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A pre experimental study to determine the effectiveness of Zumba as stress reducing Intervention among B.Sc. Nursing students of Bombay Hospital College of nursing, Indore, [M.P.]

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Abstract
Background: A research was conducted among B.Sc. Nursing students of Bombay Hospital College of Nursing, Indore. Total 70 students were selected. Pre-experimental one group pre-test and one group post-test design was used for the study. Total mean pre-interventional stress level score was 19.5 on the scale of 1-40. depicted that there is some amount of stress among B.Sc. Nursing students. Thus researcher found that the stress mainly comes from academic test, interpersonal relation, relationship problems, Life change and career exploration. This study finds the causes of stress among students so after identifying causes, the research suggests 'that more emphasis should be given to stress reducing activity (Zumba, dance and other aerobic activity) creating hostile Learnig environment by minimizing the impact of stressor and reducing stress.
Aim: To determine the effectiveness of Zumba as stress reducing intervention.
Research design: Pre-experimental one group pre-test post-test research design.
Samples and sample size: 70 B.Sc. Nursing students of Bombay Hospital College of Nursing, Indore.
Result: Majority Of Students have Moderate Stress Level 56 (80%) b/w o 14-26 score whereas 14 (20%) 0 - 13 Score have Low stress level and (0%)have high Stress Level.
Conclusion: After the detailed analysis, this study leads to the following conclusions
The overall mean of pre-test scores on reducing stress through Zumba was found to be 19.5, which indicates that the students had some amount of stress. Hence H2hypothesis is accepted and null hypothesis is retained.

Keywords: Determine, stress, Zumba, effectiveness, intervention

Introduction

Stress has been categorized as an act stimulant as a consequence or response and as are institution proposed a physiological assessment that support considering the association between stress and illness.

Stress is a part of daily living and it can be considered as a natural human phenomenon. Basically, stress refers to the feeling of being under unbearable mental and emotional pressure. It may affect an individual's feelings, thoughts, behaviour, and physiology. Stress can be caused by various life's demands, which include work, academic, relationships and financial. Different people have different ways of dealing with stress, depending on the individual.

Zumba dance is a form of cardiovascular exercise that helps in improving mood and the energy level of an individual through the secretion of hormones that induce stress relief such as norepinephrine, serotonin and dopamine and it also involves in various active movements and exercises, which can stimulate the production of endorphins in the body in order to suppress the action of stress-causing hormones such as cortisol and adrenaline.

Methodology

A quantitative research design was used in the study 70 B.Sc. Nursing student of Bombay hospital college of nursing, Indore were selected by using convenient sampling technique who are willing to participate in study. Data was collected by using socio demographic and perceived stress scale and analyzed through descriptive and inferential (chi-square test).

Result

The above table shows majority Of Students have Moderate Stress Level 56 (80%) b/w o 14-26 score whereas 14 (20%) 0 - 13 Score have Low stress level and (0%)have high Stress Level.

Table 1: Frequency and percentage distribution of socio-demographic variables.(N=70)

S. NO	Socio Demographic variables	Frequency (f)	Percentage (%)
1)	**AGE**		
	17-18	6	08.57%
	19-20	11	15.71%
	21-22	40	57.14%
	>22Yrs	13	18.57%
2)	**Educational Status**		
	B.Sc. Nursing 1st year	8	11.42%
	B.Sc. Nursing 2nd year	11	15.71%
	B.Sc. Nursing 3rd year	34	48.57%
	B.Sc. Nursing 4th year	17	24.28%
3)	**Father's Education**		
	Less Than High School	0	0
	High School	18	25.71%
	Higher Secondary	34	48.57%
	Graduate (College)	15	21.42%
	Post Graduate	3	04.28%
4)	**Father's Occupation**		
	Private Job	21	30%
	Govt job	7	10%
	Daily wages	13	18.57%
	Self-employee	29	41.42%
5)	**Family Income**		
	<1Lakh	50	71.42%
	>1Lakh	20	28.57%
6)	**Family Type**		
	Nuclear family	61	87.14%
	Joint family	9	12.85%

The above table depicts frequency and percentage distribution of the demographic variables of B.Sc. Nursing students in Bombay Hospital College of Nursing, Indore who were taken as research sample to assess the effectiveness of Zumba.

Table 2: Frequency and percentage distribution of the post-interventional stress level among B.Sc. (N) Students

S. NO	Post-Test			Mean	SD
	Grading	Frequency(f)	Percentage (%)		
0-13	Low Stress	14	20%	16.9%	5.11%
14-26	Medium Stress	56	80%		
27-40	High Stress	0	0%		

Discussion
The above table shows majority Of Students have Moderate Stress Level 56 (80%) b/w o 14-26 score whereas 14 (20%) 0 - 13 Score have Low stress level and (0%) have high Stress Level.
There was no significant association between pre-interventional stress score and the socio-demographic variables.

Conclusion
After the detailed analysis, this study leads to the following conclusions:
The overall mean of pre-test scores on reducing stress through zumba was found to be 19.5, which indicates that the students had some amount of stress. Hence H2hypothesis is accepted and null hypothesis is retained.
The overall mean of post-test scores was found to be 16.9 which indicate that there is reduction in stress level among students, after giving the intervention.

Hence it is concluded that students were having less stress after giving the intervention.

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