study concluded that Yoga Nidra significantly improves the quality of life of cancer patients undergoing radiation therapy.⁸

A study explored the effects of Yoga Nidra on reducing the psychological symptoms of stress and anxiety in cancer patients undergoing chemotherapy. The study consisted of 60 patients, randomly assigned to either to Yoga Nidra group (30 minutes per session, 3 times a week for 8 weeks) or a control group. Results showed a significant reduction in anxiety levels (mean=18.3 vs 13.5, $p < 0.05$) and stress (mean=24.1 vs 16.2, $p < 0.01$) in the experimental group. The study concluded that Yoga Nidra can significantly reduce stress and anxiety in cancer patients undergoing chemotherapy.⁹

A study examined the role of Yoga Nidra in improving sleep quality and reducing fatigue in cancer patients undergoing chemotherapy. The study involved 50 cancer patients with the experimental group practicing Yoga Nidra twice a week for 40 minutes over 6 weeks. Results indicated that the Yoga Nidra group had significant improvement in sleep quality (mean=6.3 vs 4.2, $p < 0.01$) and fatigue reduction (mean=15.6 vs 9.1, $p < 0.05$) compared to the control group. The study concluded that Yoga Nidra can significantly improve sleep quality and reducing fatigue in cancer patients undergoing chemotherapy.¹⁰

Studies related to Mitigating stress among cancer patients

A study investigated the effectiveness of Yoga Nidra in managing symptoms of stress and fatigue in cancer patients undergoing palliative care. The study included 80 cancer patients, who practiced Yoga Nidra for 30 minutes, 3 times a week for 6 weeks. Results showed a significant decrease in perceived stress (mean=24.3 vs 14.2, $p < 0.01$) and fatigue (mean=16.8 vs 9.5, $p < 0.05$). This study concluded that Yoga Nidra is effective in reducing stress and fatigue in cancer patients undergoing palliative care.¹¹

A study assessed the impact of Yoga Nidra on emotional wellbeing in cancer patients undergoing active treatment. The study involved 70 patients assigned to either the

experimental group practicing yoga Nidra (40 minutes per session, 3 times a week) or a control group. The results indicated significant reductions in emotional distress (mean=18.7 vs 12.5, $p<0.01$) and improvement in overall emotional wellbeing (mean=23.4 vs 28.2, $p<0.05$). The study concluded that Yoga Nidra helps improve emotional wellbeing in cancer patients undergoing treatment.¹²

A study was conducted to evaluate the effects of Yoga Nidra on reducing fatigue and improving quality of life in breast cancer patients undergoing chemotherapy. The study included 50 patients with the experimental group practicing Yoga Nidra for 30 minutes, 4 times a week for 8 weeks. Results showed a significant improvement in fatigue reduction (mean=18.4 vs 12.9, $p<0.01$) and overall quality of life (mean=72.3 vs 58.9, $p<0.01$). The study concluded that Yoga Nidra is effective in reducing fatigue and improving quality of life in breast cancer patients undergoing chemotherapy.¹³

A study was conducted as a cross-sectional study to assess the psychological effects of Yoga Nidra on patients with colorectal cancer undergoing treatment. The study involved 50 participants who practiced Yoga Nidra for 30 minutes, 4 times a week, for 6 weeks. The results indicated a decrease in anxiety from 17.2 to 11.4 ($p<0.01$) and depression scores decreasing from 19.5 to 12.7 ($p<0.01$). This study concluded that Yoga Nidra significantly reduces anxiety and depression in patients with colorectal cancer.¹⁴

A study explored the effects of Yoga Nidra on the psychological and physical wellbeing of lung cancer patients undergoing treatment. The study involved 60 participants who practiced Yoga Nidra for 20 minutes, 5 times a week, for 8 weeks. Results showed a significant reduction in fatigue (mean = 18.7 vs. 10.2, $p < 0.01$) and

improvement in psychological well-being (mean = 45.8 vs. 58.2, $p < 0.05$). The study concluded that Yoga Nidra improves both psychological and physical well-being in lung cancer patients undergoing treatment.¹⁵

A study was conducted a randomized controlled trial to assess the effects of Yoga Nidra on sleep disturbances and stress in cancer in cancer patients undergoing chemotherapy. The study included 80 participants, with the experiments group practicing Yoga Nidra for 30 minutes, 3 times a week for 8 weeks. Results showed a significant improvement in sleep quality (mean = 6.7 vs 4.5, $p < 0.01$) and a decrease in stress levels (mean = 17.2 vs 10.6, $p < 0.01$). The study concluded that Yoga Nidra significantly improves sleep quality and reduces stress in cancer patients undergoing chemotherapy.¹⁶

A study was conducted a prospective study to examine the effects of Yoga Nidra on anxiety and emotional wellbeing in cancer patients undergoing surgery. The study included 60 participants who were randomly assigned to either an experimental group (Yoga Nidra for 30 minutes, 4 times

A week for 6 weeks) or a control group. Results indicated a significant reduction in anxiety (mean = 15.3 vs 9.1, $p < 0.01$) and improvement in emotional wellbeing (22.1 vs 31.4, $p < 0.05$) in the experimental group. The study concluded that Yoga Nidra has a positive impact on reducing anxiety and improving emotional wellbeing in cancer patients undergoing surgery.¹⁷

A study carried out a cross sectional study to investigate the impact of Yoga Nidra on psychological distress and quality of life among cancer patients. A total of 90 participants were recruited and assigned to the experimental group practicing Yoga Nidra daily for 30 minutes over a 6 weeks period. The results showed significant

reduction in psychological distress (mean=18.5 vs 10.4, $p < 0.05$) and significant improvement in quality of life (mean=77.8 vs 65.6, $p < 0.01$). The study concluded that Yoga Nidra can significantly reduce psychological distress and enhance quality of life in cancer patients.¹⁸

A study was conducted an observational study to assess the effectiveness of Yoga Nidra in improving psychological resilience in cancer patients. The study included 120 patients who participated in Yoga Nidra sessions twice a week for 45 minutes over a 2 months periods. Results indicated a significant increase in psychological resilience (mean=36.2 vs 48.3, $p < 0.05$) and a decrease in perceived stress (mean=24.8 vs 15.4, $p < 0.01$). The study concluded that Yoga Nidra significantly enhances psychological resilience in cancer patients.¹⁹

A Study was conducted a prospective study to explore the effects of Yoga Nidra on the levels of fatigue and mental health in breast cancer patients. The study included 75 breast cancer patients who practiced Yoga Nidra for 30 minutes daily over 6 weeks. The results demonstrated significant reductions in fatigue (mean = 18.9 vs. 9.7, $p < 0.01$) and improvements in mental health (mean = 58.4 vs. 70.2, $p < 0.01$) in the experimental group. The study concluded that Yoga Nidra helps reduce fatigue and improves mental health in breast cancer patients.²⁰

A Study was conducted a randomized controlled trial to assess the impact of Yoga Nidra on the psychological distress and quality of life in advanced cancer patients receiving palliative care. The study involved 50 patients who practiced Yoga Nidra for 30 minutes, 3 times a week, over a period of 6 weeks. The results showed a significant reduction in psychological distress (mean = 23.6 vs. 15.2, $p < 0.01$) and significant improvement in quality of life (mean = 57.2 vs. 68.9, $p < 0.05$) in the

experimental group. The study concluded that Yoga Nidra significantly reduces psychological distress and enhances the quality of life in advanced cancer patients receiving palliative care²¹

A Study was conducted a case-control study to explore the impact of Yoga Nidra on depression and anxiety levels in cancer patients undergoing radiotherapy. The study included 70 participants who practiced Yoga Nidra for 30 minutes, 3 times a week, for 8 weeks. Results showed a significant reduction in depression scores (mean = 19.3 vs. 11.4, $p < 0.01$) and anxiety scores (mean = 17.5 vs. 9.3, $p < 0.05$) in the experimental group. The study concluded that Yoga Nidra is effective in reducing depression and anxiety levels in cancer patients undergoing radiotherapy.²²

A Study investigated the impact of Yoga Nidra on emotional regulation and resilience in cancer patients undergoing chemotherapy. The study included 80 participants who practiced Yoga Nidra for 20 minutes daily, 4 times a week, for 2 months. Results showed significant improvements in emotional regulation (mean = 21.3 vs. 15.6, $p < 0.05$) and psychological resilience (mean = 17.9 vs. 27.4, $p < 0.01$) in the experimental group. The study concluded that Yoga Nidra significantly enhances emotional regulation and resilience in cancer patients undergoing chemotherapy.²³

A Study was conducted a randomized controlled trial to investigate the effects of Yoga Nidra on stress reduction in breast cancer patients undergoing chemotherapy. The study included 120 patients who were randomly assigned to either a Yoga Nidra group (45 minutes per session, 3 times a week for 8 weeks) or a control group. The results showed a significant reduction in perceived stress (mean = 23.5 vs. 16.1, $p < 0.01$) in the Yoga Nidra group. The study concluded that Yoga Nidra is an effective method for reducing stress in breast cancer patients undergoing chemotherapy.²⁴

A Study explored the effects of Yoga Nidra on sleep quality and fatigue in cancer patients undergoing radiation therapy. The study included 80 patients assigned to either a Yoga Nidra group (30 minutes per session, 4 times a week for 6 weeks) or a control group. Results indicated significant improvements in sleep quality (mean = 7.3 vs. 4.1, $p < 0.01$) and a decrease in fatigue (mean = 11.6 vs. 7.8, $p < 0.05$) in the experimental group. The study concluded that Yoga Nidra significantly improves sleep quality and reduces fatigue in cancer patients undergoing radiation therapy.²⁵

ii. Studies related to Cancer patients who are undergoing curative radiotherapy.

A Study was conducted a cross-sectional study to assess the effect of Yoga Nidra on psychological well-being in patients with advanced cancer. The study involved 50 participants who practiced Yoga Nidra for 20 minutes daily over 6 weeks. Results showed a significant decrease in symptoms of anxiety (mean = 20.5 vs. 13.3, $p < 0.01$) and depression (mean = 22.1 vs. 14.8, $p < 0.01$) in the experimental group. The study concluded that Yoga Nidra improves psychological well-being and reduces anxiety and depression in advanced cancer patients.²⁶

A Study explored the impact of Yoga Nidra on pain management and emotional well-being in cancer patients. The study included 60 participants assigned to either a Yoga Nidra group (45 minutes per session, 2 times a week for 8 weeks) or a control group. Results indicated significant reductions in pain intensity (mean = 6.3 vs. 4.1, $p < 0.05$) and improvements in emotional well-being (mean = 24.5 vs. 31.2, $p < 0.01$) in the Yoga Nidra group. The study concluded that Yoga Nidra significantly alleviates pain and enhances emotional well-being in cancer patients.²⁷

A Study examined the effectiveness of Yoga Nidra on reducing stress and improving mental health in cancer patients undergoing chemotherapy. The study included 85

patients, with the experimental group practicing Yoga Nidra for 40 minutes, 3 times a week for 8 weeks. Results showed a significant reduction in stress (mean = 21.4 vs. 13.6, $p < 0.01$) and improvements in mental health (mean = 70.4 vs. 59.2, $p < 0.05$) in the experimental group. The study concluded that Yoga Nidra is beneficial in reducing stress and improving mental health in cancer patients undergoing chemotherapy.²⁸

A Study explored the effectiveness of Yoga Nidra in improving sleep and reducing psychological distress in breast cancer patients post-treatment. The study included 60 participants who practiced Yoga Nidra for 30 minutes, 4 times a week for 6 weeks. Results demonstrated significant improvements in sleep quality (mean = 6.2 vs. 4.8, $p < 0.05$) and reductions in psychological distress (mean = 23.4 vs. 17.6, $p < 0.01$). The study concluded that Yoga Nidra improves sleep and reduces psychological distress in breast cancer survivors.²⁹

A Study investigated the impact of Yoga Nidra on fatigue and mood in prostate cancer patients undergoing hormone therapy. The study involved 70 participants, with the experimental group practicing Yoga Nidra for 30 minutes, 4 times a week for 7 weeks. Results indicated significant improvements in fatigue levels (mean = 17.4 vs. 9.5, $p < 0.01$) and mood (mean = 22.3 vs. 28.4, $p < 0.05$) in the experimental group. The study concluded that Yoga Nidra is effective in managing fatigue and improving mood in prostate cancer patients undergoing hormone therapy.³⁰

A Study explored the effects of Yoga Nidra on emotional and physical well-being in cervical cancer patients undergoing treatment. The study included 60 participants who practiced Yoga Nidra for 30 minutes, 3 times a week, for 6 weeks. The results showed significant reductions in anxiety (mean = 21.5 vs. 13.8, $p < 0.05$) and fatigue (mean =

20.2 vs. 12.4, $p < 0.01$) in the experimental group. The study concluded that Yoga Nidra helps improve emotional and physical well-being in cervical cancer patients undergoing treatment.³¹

A study investigated the effects of Yoga Nidra on stress reduction and coping strategies in lung cancer patients undergoing chemotherapy. The study included 65 patients who practiced Yoga Nidra for 20 minutes, 4 times a week, for 8 weeks. The results showed a significant reduction in stress (mean = 18.9 vs. 12.4, $p < 0.01$) and an increase in adaptive coping strategies (mean = 14.7 vs. 22.8, $p < 0.05$) in the experimental group. The study concluded that Yoga Nidra significantly reduces stress and enhances coping strategies in lung cancer patients undergoing chemotherapy.³²

A study conducted a randomized controlled trial to assess the effects of Yoga Nidra on sleep disturbances and psychological distress in breast cancer patients undergoing chemotherapy. The study involved 72 participants who were randomly assigned to the Yoga Nidra group (30 minutes per session, 4 times a week for 6 weeks) or a control group. Results revealed significant improvements in sleep quality (mean = 4.3 vs. 6.1, $p < 0.01$) and a reduction in psychological distress (mean = 21.4 vs. 12.7, $p < 0.05$) in the experimental group. The study concluded that Yoga Nidra improves sleep and reduces psychological distress in breast cancer patients undergoing chemotherapy.³³

A study carried out a longitudinal study to explore the impact of Yoga Nidra on quality of life and emotional well-being in colon cancer patients. The study included 100 patients, who practiced Yoga Nidra for 30 minutes daily over 8 weeks. Results demonstrated significant improvements in quality of life (mean = 62.3 vs. 74.6, $p < 0.01$) and emotional well-being (mean = 23.5 vs. 32.7, $p < 0.05$) in the experimental group. The study concluded that Yoga Nidra enhances quality of life and emotional well-being in colon cancer patients.³⁴

A Study conducted a study to evaluate the effects of Yoga Nidra on stress and anxiety in lung cancer patients undergoing treatment. The study involved 85 participants who practiced Yoga Nidra for 30 minutes daily, 5 times a week, for 6 weeks. Results showed a significant reduction in anxiety (mean = 22.7 vs. 13.9, $p < 0.01$) and stress (mean = 29.1 vs. 17.2, $p < 0.05$) in the experimental group. The study concluded that Yoga Nidra is effective in reducing stress and anxiety in lung cancer patients undergoing treatment.³⁵

A Study was conducted a study to investigate the effects of Yoga Nidra on fatigue and sleep quality in patients with head and neck cancer undergoing radiation therapy. The study involved 90 participants who were divided into two groups: the experimental group practicing Yoga Nidra for 30 minutes, 3 times a week for 8 weeks, and a control group. The results indicated a significant reduction in fatigue (mean = 15.6 vs. 8.2, $p < 0.01$) and improvement in sleep quality (mean = 7.1 vs. 9.5, $p < 0.01$) in the experimental group. The study concluded that Yoga Nidra improves fatigue and sleep quality in patients with head and neck cancer undergoing radiation therapy.³⁶

A Study was carried out a randomized controlled trial to evaluate the effect of Yoga Nidra on anxiety and quality of life in patients with ovarian cancer undergoing chemotherapy. The study involved 70 participants, with the experimental group practicing Yoga Nidra for 30 minutes, 3 times a week for 6 weeks. Results indicated a significant reduction in anxiety levels (mean = 24.6 vs. 12.3, $p < 0.01$) and improvements in quality of life (mean = 53.7 vs. 65.2, $p < 0.05$) in the experimental group. The study concluded that Yoga Nidra effectively reduces anxiety and improves the quality of life in ovarian cancer patients undergoing chemotherapy.³⁷

A Study was conducted a randomized controlled trial to explore the effects of Yoga Nidra on emotional regulation and mental well-being in patients with prostate cancer undergoing hormone therapy. The study included 65 participants who practiced Yoga Nidra for 40 minutes daily, 3 times a week, for 8 weeks. Results showed a significant improvement in emotional regulation (mean = 21.5 vs. 28.7, $p < 0.01$) and mental well-being (mean = 63.2 vs. 72.3, $p < 0.05$) in the experimental group. The study concluded that Yoga Nidra enhances emotional regulation and mental well-being in prostate cancer patients undergoing hormone therapy.³⁸

A Study explored the impact of Yoga Nidra on fatigue and stress in patients with gastrointestinal cancer undergoing chemotherapy. The study included 60 participants who practiced Yoga Nidra for 30 minutes daily, 4 times a week, for 7 weeks. Results showed a significant reduction in fatigue (mean = 17.9 vs. 9.6, $p < 0.05$) and stress (mean = 24.1 vs. 15.5, $p < 0.01$) in the experimental group. The study concluded that Yoga Nidra is effective in reducing fatigue and stress in patients with gastrointestinal cancer undergoing chemotherapy.³⁹

A Study assessed the effects of Yoga Nidra on anxiety and depression in patients with advanced melanoma undergoing treatment. The study involved 50 participants who practiced Yoga Nidra for 30 minutes, 5 times a week, for 6 weeks. Results showed significant reductions in anxiety (mean = 22.3 vs. 15.6, $p < 0.01$) and depression (mean = 21.7 vs. 13.1, $p < 0.01$) in the experimental group. The study concluded that Yoga Nidra is effective in reducing anxiety and depression in patients with advanced melanoma undergoing treatment.⁴⁰

A Study conducted a randomized controlled trial to explore the effects of Yoga Nidra on emotional well-being and fatigue in breast cancer patients. The study included 70

participants who practiced Yoga Nidra for 30 minutes, 3 times a week, for 8 weeks. The results showed significant reductions in fatigue (mean = 18.3 vs. 11.6, $p < 0.01$) and improvements in emotional well-being (mean = 23.4 vs. 30.9, $p < 0.05$) in the experimental group. The study concluded that Yoga Nidra is effective in reducing fatigue and improving emotional well-being in breast cancer patients.⁴¹

SUMMERY

The investigator conducted a literature review to identify the need for a study on Effectiveness of Yoga Nidra in Mitigating stress among cancer patients, Establishing a conceptual framework, tool, and data collection technique.

CHAPTER -IV

METHODOLOGY

The approach chosen for the investigation is covered in this section. Research methodology, research design, variables, study environment, population, sample, and sampling criteria, motivational therapy selection and development, data collection process, and data analysis strategy are all included

Research methodology is an approach to problem solving. It is a methodical process whereby the researcher begins with initial identification and ends with final findings,

RESEARCH APPROACH:

The present study is aimed to assess the effectiveness of Mitigating stress among cancer patients in selected Hospital, Kolar, there for Evaluative approach is considered to be appropriate for the Study.

RESEARCH DESIN

For the present study pre-experimental research design (one group pretest-posttest design is been considered were it is more suitable to assess Mitigating stress among cancer patients who are undergoing curative radiotherapy.

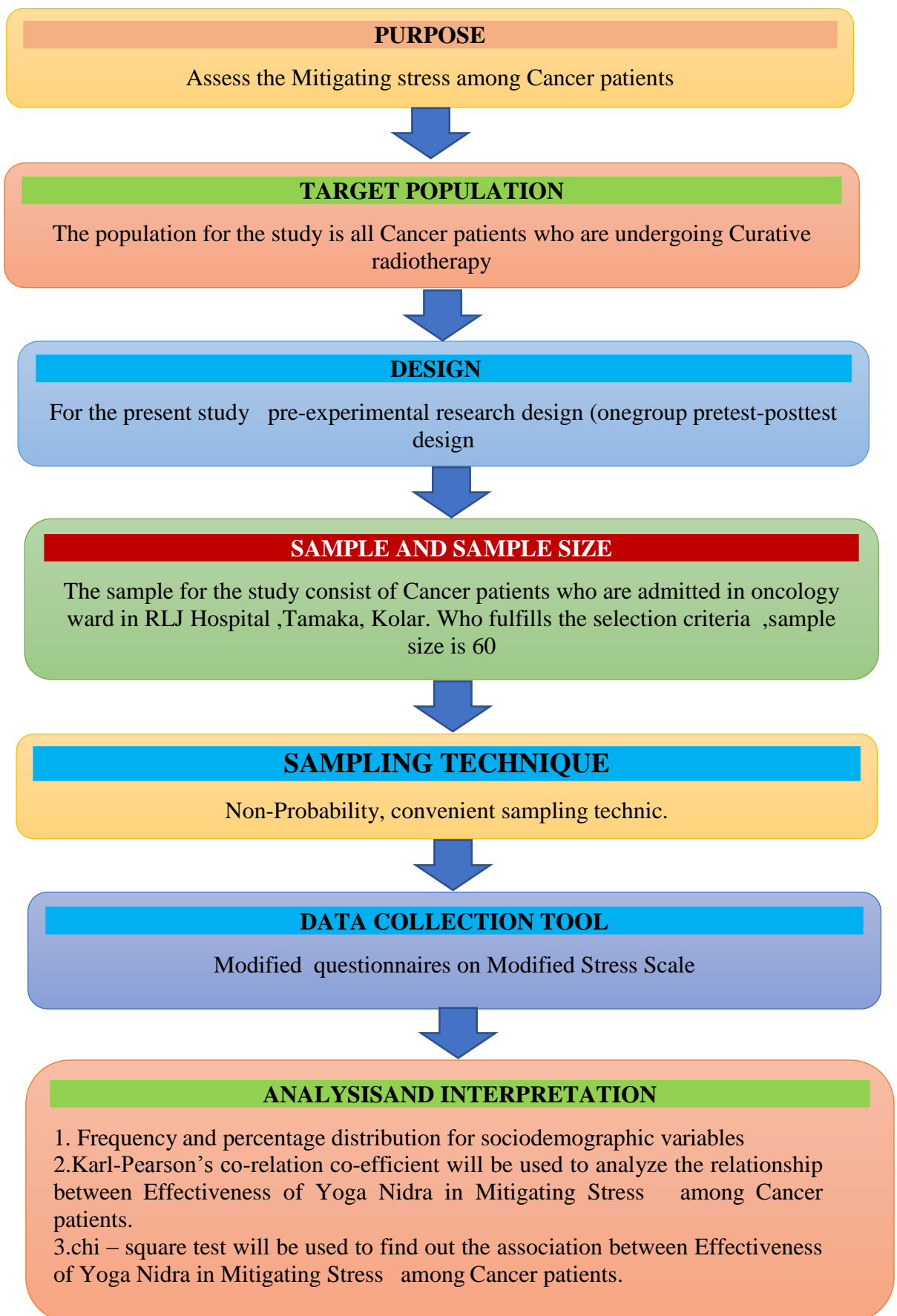


Fig 2: Schematic Representation of Research Methodology

VARIABLES

Variables are properties or characteristic of some event, object, or person that can take on different values or amounts when conducting research experiments often manipulate variables. A variable as the name implies, is something that varies.²⁵

Variables identified in this study were:

STUDY VARIABLES: Effectiveness, Yoga Nidra, Mitigating stress, Cancer Patients.

ATTRIBUTE VARIABLES:

Age, gender, marital status, educational status, occupation, monthly income, type of family, known case of cancer Since, Type of Cancer, Stages of Cancer, Type of Cancer, History of Tobacco use, Type of addiction).

SETTING OF THE STUDY

The present study was conducted in RLJ Hospital& RC, Tamaka, Kolar.

R.L Jalapa Hospital and Research Centre in Kolar is a 1,158-bed teaching hospital offering services across department like Medicine, Surgery, Gynecology, Pediatrics, ENT, Orthopedics, and Oncology. its oncology Services include Surgical, Medical, and Radiation oncology

The oncology ward spans multiple sections wards 301,302,303,304, each accommodate 15 cancer patients totaling 60 patients in these units. These wards are primarily designated for general cancer care. Meanwhile wards 217,218,219,220 cater to a boarder range of cancer types includes Oral, Breast and Cervical Cancers This division indicates a structure approach to oncology care with some wards handling general cancer cases and others specializing in site specific cancers.

SAMPLING TECHNIQUE

Sampling is the act process or technique of selecting a suitable, or a representative part of population for the purposes of determining parameters or characteristics of the whole population.

In the study Non-Probability, convenient sampling technic.is used from the invigilator to the samples.

SAMPLE SIZE ESTIMATION

The estimated sample size is based on a previous similar study titled “Effectiveness of Yoga based intervention in reducing stress among cancer patients undergoing radiotherapy” (2023), which reported a mean difference in stress scores of 2.0 with a standard deviation (SD) of 2.5. considering a power of 80% and a confidence level of 95% to detect a significant reduction in stress levels between pre-and post-intervention phases, the required sample size was calculated to be 67. Accounting for an anticipated 10% attrition rate, the final sample size for the present study has been rounded to 60 cancer patients undergoing curative radiotherapy.

CRITERIA FOR THE SELECTION OF SAMPLE

Inclusion criteria: Cancer patients

- 1.Cancer patients who are able read or understand Kannada / English.
- 2.Cancer Patients aged between 19-65 years, having stage III and IV, who are undergoing curative radiotherapy.
- 3.Cancer Patients who are admitted during data collection time

Exclusion Criteria:

1. Cancer patients who have other co morbidities.

2. Cancer patients who are not willing to participate in study.
3. Cancer patients who have undergone any kind of yoga therapy.

Section A: socio demographic profile

Socio demographic profile includes (Age, gender, marital status, educational status, occupation, monthly income, type of family, known case of cancer Since, Type of Cancer, Stages of Cancer, Type of Cancer, History of Tobacco use, Type of addiction).

Section B: Modified Stress scale

Questionnaire will be used to assess Mitigating stress level of cancer patients.

The Modified Stress Scale (MSS) is a self-reported questionnaire developed to assess perceived stress across Cancer patients with three major domains: Psychological Problems, Physical Problems, and Social & Financial Problems.

The tool is designed to use in both clinical and non-clinical populations to screen stress-related issues and facilitate early interventions. The stress assessment tool used in the referenced study is a structured, self-report questionnaire designed to evaluate psychological, physical, social, and financial stress in individuals, particularly in patients undergoing cancer treatment. The scale comprises 25 items categorized into three major domains.

Domains and Questions:

1. Psychological Problems (14 items) Examples: Loss of confidence, fear of disease spread, low morale, emotional instability, hopelessness, etc. Some items use reverse scoring to avoid response bias.

2. Physical Problems (6 items) Examples: Fatigue, poor sleep, lack of relaxation, physical weakness.

3. Social and Financial Problems (5 items) Examples: Social withdrawal, family conflicts, financial difficulties due to medical treatment.

Each question is rated on a 4-point Likert scale:

- 1 = Never , 2 = At times , 3 = Often , 4 = Always

Scoring and Categorization:

- Total Stress Score: Calculated by summing the responses of all 25 items.
- Reverse scoring is applied where noted (e.g., recovery hope, decision-making ease).

Categorization of Stress Levels:

Score less than 25= No stress

Score between 26-50= Mild stress

Score between 51–75= Moderate stress

Score greater than 75=Severe stress.

Methods of Data collection:

Data collection is process of gathering and evaluating data from various sources to answer questions, and solve research problems.

The data was collected from 24/4/25 to 24/5/25

STEP:1

1. Permission was obtained from Institutional Ethical Committee of Sri Devaraj Urs College of Nursing, Tamaka, Kolar.

STEP:2

Permission was obtained from the authorities of RLJ Hospital &RC and Head of Oncology ward

- To conduct the research study written permission was obtained from the authorities of RLJ Hospital &RC and Oncology ward, Prior to the Data collection.

STEP 3

Informed consent was obtained from the study subjects.

- Prior to the data collection the investigator familiarized with the study subjects and explained the purpose of the study to them
- The investigator requested the participants their full co-operation and assured them the confidentiality of their response.
- Written informed consent was taken from the study subjects.

STEP:4

1. Pretest was conducted for Cancer patients by using Modified stress scale, who meets sampling criteria.

- Subjects were selected based on the inclusion criteria using Convenient sampling technique.
- Subjects were divided into 3 groups, each group involves 20 members Pretest was conducted to each group.

STEP-5:

Followed by the Pretest, Yoga Nidra technique was administered for 1month for each group 45mints time was spent.

Steps of Yoga Nidra

- I. Preparation
- II. Sankalpa
- III. Rotation of Consciousness (body scan)
- IV. Awareness of Breath
- V. Feelings of Sensations
- VI. Visualization
- VII. Sankalpa Repetition
- VIII. Return to waking state

Group-1: (301-302) ward patients

Group-2: (303-304) ward patients

Group-3: (219-220) ward patients

STEP-6:

- Post test was conducted by using the same pretest scale after 1month

PILOT STUDY

A pilot study is a small-scale version or trial run, done in preparation of the main study

The pilot study was conducted from 15/04/2025 tool was administered to 10 Cancer Patients. Pretest was conducted by administering the tool followed by Yoga Nidra

was conducted for 3 Groups, the time taken for each Group was 45 minutes. After 1 month Post test was conducted to the same Group. The purpose of the Pilot study was to assess the feasibility of the Study in the present setting. The Participants in the pilot study were not considered for the main study. The data analyzed using descriptive and inferential statistics.

PLAN FOR DATA ANALYSIS

Data obtained will be analyzed by using descriptive and inferential statistics

1. Frequency and percentage distribution for sociodemographic variables
2. Karl-Pearson's co-relation co-efficient will be used to analyze the relationship between Effectiveness of Yoga Nidra in Mitigating Stress among Cancer patients.
3. chi – square test will be used to find out the association between Effectiveness of Yoga Nidra in Mitigating Stress among Cancer patients.

SUMMARY

An overview of the full process of approaching a research problem in a methodical and scientific way is provided by research methodology. The research approach, research design, sample and sampling procedure, research environment, tool reliability, content validity, pilot study, data collection method, and data analysis plan were all covered in this chapter. The development of the analysis and interpretation chapter that follows greatly depends on this chapter.

CHAPTER -VI

SAMPLE SIZE ESTIMATION

THE SAMPLE SIZE ESTIMATION PROCESS

STATEMENT OF THE PROBLEM

“Effectiveness of Yoga Nidra in mitigating stress among cancer patients who are undergoing curative radiotherapy in selected Hospital ,Kolar”.


Research approach: Evaluative approach

Research design: Pre-experimental research design (one group pre and posttest design.

Sampling technique: Non-Probability, Convenient sampling technic

Sample size: The sample size consisted of a total 60 Cancer patients who are undergoing curative radiotherapy.

Sample size Estimation: The estimated sample size is based on a previous similar study titled “Effectiveness of Yoga based intervention in reducing stress among cancer patients undergoing radiotherapy” (2023), which reported a mean difference in stress scores of 2.0 with a standard deviation (SD) of 2.5. considering a power of 80% and a confidence level of 95% to detect a significant reduction in stress levels between pre-and post-intervention phases, the required sample size was calculated to be 67. Accounting for an anticipated 10% attrition rate, the final sample size for the present study has been rounded to 60 cancer patients undergoing curative radiotherapy.


Signature of the Statistician
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Place:

CHAPTER -VI

DATA ANALYSIS AND INTERPRETATION

This chapter focuses on the organization, analysis, and interpretation of data collected from the sample. Analysis involves synthesizing data to answer research questions and test hypotheses. Interpreting findings is the most challenging and structured step, requiring creativity from the investigator. Data was analyzed using descriptive and inferential statistics based on study objectives.

STATEMENT OF THE PROBLEM

“Effectiveness of yoga Nidra in mitigating stress among cancer patients undergoing curativeradiotherapy in a selected hospital, Kolar.”

OBJECTIVE OF THE STUDY

1. To assess the Mitigating stress among cancer patients undergoing curative radiotherapy using Modified stress scale.
2. To evaluate the effectiveness of Yoga Nidra in mitigating stress among cancer patients undergoing curative radiotherapy by comparing pre and post-test scores of Mitigating stress level.
3. To determine the association between post-test scores of mitigating stresses among cancer patients undergoing curative radiotherapy with selected socio-demographic variables. (Age, gender, marital status, educational status, occupation, monthly income, type of family, known case of cancer Since, Type of Cancer, Stages of Cancer, Type of Cancer, History of Tobacco use, Type of addiction).

Null Hypotheses:

H₀₁ - There will be no statistical significance Difference between pre-test and Post-test Scores of Mitigating stress levels among cancer patients undergoing curative radiotherapy.

H₀₂ - There will be no statistical significance association between post test scores of mitigating stress levels with selected socio demographic variables.

PRESENTATION OF DATA

To begin with, data was entered in a master sheet for tabulation and statistical processing. The findings were presented under following headings.

Section I : Frequency and percentage distribution of Socio-demographic variables of Cancer Patients.

Section II: Frequency and percentage distribution of Modified stress scale.

Section III: To evaluate the effectiveness of Yoga Nidra among Cancer patients by comparing Pre and Post test

Section VI: Finding the association between Socio-demographic variables and Mitigating Stress among Cancer Patients.

SECTION I: Socio Demographic variables

Table(1): Distribution of baseline characteristics in terms of frequency and percentage

N=60

| VARIABLES | Frequency(f) | Percentage (%) |
|-----------------------------|---------------------|-----------------------|
| 1.Age | | |
| a)<19 years | 00 | 00 |
| b)20-40 years | 16 | 27 |
| c)41-60years | 40 | 67 |
| d)>60 years | 04 | 7 |
| 2.Gender | | |
| a)Male | 20 | 33 |
| b)Female | 40 | 67 |
| 3.Educational status | | |
| a)Formal | 34 | 57 |
| b)No formal | 26 | 43 |
| 4)Religion | | |
| a)Hindu | 50 | 83 |
| b)Muslim | 10 | 17 |
| c)Christian | 00 | 00 |
| d)Any other | 00 | 00 |
| 5)Marital status | | |
| a)Married | 51 | 85 |
| b)Unmarried | 02 | 3.3 |

| | | |
|--------------------------------------|-----------|-----------|
| c)Widowed | 07 | 12 |
| d)Separated | 00 | 00 |
| 6)Socio economic | | |
| a)APL | 03 | 5 |
| b)BPL | 57 | 95 |
| 7.Type of Family | | |
| a)Nuclear family | 36 | 60 |
| b)Joint family | 24 | 40 |
| c)Extended family | 00 | 00 |
| 8.Occupation | | |
| a)Home maker | 29 | 48 |
| b)Private employer | 06 | 10 |
| c)Government employer | 00 | 00 |
| d)Others | 25 | 42 |
| 9.History of Comorbid illness | | |
| a)Present | 44 | 73 |
| b)Absent | 16 | 27 |
| 10)Known case of cancer since | | |
| a)>6 months | 18 | 30 |
| b)Since 1 year | 26 | 43 |
| c)Since 2 years | 16 | 27 |
| d)> 2years | 00 | 00 |

| | | |
|------------------------------|-----------|-----------|
| 11)Type of Cancer | | |
| a)Oral cancer | 43 | 72 |
| b)Breast cancer | 17 | 28 |
| c)Cervical cancer | 00 | 00 |
| d)Other types | 00 | 00 |
| 12)Stages of Cancer | | |
| a)Stage-1 | 08 | 13 |
| b)Stage-2 | 25 | 42 |
| c)Stage-3 | 19 | 32 |
| d)Stage-4 | 08 | 13 |
| 13)History of Tobacco | | |
| a)Yes | 35 | 58 |
| b)No | 25 | 42 |
| 14)Type of Addiction | | |
| a)Alcohol | 23 | 38 |
| b)Tobacco | 20 | 33 |
| c)Alcohol &Tobacco | 07 | 12 |
| d)Other substance | 10 | 17 |

1. AGE

Indicates that Age in Pretest group majority 67% of the study sample were between the age group of (41-60years) ,27 % of the study belongs to (20-40 years) and 6 of the samples belongs to (>60 years) and there is study samples belongs to (<19 years).

2. GENDER

Indicates that the gender in pre test group majority of 67% of the study samples were belongs to Females and 33% of the samples belongs to Males.

3. EDUCATIONAL STATUS

Indicates that educational status in pretest group majority 57% of the study sample were belongs to Formal education and 43% of the study samples were belongs to No formal education.

4. RELIGION

Indicates that Religion in the pretest group Majority 83% of the study samples were belongs to Hindu and 17% of the samples were belongs to Muslims and No other religious were present in study.

5. MARITAL STATUS

Indicates that Marital status in pretest group majority 85% of study samples were Married and 3% of the study samples were unmarried and 12% of the study samples were Widowed and there is no Separated.

6. SOCIO ECONOMIC STATUS

Indicates that Socio economic status in the pretest group majority 95% of samples belongs to Below poverty line and 5% of the samples were belongs to Above poverty line.

6. TYPE OF FAMILY

Indicates that Type of family in the Pretest group majority 60% of samples belongs to Nuclear family ,40% were belongs to Joint family.

7. OCCUPATION

Indicates that Occupation in the pretest group majority 48% were samples belongs to Home maker,42% of the samples were belongs to Private employee and 10% of samples belongs to Others

8. HISTORY OF COMORBID ILLNESS

Indicates that History of comorbid illness in the pretest group majority 73% of the samples were belongs to History of comorbid illness Present and 27% of samples were belongs to Absent of History of Comorbid illness.

9. KNOWN CASE OF CANCER SINCE

Indicates the Known case of cancer in the pretest group majority 43% of the samples having cancer since 1year, 30% of the samples having cancer since >6 months,27% of the samples having cancer since 2 years and there is no samples having cancer more than 2years.

10. TYPE OF CANCER SINCE

Indicates the Type of cancer in the pretest group majority 72% of the samples were belongs to Oral cancer and 28% were belongs to Breast cancer ,and there is NO Cervical and other type of cancer.

11. STAGES OF CANCER

Indicates the Stages of cancer in the pretest group the majority 42% of the samples were belongs to Stage-II, and 32% of the samples were belongs to Stage-III, and 13% samples were belonging to Stage-I and 13% of the samples were belongs to Stage-IV.

12. HISTORY OF TOBACCO

Indicates History of Tobacco in the pretest in the group the Majority 58% of the samples were History of Tobacco was present 42% of the Samples were No History of Tobacco

13. TYPE OF ADDICTION

Indicates the Type of Addiction in the pretest group the majority 38% of the samples were Addicted for Alcohol and 33% of were Ad dictated to Tobacco and 12% were Ad dictated for both Alcohol& Tobacco and 17% were addicted to other Substances.

SECTION II: Frequency and Percentage distribution of Pre and Post levels of Mitigating stress by Using Modified stress scale

Table:-(2) Frequency and Percentage distribution of Pre-& Post level of Mitigating Stress by Using Modified stress scale.

N=60

| Modified stress Gradings | Pre-test | | Post test | |
|-----------------------------|-----------|-----------|-----------|-----------|
| | f | % | f | % |
| Less than 25(No stress) | 00 | 00 | 00 | 00 |
| 26-50(Mild stress) | 00 | 00 | 10 | 10 |
| 51-75(Moderate stress) | 44 | 44 | 50 | 50 |
| More than 75(Severe stress) | 16 | 16 | 00 | 00 |

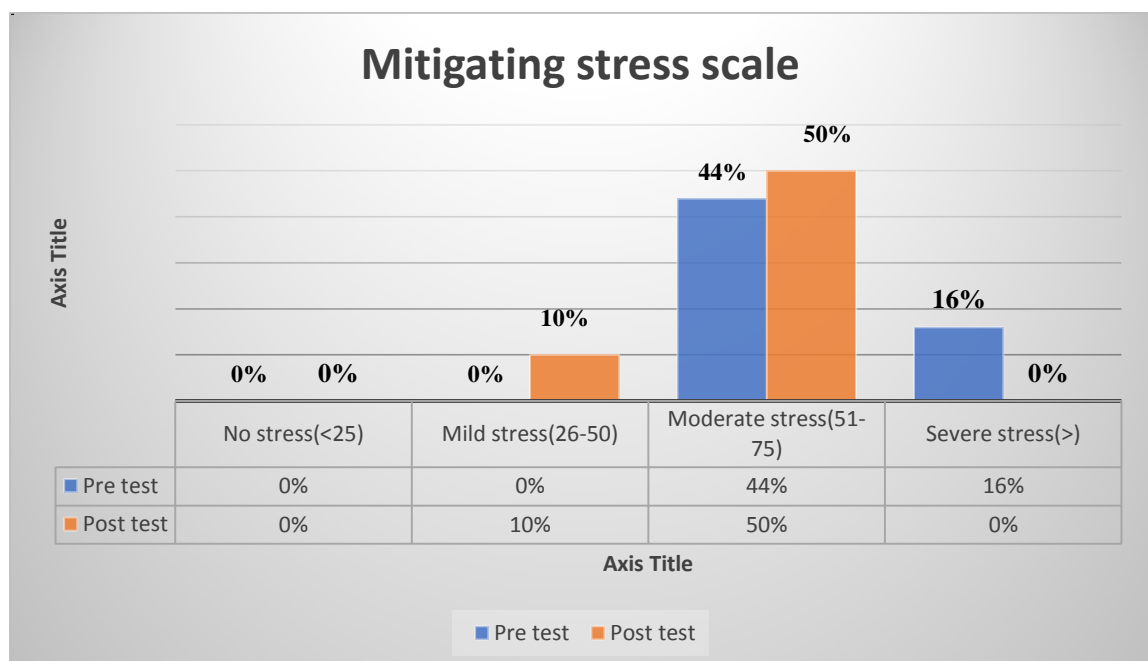


Figure (3):- Distribution of Pre and Post test score of samples

Table (2) And Figure (3): - Displays the frequency and percentage distribution of Mitigating stress levels before and after the intervention in both pre-test post for this study. As inclusion criteria the researcher was not involved in the Severe and satisfactory Stress levels sample into the study.

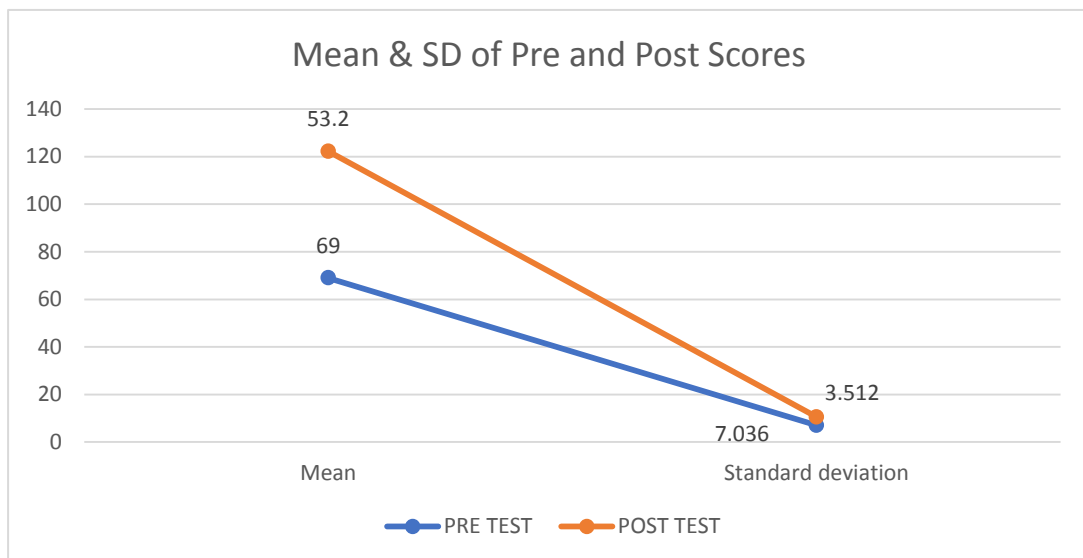
Pretest: Majority (44%) of participants experienced Moderate stress levels while (16%) reported Severe stress. This indicates a relatively high levels of stress among the group before the intervention.

Following the intervention in the **Post test**, the percentage of the participants with Moderate stress increased slightly to 50% while those experiencing Severe stress appear to have decreased, and (10%) of the Participants having Mild stress levels.

This shows that while Moderate stress slightly increases severe stress decreased. some people moved from severe to mild stress, which means overall stress levels improved.

SECTION III: Table 3 : To evaluate the effectiveness of Mitigating stress among cancer patients by using Modified stress scale.

| Group | Mean \pm SD | Paired “t” value | P value |
|---|-------------------|---------------------|------------|
| Pre test | 69 \pm 7.036 | 16.351 | .001 |
| Post test | 53.26 \pm 3.512 | | |
| Statistically significant at 0.05 levels ,t-tab value = \pm 2.00 , df= 59 | | | |
| Note :SD Standard deviation ,SS * statistically significant NS*Not significant | | | |



Fig(4): Distribution of mean and SD of Pre and Post test Scores

Table (3) and Figure (4) Represents the effectiveness of Mitigating stress on cancer patients, there was significant improvement between the pre-test post-test mean scores of Pretest group and Posttest group and with regards to post test the paired t-test value with Comparison of mean of both Pretest and Posttest is 16.351, p value is .001 which is significant at $p < 0.005$. and $df = 59$.

In evidence that Modified stress scale was effective in reducing of Mitigating stress among the Cancer patients.

SECTION:D

This section deals with association between Mitigating stress with selected socio demographic variables.

Table (4) Association between post test score of the Mitigating stress with selected Socio-demographic Variables in pretest.

N=60

| Sl. No. | Variables | Media | Above Median | Chi square(x^2) | df | P-value (0.05) | Inference |
|-----------|---------------------------|-------|--------------|---------------------|----|----------------|-----------|
| 1 | Age (in Years) | | | 0.3571 | 1 | 0.550 | NS |
| | <25-40years | 9 | 6 | | | | |
| | 41->60years | 23 | 22 | | | | |
| 2 | Gender | | | | | | |
| | Male | 10 | 10 | 0.134 | 1 | 0.714 | NS |
| | Female | 22 | 18 | | | | |
| 3. | Educational status | | | 0.031 | 1 | 0.861 | NS |
| | Formal education | 19 | 16 | | | | |
| | No-Formal education | 13 | 12 | | | | |
| 4. | Religion | | | 0.046 | 1 | 0.830 | NS |
| | Hindu | 28 | 25 | | | | |
| | Muslim | 4 | 3 | | | | |
| 5. | Marital status | | | 0.336 | 1 | 0.562 | NS |
| | Married | 28 | 23 | | | | |

| | | | | | | | |
|------------|-------------------------------------|----|----|--------|---|-------|----|
| | Widowed | 4 | 5 | | | | |
| 6. | Socioeconomic status | | | | | | |
| | Above poverty level | 1 | 2 | 0.508 | 1 | 0.476 | NS |
| | Below poverty level | 31 | 26 | | | | |
| 7. | Type of family | | | | | | |
| | Nuclear family | 16 | 20 | | | | |
| | Joint family | 16 | 8 | 0.285 | 1 | 0.091 | NS |
| 8. | Occupation | | | | | | |
| | Home maker | 16 | 17 | 0.6926 | 1 | 0.405 | NS |
| | Others | 16 | 11 | | | | |
| 9. | History of co-morbid illness | | | | | | |
| | Present | 25 | 19 | | | | |
| | Absent | 7 | 9 | 0.805 | 1 | 0.370 | NS |
| 10. | Known case of Cancer since | | | | | | |
| | Since 1 year | 9 | 8 | 3 | | | |
| | Since 2 year | 11 | 15 | .305 | 2 | 0.192 | NS |
| | >2 year | 12 | 5 | | | | |
| 11. | Type of Cancer | | | | | | |
| | Oral cancer | 20 | 17 | | | | |

| | | | | | | | |
|------------|-------------------------------|----|----|-------|---|-------|----|
| | Breast cancer | 12 | 11 | 0.020 | 1 | 0.887 | NS |
| 12. | Stages of cancer | | | | | | |
| | Stage-II | 8 | 8 | 0.147 | 2 | 0.929 | NS |
| | Stage-III | 14 | 11 | | | | |
| | Stage-IV | 10 | 9 | | | | |
| 13. | History of tobacco use | | | | | | |
| | Yes | 26 | 23 | 0.008 | 1 | 0.929 | NS |
| | No | 6 | 5 | | | | |
| 14. | Type of addiction | | | | | | |
| | Alcohol | 5 | 7 | 3.426 | 3 | 0.330 | NS |
| | Tobacco | 16 | 11 | | | | |
| | Alcohol& Tobacco | 4 | 7 | | | | |
| | Other substances | 7 | 3 | | | | |

Note: - P<0.05, NS-Not significant, SS-statistically significant, df-degree of freedom

(1) =3.841, df (2) =5.991, df (3) =7.815.

Table(4):- Indicates Association of selected socio demographic variables with Post test score reveals that there is No significant association between selected Socio demographic Variables at P Value of P<0.05.

CHAPTER-VII

DISCUSSION

This study found that Yoga Nidra effectively reduced stress among cancer patients undergoing radiotherapy. The findings are supported by earlier studies like Rani et al. (2011) and Deshpande et al. (2009), which also showed reduced stress and improved coping. Thus, Yoga Nidra proves to be a simple and cost-effective therapy to enhance psychological well-being in cancer patients.

The study's objective was to assess how well Yoga Nidra works to boost self-esteem in order to help Cancer patients. Data collection and analysis were Conducted in accordance with the study goals.

OBJECTIVE OF THE STUDY

- 1.To assess the Mitigating stress among cancer patients undergoing curative radiotherapy using Modified stress scale.
- 2.To evaluate the effectiveness of Yoga Nidra in mitigating stress among cancer patients undergoing curative radiotherapy by comparing pre and post-test scores of Mitigating stress level.
- 3.To determine the association between post-test scores of mitigating stress among cancer patients undergoing curative radiotherapy with selected socio-demographic variables. (Age, gender, marital status, educational status, occupation, monthly income, type of family, known case of cancer Since, Type of Cancer, Stages of Cancer, Type of Cancer, History of Tobacco use, Type of addiction).

MAJOR FINDINGS OF THE STUDY;

Description of socio-demographic data

1. The outcomes of the study shows that 16%(16) among the Cancer patients were 20-40 age ,40%(40) of the Cancer patients were 41-60 age, 4%(4) of the cancer patients were >60 years of age and there is no age group <19 years.
2. The outcomes of the study that 20%(20) among the cancer patients were Males and 40%(40) were Females.
3. The outcome of the study shows that 34%(34) among the cancer patients were belongs to Formal education, and 26%(26) of the cancer patients were belongs to No formal education.
- 4.The outcome of the study shows that 50%(50) among cancer patients were belongs to Hindu Religion and 10%(10) and there is no other Christian religion in my study samples.
5. The outcome of the study shows that 51%(51) among the cancer patients were Married and 2%(2) were belongs to Unmarried and 7%(7) were belongs to Widow and No Separated .
6. The outcome of the study shows that 57%(57%) among cancer patients were belongs to Below poverty line and 3%(3) were belongs to Above poverty line.
7. The outcome of the study shows that 36%(36) among cancer patients were belongs to Nuclear family,24%(24) among cancer patients were Joint family.
8. The outcome of the study shows that 29%(29) among cancer patients were belongs to Home maker, 6%(6) were belongs to Private employees and 25%(25) were belongs to Other occupation and there is no Government employee.

9. The outcome of the study shows that 44%(44) among cancer patients were belongs to Present of the History of Comorbid illness ,16%(16) were belongs Absent of Comorbid illness .

10. The outcome of the study shows that 18%(18) among cancer patients were to known case of cancer since >6 months,26%(26) were having cancer since 1 years and 16%(16) were cancer since 2years and there is no cancer since >2 years .

11. The outcome of the study 43% of the samples were belongs to Oral cancer and 17% were belongs to Breast cancer, and there is NO Cervical and other type of cancer.

12. The outcome of the Study majority 25% of the samples were belongs to Stage-II, and 19% of the samples were belongs to Stage-III, and 8% samples were belongs to Stage-I and Stage-IV.

13. The outcome of the Study Majority 35% of the samples were History of Tobacco was present 25%of the Samples were No History of Tobacco.

14. The outcome of the Study indicates the Type of Addiction in the pretest group the majority 23% of the samples were Addicted for Alcohol and 20% of were Ad dictated to Tobacco and 7% were Ad dictated for both Alcohol& Tobacco and 10% were addicted to other Substances.

Mitigating stress among Cancer patients is measured by Modified Stress Scale

Pre-test : Majority (44%) of participants experienced Moderate stress levels while (16%) reported Severe stress. This indicates a relatively high levels of stress among the group before the intervention.

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To evaluate the effectiveness of Mitigating stress among cancer patients by using Modified stress scale by Paired t-test.

Represents the effectiveness of Mitigating stress on cancer patients, there was significant improvement between the pre-test post-test mean scores of Pretest group and Posttest group and with regards to post test the paired t-test value with Comparison of mean of both Pretest and Posttest is 16.351, p value is .000 which is significant at $p < 0.005$. and $df = 59$.

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Association between Sociodemographic variables and Modified stress scale

According to the findings the association between Sociodemographic variables with Modified stress scale. where almost all the Variables chi-square value had less than the table the table Variables for $df = 1$ at $p < 0.05$. since there is no associative between the socio demographic Variables and Modified stress scale, null hypothesis H_0 was accepted.

CHAPTER -VIII

CONCLUSION

This chapter covers the importance of a research study, as well as its results, restrictions, suggestions, and ramifications for nursing research, practice, and education.

“EFFECTIVENESS OF YOGANIDRA IN MITIGATING STRESS AMONG CANCER PATIENTS UNDERGOING CURATIVE RADIOTHERAPY IN A SELECTED HOSPITAL, KOLAR.”

The following conclusions were drawn based on the findings of the study:

Distribution of baseline characteristics in terms of frequency and percentage

1.The outcomes of the study shows that 16% (16) among the Cancer patients were 20-40 age ,40% (40) of the Cancer patients were 41-60 age, 4% (4) of the cancer patients were >60 years of age and there is no age group <19 years.

2.The outcomes of the study that 20% (20) among the cancer patients were Males and 40% (40) were Females.

3.The outcome of the study shows that 34% (34) among the cancer patients were belongs to Formal education, and 26% (26) of the cancer patients were belongs to No formal education.

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IMPLICATIONS OF THE STUDY

The Present study was conducted to on the Effectiveness of Yoga Nidra in Mitigating stress among cancer patients who are undergoing curative radiotherapy in selected hospital, Kolar. Offers several valuable implications for clinical practice, patient care, education, and future research

1. Clinical Practice

Stress Management Tool: Yoga Nidra can be adopted as a non-pharmacological, cost effective, and easily implementable intervention to manage psychological stress in patients undergoing radiotherapy.

Reduction in symptoms Burden: Regular practice may lead to improved tolerance to radiotherapy by reducing associated anxiety, fear, and emotional exhaustion.

2. Nursing and Allied Health practice

Complementary Therapy: Nurses can be trained to guide patients through simple yoga Nidra sessions, making stress reduction more accessible at the bedside.

3. Policy and Administration

Program implementation: Health care institutions may consider implementing structured Yoga Nidra programs within oncology units.

Cost reduction: By potentially reducing the use of sedatives, anxiolytics and psychological consultations, it may contribute to cost effective patient care

4. Education and Training

Curriculum inclusion: Nursing and paramedical curricula can include Yoga Nidra as a Part of complementary and alternative therapies, equipping students with non-invasive stress management tools.

Workshops for staff: Training programs and workshops on Yoga Nidra can be conducted for health professional to incorporate it effectively into practice.

5. Future Research

Longitudinal Studies: Future studies can explore the long-term impact of Yoga Nidra on psychological resilience, treatment adherence, and quality of life in cancer patients.

Comparative Analysis: Further research can compare Yoga Nidra with other relaxation techniques to determine the most effective interventions for stress reduction in different cancer types and stages.

De-limitations

- 1.The study samples is limited to cancer patients from a single Hospital
2. The study subjects is restricted to 60 samples.

Recommendations

A similar study can be conducted in different settings.

- Comparison of different method of techniques can be conducted.
- The same study can be conducted as true experimental study.
- Similar study can be conducted on long term to know the effectiveness of Yoga Nidra technique in Cancer patients.

Summary

This chapter has brought out the Veracious implications of the study and provided recommendations studies of the kind should be conducted to yield more reliable results.

CHAPTER-IX

SUMMARY

Cancer and radiotherapy often lead to high levels to high levels of stress, anxiety, fear, and lack of interest among patients, affecting their emotional wellbeing and treatment response. To assess this psychological distress, tools like the Modified stress scale used. Non-pharmacological treatment, such as Yoga Nidra, have proven effectiveness in reducing stress. Yoga Nidra is a guided meditation practice that promotes deep relaxation and calmness. conducted for 45 minutes, it helps patients cope with the emotional challenges of cancer treatment. Incorporating such therapies supports holistic care and improves the overall quality of life for cancer patients during radiotherapy.

The Objectives of the study are to:

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Null Hypotheses:

H₀₁ - There will be no statistical significance Difference between pre-test and Post-test Scores of mitigating stress levels among cancer patients undergoing curative radiotherapy.

H₀₂ - There will be no statistical significance association between post test scores of mitigating stress levels with selected socio demographic variables.

Assumptions:

- Yoga Nidra may be significantly Decreases the Mitigating stress levels among cancer Patients.

Yoga Nidra may be significantly Decreases the Mitigating stress levels among cancer Patients.

The present study aimed to known effectiveness of Mitigating stress among cancer patients .by the Modified stress scale the investigator has adopted the Ludwig von Bertalanffy's General system theory which was found suitable Effectiveness of Yoga Nidra in mitigating stress among cancer patients Ludwig von Bertalanffy's General system theory elaborately explained of input, throughput, output which is suitable for the present study? Pre-experimental research design (one group pre-test -post-test design was used to known Effectiveness of Yoga Nidra in mitigating stress among cancer patients who was selected by Non-Probability, convenient sampling technic.

Review of literature and discussion with experts helps the investigator to select the appropriate Modified stress scale for the data collection and designed the methodology for the study. Data was collected using Modified stress scale.

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CHAPTER-X

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ANNEXURES-I

ETHICAL CLEARANCE



SRI DEVARAJ URS COLLEGE OF NURSING

Tamaka, Kolar-563 103, Karnataka.

(Affiliated to RGUHS, Bangalore and Recognized by KNC, Bangalore & INC, New Delhi)
ISO 9001:2015 Certified & NAAC Accredited

Phone: 9480880802

E-mail: sduconson@yahoo.com, Website: sducon.ac.in

Ref.:No. SDUCON/IEC/PG-146/2023-2024

Date: 09-05-2024

From,

The Institutional Ethics Committee
Sri Devaraj Urs College of Nursing,
Tamaka, Kolar-563103

To

Mr Naveen Kumar K.S
M.Sc Nursing Student
Mental Health Nursing
Sri Devaraj Urs College of Nursing
Tamaka, Kolar-563103

This is to certify that the Institutional Ethics Committee of Sri Devaraj Urs College of Nursing, Tamaka, Kolar has examined and unanimously approved the M.Sc. (N) Topic: **Effectiveness of Yoga Nidra in Mitigating Stress among cancer Patients undergoing curative Radiotherapy in a selected Hospital, Kolar** of **Mr Naveen Kumar K.S**, under the guidance of **Prof. Jairakini Aruna**, HOD Mental Health Nursing and Co-Guide **Mrs. Ramya**, Assistant Professor Dept. of Mental Health Nursing of Sri Devaraj Urs College of Nursing Kolar.


Member Secretary
CHAIR PERSON
ETHICS COMMITTEE
SRI DEVARAJ URS COLLEGE OF NURSING
TAMAKA KOLAR - 563103.


Chairperson
CHAIR PERSON
ETHICS COMMITTEE
SRI DEVARAJ URS COLLEGE OF NURSING
TAMAKA KOLAR - 563103.

ANNEXURES-II

SYNOPSIS CORRECTED COPY

| Sl.No | Course Name | Registration Number | Student Name | Title | Guide Name, Designation | Observation of Reviewer | Remarks | Status |
|-------|---|---------------------|------------------|--|-----------------------------------|---|--------------------------------|---|
| 4 | MSc Nursing in Community Health Nursing | 05_N023_00073 | ARATHI G S | COMPETENCY AMONG NURSING STAFF WORKING AT RURAL TERTIARY CARE MEDICAL TEACHING HOSPITAL KOLAR, KARNATAKA A STUDY TO ASSESS THE EFFECTIVENESS OF PEARL MILLET IN IMPROVING HAEMOGLOBIN LEVELS AMONG THE ADOLESCENT GIRLS IN SELECTED MURARJI DESAI SCHOOLS OF KOLAR AND MULBAGAL TALUK | SUMANA YESU PRIYA S.H., ASST.PROF | study is appropriate | Grammatical corrections. | Provisionally Registered. As per reviewer please incorporate the observations in dissertation |
| 5 | MSc Nursing in Psychiatric Nursing | 05_N023_00077 | NAVEEN KUMAR K S | EFFECTIVENESS OF YOGANIDRA IN MITIGATING STRESS AMONG CANCER PATIENTS UNDERGOING CURATIVE RADIOTHERAPY IN A SELECTED HOSPITAL, KOLAR | MRS. JAIRAKINI AURNA, ASST.PROF | recommended | feasible study | Provisionally Registered. As per reviewer please incorporate the observations in dissertation |
| 6 | MSc Nursing in Psychiatric Nursing | 05_N023_00070 | MANDINI M | EFFECTIVENESS OF WARM WATER FOOT BATH THERAPY ON QUALITY OF SLEEP AMONG ELDERLY PEOPLE IN A SELECTED OLD AGE HOMES, KOLAR DISTRICT. | MRS. JAIRAKINI AURNA, ASST.PROF | there is a grammar mistake in the problem statement, modification in objectives | can do the modifications | Provisionally Registered. As per reviewer please incorporate the observations in dissertation |
| 7 | MSc Nursing in Community Health Nursing | 05_N023_00076 | GUVVALA SHILPA | EFFECTIVENESS OF PLANNED TEACHING PROGRAMME KNOWLEDGE AND PRACTICES REGARDING GREEN MENSTRUATION AMONG THE ADOLESCENT GIRLS OF SELECTED RURAL HIGH SCHOOL KOLAR TALUK. | MALATHI K V, LECTURER | study is feasible and relevant | study is feasible and relevant | Provisionally Registered. As per reviewer please incorporate the observations in dissertation |

Digitally signed by
DR SHANMUKHAPPA
Date: 25-08-2025
16:20:36

Shanmukha Pappa
Principal

Sri Davangere Urs College of Nursing

ANNEXURES-III

PERMISSION LETTER TO CONDUCT STUDY

PERMISSION TO CONDUCT STUDY

From,
Mr. Naveenkumar .K.S
I year M.Sc. (N) Student
Sri Devaraj Urs College of Nursing
Tamaka, Kolar – 563101.

Date: 23/04/2025
Place: Kolar.

To,
The Medical superintendent,
R L Jalapa Hospital and Research Canter,
Tamaka, Kolar- 563101.

Respected Madam / Sir,
Through the Guide &HOD of Psychiatric Department and Principal ,SDUCON, Kolar.

Sub: Requesting permission to collect data from cancer patients-reg

With the subject to the above, I the under signed student of 2nd year M.Sc. Nursing under the Department of Psychiatric Nursing specialty would like to collect data for the main research study on **“EFFECTIVENESS OF YOGA NIDRA IN MITIGATING STRESS AMONG CANCER PATIENTS UNDER GOING CURATIVE RADIOTHERAPY IN A SELECTED HOSPITAL, KOLAR.** as a partial fulfilment of my M.Sc. Nursing curricular requirement. Hence I request you to grant permission to collect data from patients admitted in oncology wards of RLJH and RC and do the needful. Here with I am enclosing my research Synopsis, tool and ethical clearance for your kind consideration.

Thanking you **Yours faithfully,**

Enclosure: Mr. Naveen Kumar.K.S
Naveen Kumar.K.S

- Synopsis
- Tool

Copy to:

1. Head, Department of Oncology, RLJHC& RC, Kolar.
2. *DR. MANI ANANDH GN*
PROFESSOR & HOD
Dept. of Radiation Oncology
KMC No. 83059
Date.....Time.....
Forwarded to principal for the needful
Forwarded to Medical Superintendent, RLJHC
a request to permit above mentioned student to collect data from patients

permitted
Dr. Mani
Medical Superintendent
R.L. Jalappa Hospital & Research Ca:
Tamaka, Kolar-563103.

Chief Nursing Officer
L. Jalappa Hospital & Research Center
Tamaka, Kolar-563103

ANNEXURE -IV

LIST OF EXPERTS WHO VALIDATED THE TOOL

| | |
|-----------|---|
| 1. | Dr.Ruth sneha Associate Professor Dept of Psychiatry RLJHospital&RC |
| 2. | Dr.Purushotham Assistant Professor Dept of Psychiatry RLJHospital&RC |
| 3. | Dr.S.N Jagadish Clinical Psychologist Dept of Psychiatry RLJHospital&RC |
| 4. | Dr.Manjunath G.N Professor&HOD Dept of Radiation Oncology RLJHospital&RC |
| 5. | Mr.Mansoor Basha Assistant Professor Dept of Psychiatry Nursing AECS Pavan College of Nursing,Kolar |

ANNEXURE -V

LETTER REQUESTING OPINIONS AND SUGGESTIONS OF EXPERTS FOR VALIDITY OF RESEARCH TOOL

From,

Mr.Naveenkumar K.S
II year M.Sc. Nursing (Mental health Nursing)
Sri Devaraj Urs College of Nursing
Tamaka, Kolar.

To ,

Dr. Ruth Sneha Chandra
Associate Professor
Department of Psychiatry
R LJ Hospital and Research centre

Respected Sir/Madam,

Sub: Request for opinion and suggestions of experts for establishing content validity of research

I Mr. Naveenkumar K.S 2nd year M.Sc. Nursing (Mental Health Nursing Specialty) of Sri Devaraj Urs College of Nursing, Tamaka, Kolar have selected the following topic for my dissertation to be Submitted to Rajiv Gandhi University of Health Science for the Partial fulfilment of the requirement to award Masters of Science Nursing.

TITLE OF THE TOPIC: “EFFECTIVENESS OF YOGA NIDRA IN MITIGATING STRESS AMONG CANCER PATIENTS UNDER GOING CURATIVE RADIOTHERAPY IN A SELECTED HOSPITAL, KOLAR.

OBJECTIVES OF THE STUDY:

1. To assess the mitigating stress among cancer patients undergoing curative radiotherapy using Modified stress scale.
2. To evaluate the effectiveness of Yoga Nidra in mitigating stress among cancer patients undergoing curative radiotherapy by comparing pre and post-test scores of mitigating stress level.
3. To determine the association between post-test scores of mitigating stress among cancer patients undergoing curative radiotherapy with selected socio-demographic variables. (Age, gender, marital status, educational status , occupation, monthly income, type of family, known case of cancer Since, Type of Cancer, Stages of Cancer, History of Tobacco use, Type of addiction).

In order to achieve the above-mentioned objectives, I request your kind self to validate the research tool appropriateness and arrangement of the content using the criteria checklists enclosed here with I am enclosing,

- Blue print of the tool
 - Section A: Socio demographic variables
 - Section B: Modified stress scale to assess Mitigating stress

Enclosures:

- Synopsis
- Tool

I request you to kindly go through the tool and give your expert and valuable suggestion your expert opinion and co-operation will be highly appreciated and gratefully acknowledged.

Thanking You in anticipation

Yours Sincerely,

(Mr. Naveenkumar K.S)

Date:

Place:

Signature of Expert with Designation

ANNEXURE -VI

DATA COLLECTION TOOL ACCEPTANCE FOR TOOL VALIDATION

Name

Designation

Name of the college:

Statement of acceptance or no acceptance.

I give my acceptance/ no acceptance to validate the tool

TOPIC: “EFFECTIVENESS OF YOGA NIDRA IN MITIGATING STRESS
AMONG CANCER PATIENTS UNDER GOING CURATIVE RADIOTHERAPY
IN A SELECTED HOSPITAL, KOLAR”.

Place:

Signature of the expert

Date:

seal

ANNEXURE -VII

CRITERIA CHECKLIST FOR THE EVALUTION OF THE TOOL

Respected sir/Madam,

Kindly go through the tool and give your response in the columns given in the Criteria table against each category whether it is not relevant ,relevant to some extent ,or relevant . Please give your valuable suggestions in the remarks.

SECTION -I: SOCIO DEMOGRAPHIC DATA

| Item No. | Not relevant | Relevant to Some extent | Relevant | Suggestions and Remarks |
|----------|--------------|-------------------------|----------|-------------------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |
| 8 | | | | |
| 9 | | | | |
| 10 | | | | |
| 11 | | | | |
| 12 | | | | |
| 13 | | | | |
| 14 | | | | |

EVALUATION CRITERIA CHECKLIST FOR STRUCTURED INTERVIEW SCHEDULE

Respected sir/Madam,

I request you to evaluate the research tool and give your valuable opinion and suggestions on the developed questionnaire. There are four responses .please ticks mark () in the appropriate column and give your remarks in the columns.

Interpretation of column

1. Completely meets the Criteria
2. Partially meets the Criteria
3. Does not meet the Criteria
4. Remarks

Your Valuable Opinion and kind cooperation will be highly appreciated.

Thank you in anticipation of your kind opinion

| Sl no | EVALUATION CRITERIA | 1 | 2 | 3 | REMARKS |
|-------|---|---|---|---|---------|
| 1 | SECTION -I :Demographic data, The items on Demographic information over all aspects necessary for the study | | | | |
| 2 | SECTION-II: 1. Psychological needs 2. Physical needs 3. Social and Financial problems | | | | |

Place:

Signature of the evaluator

Date:

Name and designation

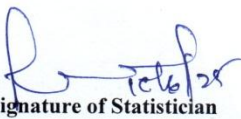
ANNEXURES-VIII

CERTIFICATE FROM STATISTICIAN

I hereby certify that I have provided statistical guidance in analysis to Mr. Naveen Kumar. K.S, IInd Year MSc Nursing student, for his research study titled as **“Effectiveness of Yoga Nidra in Mitigating Stress among Cancer Patients undergoing Curative Radiotherapy in a selected Hospital, Kolar”** at Sri Devaraj Urs college of Nursing, Tamaka, Kolar.

Date:

Place: Tamaka, Kolar



Signature of Statistician

Mr. S. RAJESHANKAR
Assistant Professor, Statistics
Dept. of Community Medicine
SDUMC, Kolar-581403
SDUAHER, Tamaka, Kolar.

ANNEXURES-IX

Written Informed Consent Form

STUDY TITLE: “Effectiveness of Yoga Nidra in Mitigating stress among cancer patients undergoing Curativeradiotherapy in a selected hospital, Kolar”.

Code Number:

I confirm that I have read and understood the information given to me about this study and my role in it. I had opportunities to ask questions and my questions have been answered to my satisfaction.

Or

I confirm that all information about this study and my role in it has been read / explained to me by a) member of the investigating team in a language that I understand. I had opportunities to ask questions and my questions have been answered to my satisfaction.

b) I understand that my participation in this study is voluntary and that I am free to withdraw from the study at any time, without giving any reason and legal rights being affected.

c) I understand that my identity will not be revealed in any document or publication.

d) I agree not to restrict the use/publication of any data or results that arise from this study provided such use is only for scientific purposes.

e) I am aware that by agreeing to my participation in this investigation, I will have to give more time for training and assessments by the investigating team and that these assessments will not interfere with the benefits that I am entitled to or my daily routine.

f) I give my consent, voluntarily to take part in this study. I also agree for the investigator to record the observation/interview sessions whenever they are held.

Signature (or thumb impression) of the study participants /Legally Acceptable Representative:

Study participant signature/Thumb impression:

Signature/Thumb impression of Witnesses:

Study Investigator's Signature: _____

ANNEXURES-X

INFORMATION FOR PARTICIPANTS

– Cancer patients undergoing curativeradiotherapy

Title: “Effectiveness of Yoga Nidra in Mitigating stress among Cancer Patients undergoing Curative radiotherapy in a selected hospital, Kolar”.

Cancer Patients are invited to take part in a research study. Before you decide to participate in this study, it is important for you to understand why this research is being carried out and your role in the project. Please take time to read the following information carefully and discuss it with your relatives if you wish before you decide to participate or not in this study. Don't hesitate to ask us if there is anything that is not clear here or for more information. Take as much as time you need to decide to participate in this study.

What is the purpose of the study?

This is purely a research study and your participation may not bring any direct benefit to you.

The present study aims to assess the knowledge on the prevalence and predisposing factors of Effectiveness of Yoga Nidra, Mitigating Stress among Cancer Patients Undergoing Curative Radiotherapy Selected Hospital, Kolar. - *Do No Harm*.

Do participants have to take part in the study?

The investigator invites you to participate in the study and will be given a copy of this information sheet and adequate time to read through this, think, and ask any questions before making a decision. If you decide to enroll in the study, you will be asked to sign/thumb impression on a consent form. You are free to withdraw from the study at

any time without giving any reason. A decision not to take part or later withdraw from the study whenever you choose will not affect your right or your profession.

What is your role in this project?

After your sign/thumb impression in the informed consent, the investigator shall ask questions on the basic details of the age, gender, education, occupation, area of residence and will be assessed by the Modified Stress scale. The intervention will be given for 1month followed by post-test in groups.

What is the duration of the Training?

The Effectiveness of Yoga Nidra in Mitigating Stress in Cancer Patients will be assessed by using Modified Stress scale and. For 1 month by administering the questionnaires.

What are the benefits of participating in the study?

You are not entitled to any monetary or other benefits for participating in the study. just to the assess the knowledge on the prevalence and predisposing factors of Effectiveness of Yoga Nidra in Mitigating Stress in Cancer Patients Undergoing Curative Radiotherapy.

Are there any risks involved in participating in the study?

There are no risks or inconveniences in participating in this study.

Confidentiality of information

The data collected will be coded using unique code numbers which will be known only to the investigating team. Only this code will be indicated in all assessment sheets. Your name will not be disclosed outside or appear on any reports or publications resulting from the study. The data generated from this research will be

anonymous, with no indication of the identity of the individuals involved. The results of the Intervention carried out, however, will be revealed and explained to you.

What will happen to the samples (data) you have given?

The data obtained will be analyzed for scientific purposes. The results obtained from this study may be published in national and international scientific journals. Results may also be presented at scientific conferences /seminars. We will publish the results in scientific journals so that other interested people may learn from our research. However, we assure you that your identity will not be revealed anywhere, in any form, and to anybody. If you withdraw from the study after the samples have been collected, then your data will not be used for this study. Such data will be in safe custody till the completion of the project and will be deleted from records thereafter.

Who is organizing/ conducting the study?

The research is being conducted under the guidance of Subject experts and Research guide,

Mrs. Jairakini Aruna Professor and HOD of Dept of Psychiatric Nursing SDUCON Tamaka, Kolar.

Who has reviewed this study?

The study has been approved by the Institutional Ethics Committee, Sri Devaraj Urs College of Nursing for ethical aspects/standards. If you need more information about this study, please contact the following at any time of the study.

Miss. Jairakini Aruna

Professor and HOD of

Dept of Psychiatric nursing

SDUCON, Tamaka Kolar

Phone no:9481828445

Mr. Naveen Kumar K S

MSc (N) student

Phone no: 9740671938

Thank you for taking time to read this information. If you decide to consider taking part in this study, you will be given a copy of this leaflet for your information.

Signature of the investigator

Acknowledgement: Copy of this document received

Signature/Thumb impression of Participant

ANNEXURES-XI

SECTION –A SOCIO DEMOGRAPHIC VARIABLES

1. **Age (in years)** _____
 - a) <19 years
 - b)20-40years
 - c)41-60years
 - d)>60years
2. **Gender**
 - a. Male
 - b. Female
3. **Educational status**
 - a. Formal education
 - b. No formal education
4. **Religion**
 - a. Hindu
 - b. Muslim
 - c. Christian
 - d. Any other specify
5. **Marital status**
 - a. Married
 - b. Unmarried
 - c. Widowed
 - d. Separated
6. **Socioeconomic status**
 - a. APL
 - b. BPL
7. **Type of Family**
 - a. Nuclear family
 - b. Joint family
 - c. Extended family
 - d. Any other Specify _____
8. **Occupation**
 - a. Homemaker
 - b. Private employee
 - c. Government employee
 - d. Others

9. History of Comorbid Illness

- a. Present
- b. Absent

10. Known Case of Cancer since

- a) >6 months
- b) Since 1 year
- c) Since 2 years
- d) > 2 years

11. Type of Cancer

- a) Oral cancer
- b) Breast cancer
- c) Lung cancer
- d) Others type cancer

12. Stages of Cancer

- a) Stage-1
- b) Stage-2
- c) Stage-3
- d) Stage-4

13. History of Tobacco use

- a) Yes
- b) No

14. Type of Addiction

- a) Alcohol
- b) Tobacco
- c) Alcohol & Tobacco
- d) Others Substance

SECTION-B: MODIFIED STRESS SCALE

| Sl.no | Item | No stress | Mild stress | Moderate stress | Severe stress |
|-------|---|-----------|-------------|-----------------|---------------|
| | 1.Section-A Psychological Problems | | | | |
| 1. | I have lost confidence in my life. | | | | |
| 2. | I feel that I am a person of worth and equal like others. | | | | |
| 3. | Recently I have been highly irritated (Reverse scoring). | | | | |
| 4. | I feel hopeful about my recovery with the help of medicines and radiation therapy | | | | |
| 5. | I do not feel difficult to take my decisions. | | | | |
| 6. | I am worried about the outcome of the disease. | | | | |
| 7. | I am scared about the spread of cancer. | | | | |
| 8. | Recently I experience unexplained mental sadness | | | | |
| 9. | Recently I have been having low morale. | | | | |
| 10. | Recently I am not able to get along with the situations important for my life. | | | | |
| 11. | I feel low as my body has changed and I am not womanly as before. | | | | |
| 12. | I feel very upset as my prayers and offerings are not answered. | | | | |
| 13. | I often ask to God “why only me”. | | | | |
| 14. | I feel like I am burden to my family | | | | |

| Sl.no | Item | | | | | |
|-------|---|--|--|--|--|--|
| | Section-B Physical problems | | | | | |
| 1. | I've been experiencing mentally and physically stressed out recently. | | | | | |
| 2. | I feel difficulty in relaxing | | | | | |
| 3. | I lost my appetite when I think possible consequences of my illness. | | | | | |
| 4. | I get tired very rapidly. | | | | | |
| 5. | I haven't been getting good sleep recently. | | | | | |
| 6. | I fear that I might never be able to lead a normal sexual life. | | | | | |

| Sl.no | Item | | | | | |
|-----------|--|--|--|--|--|--|
| | Section-C Social and Financial problems | | | | | |
| 1. | I feel guilty for not contributing further to my family | | | | | |
| 2. | I always prefer to be alone | | | | | |
| 3. | I get angry easily these days, especially with family, friends, and neighbours. | | | | | |
| 4. | My social life has come to an end because of these treatment regimens, which makes me unhappy. | | | | | |
| 5. | I am upset due to the financial crisis caused by my medical treatment. | | | | | |

Categorization of stress:

- No stress = less than 25;
- Mild stress 26- 50;
- Moderate stress =51-75
- Severe stress = greater than 75

ANNEXURES-XII

MASTER SHEET

A. Master sheet of Socio-demographic Variables

| Sl. No | Q1 | Q2 | Q3 | Q4 | Q5 | Q6 | Q7 | Q8 | Q9 | Q10 | Q11 | Q12 | Q13 | Q14 |
|--------|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|
| 1 | c | a | a | a | a | b | b | d | a | b | a | b | a | d |
| 2 | c | a | b | b | a | b | a | a | a | b | a | b | a | a |
| 3 | b | b | b | a | c | b | b | a | a | c | b | c | b | c |
| 4 | c | b | a | a | a | b | a | d | a | a | c | c | a | a |
| 5 | b | b | b | a | b | b | b | a | b | b | c | a | b | c |
| 6 | c | b | b | a | a | b | a | d | a | b | a | b | a | a |
| 7 | b | b | a | a | a | b | a | a | b | a | b | b | a | a |
| 8 | b | b | b | a | a | b | b | d | a | c | b | b | a | d |
| 9 | c | b | b | a | a | b | b | a | a | a | c | a | a | d |
| 10 | b | b | a | a | c | b | a | d | a | b | a | c | a | d |
| 11 | c | b | b | a | b | b | a | a | b | b | b | c | a | c |
| 12 | c | b | a | a | a | b | a | a | a | a | a | c | b | d |
| 13 | b | b | a | a | a | b | b | d | a | a | a | a | a | d |
| 14 | b | b | b | a | c | b | b | d | b | c | a | b | a | d |
| 15 | c | b | a | a | a | b | a | a | b | a | b | a | b | a |
| 16 | c | b | b | a | a | b | a | d | a | b | a | b | a | b |
| 17 | b | b | b | a | a | b | b | d | a | c | a | a | a | b |
| 18 | b | a | a | a | a | b | b | d | b | c | a | a | a | d |
| 19 | b | a | a | a | a | b | b | d | a | a | b | b | a | d |
| 20 | c | a | a | a | a | b | a | a | b | b | a | a | a | a |
| 21 | c | b | b | a | a | b | a | d | a | b | a | a | a | d |

| | | | | | | | | | | | | | | |
|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 22 | b | b | a | a | a | b | a | a | a | b | a | b | a | b |
| 23 | c | b | b | a | c | b | b | d | a | b | b | c | a | b |
| 24 | b | b | a | a | a | b | b | a | a | c | a | c | a | c |
| 25 | b | b | a | a | a | a | a | a | a | c | a | c | b | b |
| 26 | c | b | b | a | a | b | a | d | a | b | a | c | a | c |
| 27 | c | a | b | b | a | b | b | d | a | b | a | c | a | b |
| 28 | c | b | a | a | c | b | a | a | b | c | b | b | b | c |
| 29 | c | b | a | a | a | a | b | d | a | b | a | c | a | b |
| 30 | c | b | b | a | a | b | a | a | a | c | c | c | a | b |
| 31 | c | b | a | a | a | b | b | d | b | a | a | b | a | b |
| 32 | c | a | a | a | c | a | a | d | a | b | c | b | a | c |
| 33 | c | b | b | a | a | b | a | a | a | a | a | c | a | c |
| 34 | c | b | a | a | a | b | b | a | b | b | c | c | a | c |
| 35 | c | a | a | a | a | b | a | b | a | b | a | c | a | c |
| 36 | b | a | a | a | a | b | a | a | a | a | a | a | a | b |
| 37 | c | a | a | b | a | b | a | b | b | b | a | b | a | c |
| 38 | b | a | a | a | a | b | a | b | a | a | a | b | a | b |
| 39 | c | b | a | a | a | b | a | a | a | b | a | b | a | b |
| 40 | c | a | b | a | a | b | a | a | a | b | b | a | b | b |
| 41 | c | b | a | a | a | b | b | a | a | a | a | a | a | b |
| 42 | c | a | b | a | a | b | b | a | a | a | a | b | a | a |
| 43 | d | a | a | a | c | b | a | d | a | b | a | b | b | b |
| 44 | c | b | b | a | a | b | b | d | a | b | a | b | a | a |
| 45 | d | b | a | a | a | b | b | a | a | b | a | b | a | b |
| 46 | c | a | a | a | a | b | a | d | a | a | b | a | b | a |
| 47 | d | a | b | b | a | b | b | d | b | c | a | a | a | b |
| 48 | c | b | b | a | a | b | a | a | a | c | b | b | a | b |
| 49 | c | b | a | a | a | b | a | d | a | a | b | c | b | b |

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|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50 | c | b | b | a | a | b | b | a | b | b | a | c | a | b |
| 51 | c | a | a | b | a | b | a | a | a | b | a | a | a | b |
| 52 | c | a | b | a | a | b | a | a | a | c | a | a | a | b |
| 53 | c | a | a | a | a | b | b | d | b | c | a | b | a | b |
| 54 | c | b | a | a | a | b | a | b | a | a | a | b | a | b |
| 55 | c | b | a | b | a | b | a | d | b | c | b | a | a | a |
| 56 | c | b | b | b | a | b | a | a | a | b | b | b | a | b |
| 57 | c | b | a | a | a | b | a | a | a | c | b | c | a | a |
| 58 | d | a | a | a | a | b | b | d | a | c | a | b | a | b |
| 59 | c | b | b | a | a | b | a | a | a | c | b | b | b | a |
| 60 | c | b | a | a | a | b | a | d | b | a | b | c | a | b |

B. Master sheet – Modified stress scale tool

a. Pre-test Data

| Sl. No. | Q-1 | Q-2 | Q-3 | Q-4 | Q-5 | Q-6 | Q-7 | Q-8 | Q-9 | Q-10 | Q-11 | Q-12 | Q-13 | Q-14 | Q-15 | Q-16 | Q-17 | Q-18 | Q-19 | Q-20 | Q-21 | Q-22 | Q-23 | Q-24 | Q-25 |
|---------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 1 | 2 | 2 | 4 | 1 | 0 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 4 |
| 2 | 2 | 0 | 3 | 0 | 1 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 |
| 3 | 3 | 1 | 4 | 0 | 0 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 4 |
| 4 | 2 | 1 | 4 | 0 | 0 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 4 |
| 5 | 2 | 2 | 3 | 1 | 1 | 3 | 4 | 2 | 4 | 4 | 2 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 4 |
| 6 | 3 | 2 | 3 | 1 | 1 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 4 |
| 7 | 4 | 1 | 2 | 1 | 0 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 |
| 8 | 3 | 0 | 4 | 2 | 0 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 3 |
| 9 | 4 | 0 | 4 | 1 | 1 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 4 |
| 10 | 3 | 2 | 4 | 1 | 2 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 |
| 11 | 2 | 2 | 3 | 0 | 1 | 4 | 3 | 3 | 3 | 3 | 2 | 1 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 2 |
| 12 | 4 | 2 | 4 | 0 | 1 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 |
| 13 | 4 | 1 | 4 | 0 | 0 | 4 | 3 | 3 | 3 | 4 | 2 | 4 | 4 | 2 | 4 | 3 | 2 | 4 | 3 | 3 | 2 | 1 | 2 | 3 | 3 |
| 14 | 4 | 1 | 4 | 1 | 0 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 1 | 3 | 4 | 4 | 4 | 3 | 2 |
| 15 | 4 | 2 | 3 | 2 | 1 | 4 | 3 | 3 | 2 | 1 | 3 | 3 | 4 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 |
| 16 | 3 | 1 | 4 | 2 | 1 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 2 | 3 | 3 | 4 |
| 17 | 2 | 1 | 4 | 2 | 1 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 2 | 1 | 3 | 3 | 4 | 4 | 2 |
| 18 | 3 | 0 | 3 | 0 | 0 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 2 | 1 | 4 | 3 | 2 | 3 | 3 | 2 | 1 | 3 | 3 | 3 |
| 19 | 3 | 1 | 2 | 1 | 1 | 4 | 3 | 3 | 3 | 4 | 4 | 1 | 2 | 1 | 2 | 1 | 0 | 1 | 2 | 3 | 3 | 4 | 1 | 2 | 3 |
| 20 | 4 | 0 | 4 | 0 | 1 | 4 | 3 | 2 | 1 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 1 | 3 | 4 | 2 | 3 | 4 |
| 21 | 4 | 1 | 4 | 1 | 2 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 1 | 4 | 3 | 2 | 1 | 3 | 3 |
| 22 | 4 | 1 | 4 | 1 | 2 | 4 | 3 | 3 | 4 | 3 | 3 | 2 | 1 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 1 | 4 | 3 |
| 23 | 4 | 1 | 3 | 1 | 2 | 3 | 3 | 3 | 4 | 3 | 3 | 2 | 1 | 4 | 4 | 3 | 2 | 1 | 4 | 4 | 3 | 3 | 1 | 4 | 4 |

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| 24 | 4 | 1 | 3 | 0 | 2 | 4 | 4 | 3 | 3 | 2 | 1 | 2 | 1 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 2 | 2 | 2 | 3 |
| 25 | 4 | 2 | 4 | 0 | 2 | 4 | 4 | 3 | 3 | 2 | 1 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 1 | 3 | 4 |
| 26 | 3 | 1 | 4 | 1 | 1 | 4 | 4 | 3 | 2 | 1 | 2 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 2 | 2 | 1 | 3 | 4 |
| 27 | 2 | 1 | 4 | 1 | 1 | 4 | 3 | 3 | 2 | 3 | 3 | 1 | 2 | 3 | 3 | 1 | 3 | 3 | 2 | 1 | 1 | 4 | 4 | 4 | 4 |
| 28 | 1 | 1 | 4 | 2 | 0 | 4 | 3 | 3 | 3 | 3 | 2 | 4 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 1 | 2 | 3 | 2 |
| 29 | 4 | 2 | 3 | 0 | 2 | 4 | 4 | 3 | 3 | 3 | 2 | 1 | 4 | 4 | 4 | 4 | 3 | 3 | 2 | 2 | 1 | 4 | 3 | 3 | 3 |
| 30 | 4 | 0 | 2 | 1 | 1 | 4 | 3 | 3 | 3 | 2 | 4 | 4 | 4 | 3 | 3 | 1 | 2 | 3 | 3 | 3 | 1 | 4 | 2 | 4 | 4 |
| 31 | 3 | 1 | 1 | 1 | 1 | 3 | 3 | 4 | 4 | 4 | 2 | 1 | 2 | 1 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 2 |
| 32 | 2 | 2 | 4 | 0 | 0 | 3 | 4 | 4 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 1 | 2 | 3 | 4 | 4 | 4 | 4 | 1 | 3 | 3 |
| 33 | 1 | 1 | 3 | 1 | 2 | 3 | 3 | 4 | 4 | 3 | 3 | 2 | 2 | 1 | 3 | 3 | 3 | 1 | 2 | 4 | 4 | 4 | 4 | 4 | 3 |
| 34 | 4 | 0 | 3 | 0 | 2 | 4 | 4 | 3 | 3 | 3 | 2 | 1 | 2 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 2 | 3 |
| 35 | 3 | 1 | 4 | 1 | 1 | 3 | 4 | 3 | 3 | 4 | 4 | 2 | 1 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 2 | 1 | 2 | 3 | 4 |
| 36 | 2 | 2 | 3 | 0 | 1 | 4 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 1 | 3 | 0 | 3 | 2 | 3 | 3 | 2 | 1 | 3 | 4 |
| 37 | 2 | 0 | 4 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 3 | 3 | 4 | 4 | 4 | 3 | 2 |
| 38 | 3 | 1 | 4 | 0 | 1 | 3 | 2 | 2 | 1 | 2 | 3 | 3 | 3 | 2 | 1 | 2 | 3 | 1 | 2 | 3 | 2 | 2 | 3 | 3 | 3 |
| 39 | 3 | 2 | 3 | 2 | 0 | 2 | 2 | 3 | 1 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 1 | 2 | 3 | 2 | 1 | 2 | 2 | 4 |
| 40 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 3 | 1 | 4 | 4 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 1 | 4 | 3 | 2 | 2 |
| 41 | 3 | 1 | 3 | 0 | 1 | 3 | 3 | 2 | 2 | 1 | 2 | 4 | 2 | 2 | 1 | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 3 | 2 | 1 |
| 42 | 2 | 1 | 3 | 2 | 2 | 1 | 2 | 2 | 3 | 3 | 4 | 2 | 2 | 1 | 2 | 4 | 3 | 2 | 3 | 4 | 3 | 3 | 3 | 3 | 3 |
| 43 | 3 | 2 | 3 | 1 | 0 | 2 | 3 | 3 | 3 | 4 | 3 | 4 | 4 | 3 | 3 | 2 | 1 | 2 | 3 | 4 | 3 | 2 | 2 | 2 | 1 |
| 44 | 3 | 0 | 4 | 0 | 1 | 2 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 1 | 2 | 2 | 3 | 4 | 3 | 2 | 2 | 1 | 2 |
| 45 | 3 | 0 | 4 | 0 | 2 | 2 | 2 | 3 | 3 | 1 | 2 | 3 | 3 | 2 | 1 | 4 | 3 | 3 | 2 | 4 | 2 | 2 | 3 | 3 | 3 |
| 46 | 3 | 2 | 3 | 2 | 1 | 4 | 4 | 3 | 4 | 4 | 3 | 2 | 2 | 4 | 3 | 3 | 2 | 4 | 4 | 4 | 3 | 3 | 2 | 4 | 3 |
| 47 | 3 | 1 | 3 | 2 | 1 | 4 | 3 | 3 | 2 | 4 | 1 | 2 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 2 | 1 | 2 | 2 | 4 | 3 |
| 48 | 2 | 0 | 2 | 1 | 1 | 4 | 4 | 3 | 3 | 2 | 1 | 2 | 2 | 2 | 3 | 4 | 4 | 3 | 4 | 4 | 2 | 1 | 2 | 2 | 4 |
| 49 | 3 | 0 | 4 | 1 | 2 | 3 | 3 | 2 | 1 | 2 | 4 | 4 | 2 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 4 | 2 | 4 | 3 | 3 |
| 50 | 3 | 2 | 4 | 1 | 1 | 4 | 4 | 3 | 2 | 1 | 2 | 4 | 3 | 3 | 2 | 1 | 2 | 2 | 3 | 3 | 3 | 2 | 4 | 4 | 4 |

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| 51 | 2 | 2 | 3 | 1 | 1 | 4 | 3 | 4 | 4 | 3 | 2 | 2 | 1 | 3 | 4 | 4 | 2 | 4 | 3 | 3 | 3 | 2 | 4 | 4 | 4 |
| 52 | 2 | 0 | 3 | 1 | 0 | 4 | 3 | 2 | 1 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 4 | 4 | 3 | 2 | 2 | 3 | 4 | 3 | 2 |
| 53 | 3 | 1 | 2 | 1 | 2 | 3 | 2 | 4 | 4 | 1 | 2 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 4 | 3 | 2 | 4 |
| 54 | 3 | 2 | 1 | 2 | 1 | 4 | 3 | 2 | 1 | 4 | 4 | 3 | 2 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 2 | 4 | 4 | 1 | 2 |
| 55 | 4 | 2 | 3 | 2 | 1 | 4 | 3 | 3 | 2 | 3 | 4 | 4 | 3 | 2 | 1 | 3 | 2 | 4 | 3 | 3 | 2 | 4 | 4 | 3 | 4 |
| 56 | 3 | 2 | 3 | 2 | 2 | 3 | 4 | 3 | 3 | 4 | 4 | 4 | 2 | 4 | 3 | 2 | 3 | 4 | 3 | 3 | 2 | 4 | 4 | 2 | 4 |
| 57 | 3 | 0 | 4 | 2 | 2 | 4 | 3 | 3 | 2 | 1 | 4 | 4 | 4 | 2 | 3 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 2 | 1 |
| 58 | 2 | 1 | 4 | 2 | 1 | 3 | 4 | 3 | 2 | 1 | 4 | 3 | 2 | 1 | 3 | 4 | 4 | 2 | 4 | 3 | 3 | 2 | 1 | 3 | 4 |
| 59 | 2 | 2 | 3 | 2 | 1 | 4 | 3 | 4 | 3 | 2 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 3 | 4 |
| 60 | 2 | 1 | 4 | 2 | 1 | 4 | 4 | 3 | 3 | 2 | 3 | 4 | 3 | 2 | 1 | 2 | 2 | 3 | 3 | 4 | 1 | 2 | 2 | 4 | 4 |

b. Post test Data

| Sl.No | Q-1 | Q-2 | Q-3 | Q-4 | Q-5 | Q-6 | Q-7 | Q-8 | Q-9 | Q-10 | Q-11 | Q-12 | Q-13 | Q-14 | Q-15 | Q-16 | Q-17 | Q-18 | Q-19 | Q-20 | Q-21 | Q-22 | Q-23 | Q-24 | Q-25 |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 1 | 2 | 3 | 2 | 2 | 3 | 1 | 2 | 2 | 2 | 3 | 2 | 1 | 1 | 2 | 2 | 2 | 0 | 0 | 2 | 1 | 3 | 2 | 1 | 1 | 2 |
| 2 | 1 | 3 | 2 | 3 | 4 | 2 | 1 | 1 | 2 | 3 | 2 | 2 | 3 | 1 | 2 | 2 | 3 | 2 | 1 | 2 | 2 | 3 | 1 | 2 | 2 |
| 3 | 2 | 3 | 2 | 3 | 3 | 2 | 0 | 1 | 1 | 2 | 2 | 3 | 2 | 0 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 1 | 3 |
| 4 | 0 | 3 | 1 | 4 | 3 | 1 | 1 | 3 | 2 | 1 | 1 | 3 | 3 | 0 | 2 | 3 | 3 | 3 | 3 | 1 | 2 | 1 | 1 | 1 | 3 |
| 5 | 1 | 4 | 2 | 4 | 3 | 1 | 0 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 3 |
| 6 | 2 | 4 | 1 | 3 | 4 | 1 | 1 | 3 | 2 | 3 | 2 | 3 | 2 | 0 | 1 | 2 | 3 | 2 | 3 | 3 | 1 | 3 | 3 | 2 | 2 |
| 7 | 0 | 3 | 2 | 4 | 4 | 1 | 0 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 1 | 1 | 3 | 3 | 3 | 2 |
| 8 | 0 | 3 | 1 | 3 | 2 | 1 | 1 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 1 | 1 | 1 | 1 | 3 |
| 9 | 1 | 4 | 2 | 3 | 4 | 2 | 0 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 1 | 1 | 1 | 1 | 2 | 2 | 1 |
| 10 | 2 | 3 | 1 | 4 | 4 | 2 | 1 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 3 |
| 11 | 1 | 3 | 2 | 3 | 2 | 2 | 1 | 3 | 2 | 3 | 2 | 1 | 3 | 2 | 1 | 3 | 3 | 2 | 3 | 2 | 1 | 2 | 3 | 2 | 2 |
| 12 | 1 | 3 | 2 | 4 | 4 | 2 | 1 | 2 | 3 | 2 | 2 | 2 | 2 | 0 | 1 | 3 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 |
| 13 | 2 | 3 | 2 | 3 | 3 | 2 | 0 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 3 | 2 | 3 | 3 | 3 | 2 | 1 | 2 | 2 | 3 |
| 14 | 1 | 4 | 1 | 3 | 4 | 1 | 0 | 2 | 2 | 2 | 0 | 3 | 2 | 0 | 1 | 3 | 3 | 3 | 1 | 3 | 4 | 2 | 2 | 3 | 2 |
| 15 | 2 | 3 | 1 | 3 | 3 | 2 | 1 | 1 | 2 | 2 | 0 | 3 | 2 | 0 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 3 |
| 16 | 1 | 3 | 1 | 2 | 4 | 1 | 1 | 2 | 3 | 2 | 0 | 3 | 1 | 0 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 2 | 3 | 3 | 1 |
| 17 | 2 | 2 | 2 | 2 | 3 | 1 | 0 | 1 | 3 | 2 | 1 | 3 | 3 | 3 | 3 | 1 | 2 | 2 | 2 | 1 | 3 | 3 | 3 | 2 | 2 |
| 18 | 1 | 3 | 2 | 3 | 4 | 1 | 1 | 2 | 2 | 1 | 1 | 3 | 2 | 2 | 1 | 1 | 3 | 2 | 3 | 3 | 2 | 1 | 3 | 3 | 3 |
| 19 | 2 | 4 | 2 | 4 | 3 | 1 | 1 | 1 | 3 | 1 | 2 | 1 | 2 | 1 | 1 | 1 | 0 | 1 | 2 | 3 | 3 | 2 | 1 | 2 | 3 |
| 20 | 1 | 4 | 2 | 4 | 3 | 2 | 0 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 1 | 2 | 3 | 2 | 3 | 1 | 3 | 2 | 2 | 3 | 2 |
| 21 | 1 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 1 | 1 | 3 | 2 | 1 | 3 | 3 |
| 22 | 1 | 3 | 1 | 3 | 4 | 2 | 1 | 2 | 2 | 3 | 2 | 2 | 1 | 3 | 3 | 3 | 1 | 3 | 1 | 2 | 2 | 1 | 1 | 2 | 3 |
| 23 | 2 | 4 | 2 | 4 | 4 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 1 | 3 | 2 | 3 | 2 | 1 | 1 | 2 | 3 | 1 | 1 | 2 | 2 |
| 24 | 1 | 3 | 2 | 4 | 3 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 1 | 3 | 2 | 2 | 2 | 2 | 0 | 3 | 3 | 2 | 2 | 2 | 3 |
| 25 | 2 | 4 | 3 | 3 | 3 | 0 | 2 | 2 | 3 | 2 | 1 | 3 | 2 | 0 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 1 | 3 | 2 |

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| 26 | 1 | 3 | 1 | 4 | 4 | 2 | 1 | 2 | 3 | 1 | 2 | 3 | 3 | 0 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 1 | 3 | 2 | |
| 27 | 2 | 2 | 2 | 4 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 1 | 2 | 0 | 3 | 1 | 3 | 3 | 0 | 1 | 1 | 1 | 2 | 2 | 1 | |
| 28 | 2 | 3 | 2 | 3 | 4 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 0 | 2 | 2 | 3 | 0 | 0 | 2 | 2 | 1 | 2 | 3 | 2 | |
| 29 | 0 | 4 | 1 | 3 | 3 | 2 | 2 | 1 | 3 | 3 | 2 | 1 | 2 | 0 | 1 | 2 | 3 | 3 | 2 | 2 | 1 | 1 | 3 | 3 | 3 | |
| 30 | 0 | 3 | 3 | 4 | 2 | 2 | 1 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 3 | 1 | 2 | 3 | 3 | 3 | 1 | 1 | 2 | 1 | 1 | |
| 31 | 2 | 4 | 1 | 4 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 0 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 1 | 3 | 2 |
| 32 | 1 | 4 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 1 | 2 | 0 | 1 | 2 | 2 | 1 | 1 | 3 | 3 | |
| 33 | 1 | 3 | 2 | 2 | 4 | 2 | 1 | 3 | 1 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 3 | |
| 34 | 0 | 3 | 2 | 2 | 3 | 1 | 2 | 2 | 1 | 3 | 2 | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 1 | 2 | 3 | |
| 35 | 2 | 3 | 2 | 3 | 4 | 1 | 1 | 3 | 2 | 2 | 3 | 2 | 1 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 1 | 2 | 3 | 1 | |
| 36 | 2 | 3 | 1 | 2 | 3 | 0 | 2 | 3 | 1 | 2 | 3 | 3 | 2 | 2 | 1 | 3 | 0 | 3 | 2 | 3 | 3 | 2 | 1 | 1 | 1 | |
| 37 | 2 | 2 | 1 | 4 | 4 | 1 | 1 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 3 | 3 | 4 | 2 | 2 | 3 | 2 | |
| 38 | 1 | 4 | 1 | 4 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 1 | 2 | 3 | 1 | 2 | 3 | 2 | 2 | 3 | 3 | 3 | |
| 39 | 2 | 3 | 1 | 3 | 4 | 1 | 2 | 3 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 1 | 2 | 3 | 2 | 1 | 2 | 2 | 2 | |
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| 46 | 2 | 4 | 2 | 3 | 4 | 2 | 1 | 1 | 3 | 2 | 1 | 2 | 2 | 2 | 3 | 3 | 2 | 1 | 2 | 1 | 3 | 3 | 2 | 2 | 3 | |
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| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| 60 | 1 | 3 | 2 | 4 | 3 | 2 | 2 | 2 | 2 | 2 | 0 | 0 | 3 | 2 | 1 | 2 | 2 | 3 | 2 | 2 | 1 | 2 | 2 | 1 | 2 |

ANNEXURES-XIII

PHOTO GALLERY OF DATA COLLECTION

a)PRE-TEST



INTERVENTIONS AND POST TEST



ANNEXURES-XIV
CERTIFICATE OF YOGA NIDRA



CERTIFICATE
OF COMPLETION



This certificate is proudly presented to

Naveen Kumar K.S

This is to certify that Naveen Kumar K.S. has completed a one-week Yoga Nidra Training Program organized by **Shashwatamuda Yoga Foundation** in Bengaluru, from June 6, 2024, to June 12, 2024

This program provided in-depth knowledge and practical experience in Yoga Nidra, enhancing relaxation, mindfulness, and well-being.

Nikhil

FOUNDER & DIRECTOR,
SHASHWATAMUDA YOGA FOUNDATION

ANNEXURES-XV

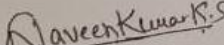
CERTIFICATE OF PLEGIARISM CHECK

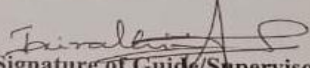


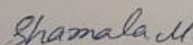
SRI DEVARAJ URS COLLEGE OF NURSING
Tamaka, Kolar 563103

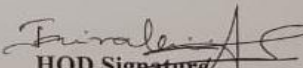
Certificate of Plagiarism Check

| | |
|--|---|
| Title of the Dissertation | "Effectiveness of yoganidra in mitigating stress among cancerpatients undergoing curativeradiotherapy in a selected hospital, Kolar." |
| Name of the Student | Naveen Kumar |
| Registration Number | 23NS302 |
| Name of the Supervisor / Guide | Prof. Jairakini Aruna |
| Department | Mental Health Nursing |
| Acceptable Maximum Limit (%) of Similarity Dissertation | 10% |
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| Software used | Turnitin |
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