

Effect of Yoga on Depression Among Alcoholics in Ninital

Anju Rani

Research Scholar, Department of Nursing, Shri Venkateshwara University, Amroha, India

Abstract: This paper presents an overview on the effect of yoga on depression among alcoholics in Ninital.

Keywords: yoga, depression, alcoholics

1. Introduction

The World Health Organization estimates that there are about 2 billion people worldwide who consume alcoholic beverages and 76.3 million with diagnosable alcohol use disorders. Worldwide per capita consumption of alcoholic beverages equaled 6.3 liters (WHO, 2011). India is producing 70% of total alcoholic product in South East Asia and importing 10% of its alcoholic consumption. Tamil Nadu ranks first among states with large number of alcoholics (Prakash P.K. 2010). The highest consumption levels are recorded in Pondicherry, Chandigarh, Goa and Delhi in that order. Since all of these have lower taxes on alcohol than other states, their consumption numbers are almost certainly boosted by people from across the border buying cheap liquor. In the case of Pondicherry and Goa, the high volume of tourist relative to the local population could also be contributing to the high consumption figure (Arora, S. 2008). Patterns and levels of alcohol consumption, alcohol dependency and alcohol abuse are determined by many factors; such as availability, income per capita, retail process, individual factors (genetic and environmental) such as age of first use, family history, education, peer group pressure, psychosocial factors, cultural, historical context and government policies such as taxation, restrictions on advertisement and promotion. (Wikipedia, 2014).

There are 26 De-Addiction centers in Tamil Nadu and 14 centers are there in Coimbatore which provide treatment for detoxification and therapies like individual counselling, group therapy, spouse counselling, family counselling, yoga and rehabilitation for needy patients. Beyond this treatment modalities, Sudarshan Kriya Yoga helps the alcoholic patients to reduce the depression level, anxiety,

stress and hypertension. The different literatures regarding alcohol dependence suggests that they are facing many problems in society, occupational areas, emotional aspects and financial crisis. Sudarshan Kriya Yoga helps to detoxifies the body and purifies the mind also helps in decreasing the symptoms of depression and anxiety. The main benefit of yoga is to reduce depression and anxiety. Depression which affects

large number of people in the world. Yoga has the direct effect of neurotransmitter of the brain. Practicing yoga will increase the serotonin which involved in depression

2. Methodology

The main aim of the study was to assess the effect of Yoga on depression among alcoholics. Quasi experimental Nonequivalent control group design was adopted in this study. In the present study, 30 alcoholics were recruited in experimental group and 30 were in control group by using purposive sampling technique. Sudarshan Kriya Yoga was administered to the samples for a period of 7 days in a week in experimental group. The depression of alcoholics was assessed before and after intervention by using beck depression inventory. The data were analyzed and the findings are discussed based on the objectives of the study.

3. Result and discussion

In the experimental group, (42%) Alcoholics belong to the age group between 31-40 years and in control group, (43.33%) Alcoholics belong to the age group between 31-40 years. Educational status of Alcoholics, reveals that, most of them completed higher secondary education in experimental (46%) and control group (56.6%). In the experimental group, majority, (54%) Alcoholics were working under private sector and in control group, (56.6%) Alcoholics were working under private sector. Data on monthly income which reveals that, most of them earning RS10,001-15000 in both experimental (44 %) and control group (47%). The data on religion which reveals that, majority were belongs to Hindu religion in both experimental (73%) and control group (68%). The data on residence which reveals that majority resides in urban area in both experimental (66%) and control group (63.33%). Marital status reveals that in experimental group, most of them (89%) were married, and in control group (76.7%) were married. The data on number of children explain that most of the alcoholics have two children both experimental (59.18%) and control group (56.17%). The data on number of times hospitalization due to alcoholism reveals that in majority of Alcoholics were hospitalized 2 times to the maximum in both experimental (66%) and control group (64%). Data on duration of alcohol intake reveals that most of them in both experimental (45%) and control group (41.3%) were consuming alcohol between 5 -10 years.

Data on age at first taken alcohol reveals that in both most of them had started to taking alcohol between 15-25 years of age in experimental (44%) and in control group (56.4%). Data on occasion of drinking reveals that most of them consuming alcohol throughout the day and only at the night time in both experimental (46%) and control group (47.9%). Data on of mode of introduction of alcohol reveals that most of them was introduced to alcohol by their friends in both experimental (56.1%) and control group (73.4%). Data on type of drink used among alcoholics reveals that in experimental group (66%) have used brandy and in control group (56.6%) used brandy, (26.6%) used beer and (46.6%) used whisky. Data on intake of alcohol with companionship reveals that majority take alcohol without companionship in both experimental (63%) and control group (67%).

The level of depression among alcoholic's analysis of depression level among 40 Alcoholics shows, in experimental group (30%) had moderate level of depression and (70%) had severe level of depression. In control group, (44%) had moderate level of depression, (66%) had severe level of depression

Level of Depression among experimental and control group before and after intervention Before intervention, (30%) Alcoholics from experimental group had moderate level of depression, and (70%) had severe level of depression. whereas after intervention, (66%) had mild level of depression and (44%) had moderate level of depression.

In control group, pretest score showed that (44%) Alcoholics had moderate level of depression, (66%) had severe level of depression and posttest score showed that, (70%) had moderate level of depression, (30%) had severe level of depression.

Association between the level of Depression and selected variables The association between the level of depression and selected variables among Alcoholics were calculated using Chi square for variables like age, educational status, occupation, Area of residence, marital status, duration of alcohol intake, Number of children , number of times admission in hospitalization due to alcoholism, age at first taken alcohol, occasion of drinking, mode of introduction, type of drink, intake of alcohol without companionship had no association with the level of depression among Alcoholics. It was found that there was no significant association between the level of

Depression and selected variables.

4. Conclusion

This paper presented a study on effect of yoga on depression among alcoholics in Ninital.

References

- [1] Carey, M. P., and Rao, P. (2004). Prevalence of alcohol abuse and associated factors in former drinkers. *Scielo Public Health*. 41 (4), 502-509.
- [2] Chavan, B.S, Arun, P. Bhargava, R., & Singh, G.P. (2009). Prevalence of alcohol and drug dependence in rural and slum population of Chandigarh. *Indian Journal of Psychiatry*. 49, 44-48.
- [3] Cherney, (2014). Anxiety disorders and alcoholism, 2014.
- [4] Doria, S. (2015). Anti-anxiety efficacy of Sudarshan Kriya Yoga in general anxiety disorder. *Pubmet*, 12(1), 43-49.
- [5] Enayati, A. (2013). Yoga on depression. www.cnn.com/health/enayati-yoga-depression-treatment.
- [6] Geiser, I.M. (2012). An Examination of Depressive Symptoms and Drinking Patterns in First Year College Students. Retrieved from issues mental health nursing.
- [7] Grant, F. B. (2004), Co-Occurrence of 12-Month Alcohol and Drug Use Disorders and Personality Disorders: Results from the National Epidemiologic Survey on Alcohol and Related Conditions, 29,129-130.
- [8] Harvard health publications. (2004). Yoga for anxiety and depression. www.health.harvard.edu/mind-and-yoga-for-anxiety-anddepression.
- [9] Kevin T Larkin, Claudia Zayfert, Anger expression and essential hypertension: Behavioral response to confrontation, *Journal of Psychosomatic Research*, Volume 56, Issue 1, 2004, Pages 113-118.
- [10] Hegde, J., & Shetty, T. (2005). Biological effects of Sudarshan Kriya Yoga in alcoholics. *NIMHANS journal*. 84(23), 647-653. 20.
- [11] Hyman SE., (2010). Alcohol addiction. <http://www.alcohol/survey.org>.
- [12] Jain, G. Rajak, C. Sanjeev., & Ramapallivar, (2009). Effect of Sudarshan Kriya Yoga on volunteers having anxiety along with drinking habit at AIIMS. *Indian Journal of Psychiatry*. 69(13), 241-246
- [13] Janakiramaiah, N. et. al., (2000). Antidepressant efficacy of Sudarshan Kriya Yoga (SKY) in melancholia; a randomized comparison with electroconvulsive therapy (ECT) and imipramine. *Journal of Affective disorders*, 57, 255-259.
- [14] Jerry Shaw, (2010). Alcohol, Anxiety and depression. www.alcoholdisorders/drjerryshaw/research.org/00563448. 24.
- [15] Joseph, R. A. (2010). Alcoholism and depression. <http://www.En.wikipedia.org/wiki/alcoholdepression>.
- [16] Katoch, V. M. (2008). Integrated disease surveillance project. <http://www.nationalhouseholdproject.org>.
- [17] Khalid, A. et.al., (2000). Prevalence and comorbidity of depression of alcohol dependence in Punjab. *Indian Journal of Psychiatry*. 42(4), 434-438.
- [18] Kumar, D. L. S. (2012). Mayakkam enna. Junior vikadan. <http://www.junirvikadan.co.in/34357178>.
- [19] Kuria M. W. et al., The association between alcohol dependence and depression before and after treatment for alcohol dependence, *ISRM psychiatry*, 2012.