

INTEGRATION OF YOGA IN NURSING PRACTICE

Abstract

Nursing is a noble and stressful profession that requires physical, mental, and emotional resilience. Yoga is an ancient mind-body practice that can enhance the wellbeing of nurses and improve their quality of care. This paper reviews the literature on the effects of yoga on various aspects of nursing practice, such as stress reduction, physical health, mental health, environmental health, and self-care. It also discusses the challenges and opportunities for integrating yoga in nursing education, research, and practice. The paper concludes that yoga can be a holistic and effective strategy for stress management and health promotion in nursing practice and suggests some recommendations for future research and implementation.

Keywords: Yoga, Nursing, Stress, Quality of life, Self-care, Burnout, Mindfulness, Resilience.

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I. INTRODUCTION

Nursing is a noble profession who Provide care for people, ancestry, and society for them to gain. Maintain & restore their perfect health and standards of life. As members of an interdisciplinary healthcare team, nurses are collaborating with the client care with the various specialty doctors and nutritionists, as their capability of nurses gives care independently and cooperatively. Nurses give support and disseminate knowledge for good physical condition. Universally it's observed that there are insufficient nurses one of the most common causes of shortage of nurses is the workplace where the nurse does their duty. Nursing is a highly stressful occupation as compared to other professions. Job-related stress is one of the vital problems among nurses. Most nurses affect their acute and long-term health problems related to stress like anxiety, sleep deprivation, homicide and psychiatric disorders, stress induced illness and general illness. The mental status of nurses is susceptible to ethical stress and compassion fatigue.

The Sanskrit term yoga originates from the root "Yuj," which means to connect or to combine. According to Yogic guidebook practicing yoga joins person's consciousness to universal consciousness. It indicates complete tone fullness between mind, body human being and nature. Yoga keeps equilibrium in physical and mental health. It controls thinking and behavior. Mind body exercise helps to increase sound sleep, adjusting abilities & self-important care as it helps to reduce job related stress. Even comprehensive research found that yoga is a useful method for reducing stress in healthcare professionals. Yoga enhances nurses' capacity for problem-solving as well as their ability to concentrate on patients' needs.

Historic Indian cultures includes yoga that focuses on achieving greatest level of consciousness by using specific techniques including yoga asanas (postures), breathing exercises (pranayama), and meditation. There has been an increase in yoga research over the past ten years however there are not many studies on the impact of yoga and the practice of transcendental meditation (TM) and the medical management of illness. Yoga is a comprehensive spiritual instrument which offers many advantages, like improving health and wellbeing.

There are numerous parallels as well as major differences between physical activities and the physical component of yoga practices. Based to the evidence, yoga remedies are equivalent to or better than exercising in most outcome statistics. Some of the features which separate yoga exercises from physical exercises include the emphasis on regulating breath, meditation during practice, and the importance given to retaining postures. Modern yoga was developed as a way of life to aid in an attempt at self-realization. Yoga practices have altered the brain function of healthy participants. Yoga-based approaches have shown advantages for a wide range of physical and mental ailments.

II. NURSING

Nursing is the largest healthcare profession in the country. Almost 5.2 million registered nurses (RNs) and 89% of nurse practitioners with a license are employed in the nursing field. Registered nurses are often 46 years old. Over the next five years, more than one-quarter of registered nurses say they intend to retire or leave the nursing field.

India presently has a rate of 1.7 nurses per 1,000 people, which is below than the WHO recommendation of 3 nurses per 1,000.

The field of nursing covers both independent and team-based care for people of all ages, families, groups, and communities, whether they are ill or not and regardless of the location. Promoting health, preventing illness, and providing care for the sick, disabled, and dying are all included in nursing. Key nursing duties also include patient and health systems management, advocacy, research, environment promotion, education, and involvement in creating health policy.

American Nurses Association said, "Nursing is a care-based practice in which processes of diagnosis and treatment are applied to human experiences of health and illness." Nursing practice consist of any nurse who provide direct or indirect patient care in clinical practice, nursing administration, education, research, or consultation in the specialty that the credential designates.

Based on the patient's physical, emotional, psychological, intellectual, social, and spiritual requirements, nurses provide holistic care for people of all ages and socioeconomic backgrounds along the wellness continuum. To provide care for person and communities, the profession integrates technology nursing philosophy, physical science, and social science. Assistants to doctors are not nurses. Although it is possible in some circumstances, nurses tend to care for their patients on their own or give a hand to other nurses more frequently. Registered nurses provide medical care, assess medical history records, furnish them with emotional support and carry out care for their patients. In addition, nurses assist doctors with diagnostic procedures. Most of the time nurses work alone or in teams with other nurses. However, they also support medical professionals when they are needed in trauma treatment or the emergency department.

Nurses work in extensive places, such as medical institutions, personal residences, educational institutions, and medicinal firms. Occupational health settings, which are also known as public health settings, independent clinics, doctors' clinic and outpatient clinics adult care institutions, encamp and all places where nurses work. They also serve in the military and work on cruise ships. The health care Centre and insurance company employ as care giver as advisors and consultants.

The nursing profession is very different from all other healthcare sectors. Nurses provide services in various departments as per the requirement of the client. Commonly nursing services are given in the family, community setting, old age home, children's hospitals, neonatal care unit, mental health units. Also, nurses are working in ambulatory care unit, acute care unit and school and educational institution.

Higher education for care givers opens the way for medical specialty. Additionally, there are specialty areas including telenursing, radiography, oncology, Operation Theater, midwifery, cancer, cardiac, orthopedic, and emergency department.

Environmental variables heavily influence and are crucial to the aspects of nursing practice that include assessment, diagnosis, intervention, planning, and evaluation. Environmental factors that impact health are, however, constantly overlooked during regular

medical examinations. When environmental health issues go neglected and a possibility for preventative action is lost, the community is less well-served.

- 1. Nursing Practice and Responsibilities in Environmental Health:** Guidelines for nursing practice are established by leaders in nursing in professional organizations and, to some extent, by government agencies like the Public Health Service's Bureau of the Health Professions. Systematic nursing practice frameworks additionally give guidance for nurses in their daily duties.

Currently, the most widely accepted framework for nursing practice is the nursing process, which consists of the phases of assessment, diagnosis, planning, action, and evaluation. A framework created by the California Public Health Association Foundation (CPHF, 1992) includes the three tasks of investigator, educator, and advocate that guide medical and nursing practice particularly related with ecological health problems.

- 2. Occupational Nurses Stress:** Stress is an annoying condition that arises in response to negative consequences from either internal or external environments. Occupational stress has been defined by the National Institute for Occupational Safety and Health (NIOSH) as "the unfavorable physical and mental responses that take place when the worker's needs, resources, or capabilities are not met by the job requirements." In an organizational setting, work-related stress (WRS) and/or job stress may also be used to refer to occupational stress.

One of the main sources of work-related stress is the workplace. Over time, stress has gotten worse in workplaces. Depending on the situation and the individual; stress can range in intensity and, if poorly managed, can prohibit both individuals and organizations from achieving their goals. Nurses have received a lot of attention about the effects of stress. Nurses are thought to be under more stress than many people due to the nature of their profession and the system in which they work. Most of the staff members in any healthcare facility are nurses, who are essential to patient care. Successful interaction, the application of academic knowledge and abilities, effective nursing, interaction responsiveness, and close relationships all describe nursing as an interactive activity.

On occasion members of the nursing staff are obliged to perform long shifts without enough rest. As a result, working as a nurse is very stressful. Additionally, the job necessitates engaging with people who are already under a lot of stress. In response to challenging, fearful, or furious patients, nurses may experience growing irritability and rage, which may lead them to leave the field.

The elevated levels stress is common in the nursing sector. Working in this field requires communicating with people who are already under plenty of stress. Stress at work impacts the quality of services delivered and generates burnout among workers, leaving, and absenteeism. Some of the most significant yet forgotten issues nurses deal with is stress. It can take many varieties in both a nurse's professional and personal life. Physical and emotional fatigue can be challenging, and there are continuous psychological demands. The most common sources of stress for nurses at work include rotating shifts, long hours, a lack of control, tense relationships with coworkers, low income, and unpleasant working conditions.

Studies found that nurses who experiences high levels of job-related stress and mental and physical health problems are more likely to quit their jobs, have conflicts with colleagues, experience powerful movement, suffer from poor health and become incapable to complete duties, show weaknesses in interpersonal relationships, give lower-quality care, and get frustrated with their careers. In addition, the effect might result in prescription errors and insufficient patient care.

According to researchers, analyzing quality of life and trying to improve it has a vital effect on individual health in addition to their social and personal live. Many factors may have an effect on one's quality of life, both favorably and unfavorably. Including age, illnesses, and social environment. Job stress is one of the contributing factors in the meantime. Stress is a major issue that affects people both physically and mentally in every community. Although every profession has its own unique sources of stress, this issue is more crucial in vocations involving people's health.

Nurses are among those who suffer higher levels of professional stress than other members of the medical team. Thus, stress and the danger of developing conditions like diabetes, cardiovascular disease, and others had a significant effect on their health and standard of living.

- 3. Common Causes of Stress For Nurses:** As a nurse, there are many kinds of events that may cause to feel stressed out, and each person responds to certain circumstances differently.

III. THE FOLLOWING ARE A FEW OF THE TYPICAL ISSUES THAT STRESS NURSES OUT THE MOST.

- 1. Heavy Workloads:** Often, the number of patients a nurse may be caring for at any given time is the problem, not even the length of the change. When patients and doctors are counting on you, managing many tasks at once is common for nurses, which may be quite stressful.
- 2. The physical Demands of Nursing:** Nurses spend a lot of time on their feet and in motion, which can be physically taxing. They frequently have to lift things repeatedly and lean over. Stress might result from such physical exertion.
- 3. Relationships with Coworkers:** If your coworkers are also stressed out, working in stressful situations can affect your connection with them.
- 4. The Emotional Connection to Patients:** It is normal for nurses to develop close relationships with their patients, which may be quite stressful if those individuals are in pain or end up dying.
- 5. Handling Aggressive Clients:** Patients can be obnoxious, especially when they are unwilling to spend time around. Members of the family can get angry due to their elevated levels of tension.
- 6. Chaotic Work Environments:** Harsh lighting, irregular noise, excessive traffic, and other factors can make some workplaces, including hospitals, stressful.

IV. NEED FOR YOGA IN PRACTICE

In India and throughout the world, nursing workers struggle with high levels of stress and poor sleep. It is known that stress and inadequate sleep have a negative impact on the general physical condition of nursing personnels. Researchers have shown that anxiety and inadequate sleep negatively impact on professional nurses' attention, memory, and concentration and positively related to anxiety, sadness, exhaustion, and disorientation. Increased physical health issues like hypertension, obesity, cardiovascular illnesses, and inferior quality of life are also linked to high levels of stress and poor Nursing errors are significantly exacerbated by stress and poor sleep.

Studies have shown that among the factors leading to tension and insomnia in nurses are somewhat a high workload, professional disputes, poor administration method, inadequate benefits, and job schedules, along with the psychological price of caring for others.

It has been seen that nurses who are committed to patient care overlook their own requirements for self-care. When self-care is neglected, stress levels rise, quality of life suffers, nurses' physical and psychological health deteriorates, health care costs rise.

Additionally, it reduces the standard of patient care. The research study also showed how nurses' self-care is significantly impacted by stress. As a result, hospital administrators must enhance the working conditions for nurses and encourage behaviors that support self-care, lower stress levels, and enhance sufficient sleep quality, improvement in self-care and aiding in anxiety reduce management may improve nurses' general physical condition, it help to decrease patient care errors, and lower an institution's overall health care costs.

Nursing professionals regularly deal with high levels of stress, demanding physical tasks, and mental exhaustion. Because of the hard nature of their work, the lengthy hours, and the exposure to traumatic events, their overall well-being may suffer. Because of this, nurses can greatly benefit from incorporating yoga into their life. Yoga provides a comprehensive self-care strategy with numerous physical and mental advantages for nurses.

1. Yoga's Health Benefits for Nurses: Yoga supports nurses in maintaining the physical stamina, flexibility, and endurance required for their physically demanding profession. A variety of yoga asana, or poses, are designed to promote overall body awareness, unwind stiff muscles, and enhance posture.

Regular yoga practice can aid nurses in reducing chronic pain, avoiding injuries, and improving their balance and coordination, which will help them work more quickly. Yoga also encourages relaxation and deep breathing, which lessens the physical effects of stress and fosters a sense of calm.

2. Yoga for Nurses: Mental and Emotional Health Benefits: Yoga is an effective instrument that nurses can use to lower stress and improve their mental wellbeing. Nursing professionals can develop present-moment awareness and resilience in the face of adversity by practicing yoga's mindfulness and meditation practices. By concentrating

on their breath and engaging in mindfulness practices, nurses can lower anxiety, increase mental clarity, and enhance their ability to remain calm under pressure.

Yoga provides a place for contemplation where nurses can process their emotions, release stress, and find their inner equilibrium. The practice also fosters a sense of community and connection because nurses can participate in group yoga sessions. They can do this and develop receptive relationships with their employees while also practicing self-care. In the end, including yoga into a nurse's life offers them the ability to prioritize their health, leading to improved general health and a more enduring and fulfilling career in healthcare.

Nurses must look after themselves. First, it is well-known that yoga has amazing advantages for both physical and mental health. Every nurse is aware that during a 12-hour shift, the workload associated with patient care may increase exponentially. But not many nurses treat themselves with the same level of tenderness and love that we show to our patients. Yoga's wonderful physical and mental health advantages are well known and nurses must take care of themselves first. Every nurse is aware that during a 12-hour shift, the workload associated with patient care may increase exponentially. But not many nurses treat themselves with the same level of tenderness and love that we show to our patients.

The workload for nurses is often very heavy in hospital wards. Managing patient healthcare demands and treatments, everyday work-related tensions, and even the numerous, regular changes in technology all contribute to the stress. The advantages of yoga for stress reduction after just eight weeks of yoga, the nurses' focus, coping mechanisms, and perceived mental load had significantly improved. Consider what impact a regular, long-term practice of yoga can have on stress management if that is what could happen in just eight weeks of practice.

- 3. Yoga for Nurses Prevents Low Back Pain:** Yoga stretching enhances flexibility, strengthens muscles, and shields against issues like chronic back pain. In a career increase physically demand in nursing profession the more care gives to us, it reflects to give better care to the client.
- 4. Avoid Burnout:** Lack of self-care is a common cause of burnout and compassion fatigue in nurses. A powerful tool for preserving the comprehensive health of the elderly nurses to practice yoga. Basically, pranayama is a set of exercises meant to increase the amount of oxygen level in the body. The regular practice of pranayama, an art that utilizes methods to move the organs of respiration specifically and steadily, did not correlate with decreased levels of stress among post-test individuals. This profound relaxation of the body and mind helps with focus, reduces stress and depression, and strengthens the respiratory nerve system.

There are various methods for reducing work-related stress and enhancing quality of life. As per Matsumoto there are three categories for stress-reduction approaches the emotion emphasis, problem focus, and ineffectiveness.

In the emotion emphasis, technique, the individual seeks to relax himself and get rid of tension rather than making any attempts to lessen and control stress. The person uses the problem focus method to try to reduce or control his work-related stress.

Unfortunately, the ineffective method is employed by most people. In this approach, the person neither reduces the issue nor resolves it; instead, he typically employs damaging, ineffective techniques to manage stress.

One of these methods that is quite effective at reducing stress is yoga. Yoga is a group activity which integrates the body as well as mind, increases flexibility under adverse conditions, and improves tolerance for stress. Yoga decreases physical stress in both the short- and long-term, which enhances quality of life.

V. CONCLUSION

Yoga goes beyond simple workout. Its advantages can be reaped both inside the body and outside of it. The body's chemistry, the prevention of disease, the treatment or decrease of symptoms, and mental well-being can all benefit from regular yoga practice. Yoga fosters a solid mind-body connection that elevates mood and general wellbeing.

Yoga was developed around a thousand years ago. It is an exercise of mind and body. The autonomic nervous system, which tends to be dominated by the parasympathetic nervous system, is stabilized by the relaxation brought on by meditation. Modern medicine greatly benefits from yoga. Greater effects are seen in the decrease of stress and conditions linked to stress.

It is possible to include preventive, promotional, curative, and rehabilitative features in the scope of yoga treatment. Consequently, yoga can be seen as a wholistic strategy for stress management in nursing practice. Yoga will be used in the nursing profession as a holistic strategy that will be highly beneficial to providing high-quality care to the client as well as to maintaining the overall health of nursing staff to boost the nurses' personal and professional growth. Yoga provides us the bravery and power to look for fresh meanings and prospects.

“Your greatest defense against difficulties is a tranquil mind. So relax”

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