

Effectiveness of Holotropic Breathwork on Level of Stress and Job Burnout Among Nursing Staffs Working in Hospitals of Selected Areas.

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Abstract

Holotropic Breathwork is a special breathing technique that can facilitate healing and support to the psychotherapy. Holotropic breathwork is a impressive, real, spontaneous method for the self-development and introspection. The present study was conducted by the quantitative research approach and quasi experimental non randomized control group design used. The sample were collected by using non probability convenient sampling technique. Sample size was 60. (experimental group 30 and control group 30). Before Data Collection the consent was taken from the participants. Pre-test and post test was conducted for both experimental and control group, and holotropic breathwork was provided to experimental group only. Paired t-test used for the effect of holotropic breathwork on level of stress and level of job burnout among nursing staffs. Fisher's exact test used for the association between pretest stress findings and selected demographic variables and association between pretest job burnout findings and selected demographic variables.

Results: In experimental group, in pretest, 90% of the nursing staff had moderate stress and 10% of them had severe stress. In post-test, 90% of them had mild stress and 10% of them had moderate stress. In control group, in pretest and post-test, 26.7% the nursing staff had mild stress and 73.3% of them had moderate stress. This indicates that the stress among the staff nurses reduced remarkably after holotropic breathwork. In experimental and control group, all the staff nurses had moderate job burnout. In experimental group, in post-test, all of them had mild job burnout. In control group, in post-test, all of them had moderate job burnout. This indicates that the job burnout among the staff nurses reduced remarkably after holotropic breathwork.

Key Words: holotropic breathwork, stress, job burnout, nursing staffs.

Introduction:

The creative method of self-examination and psychotherapy that Stanislav and Christina Grof developed—holotropic breathwork—is detailed in the second edition of this timeless book. The word "holotropic" comes from the Greek words "wholes" (whole) and "trepein," which signify "moving toward" (whole). The breathwork makes use of the remarkable capacity for transformation and healing offered by non-ordinary states of consciousness. Reliving early memories, infancy, birth and fetal life, as well as aspects from the historical and archetypal domains of the collective unconscious, are among the diverse experiences that these states elicit and have the prospective to be particularly restorative. Holotropic breathwork integrates the knowledge from contemporary consciousness research, depth psychology, transpersonal psychology, anthropology, Eastern spiritual practices, and mystical traditions. It is induced through very basic means—a combination of accelerated breathing, evocative music, and bodywork in a safe and supportive setting.²

A influential, organic technique for introspection and self-development is a holotropic breathwork. Although we often take our breath for granted, it takes exceptional intention, education, and assistance to use the breath to turn inward with Holotropic Breathwork. With the help of a musical soundtrack and prolonged, deep breathing, Holotropic Breathwork shifts focus from the conscious mind to the subconscious. The vagus nerve, which is stimulated by holotropic breath action, "wanders" across the body's trunk and enervates several organs, including the larynx, respiratory, gastrointestinal, and cardiac physiology. The liberate of neurotransmitters such as oxytocin, dopamine, serotonin, and norepinephrine by the vagal nerve, which supplies feedback to various brain regions, prevents the release of cortisol. According to research, holotropic breath practice can help with PTSD and trauma symptoms as well as stress reduction. It has been suggested that the vagus nerve is stimulated to bring about these advantages. Deep inhalations, constant "circular" breathing, breathing faster than usual, and mouth versus nose breathing are some of the techniques used in holotropic breath training.³

NEED OF THE STUDY:

The Greek word 'holotropic' means 'moving towards wholeness,' which captures the essence of the practice's intention to support individual development and self- discovery. Benefits of Holotropic Breathwork is research has shown that this technique may help with stress, anxiety, and depressed symptoms, which can enhance mental health in general. Studies reveal that Holotropic Breathwork is capable of motivate the elimination of toxins from your tissue and blood, reduce blood pressure through improved circulation, strengthen your defenses, Boost digestion by lessening the strain on your kidneys and liver, Lessen tension on a mental and bodily level.⁸

there is some proof to support its potential benefits for self-awareness, personal development, stress alleviation, and relaxation. Potential advantages in which include spending time in a supportive setting, concentrating on more serious issues in life, learning how to assist others, having faith in your own ability to heal, and growing in compassion.⁹

METHODOLOGY

The current research study was designed to assess the **Effectiveness of holotropic breathwork on level of stress and job burnout among nursing staffs working in hospitals of selected areas.**

The present study was conducted by the quantitative research approach and quasi experimental non randomized control group design used. The sample were collected by using non probability convenient sampling technique. Sample size was 60. tool consists of two scales Perceived Stress Scale to assess the level of stress and job burnout scale used to assess the individuals job burnout. In the data analysis, both descriptive and inferential statistics have been used.

Pre-test and post test was conducted for both experimental and control group, and holotropic breathwork was provided to experimental group only. Paired t-test used for the effect of holotropic breathwork on level of stress and level of job burnout among nursing staffs. Fisher's exact test used for the association between pretest stress findings and selected demographic variables and association between pretest job burnout findings and selected demographic variables.

RESULTS

SECTION I - It deals with the Description of samples (staff nurses) based on their personal characteristics.

In experimental group, 23.3% of the nursing staff has age 22-31 years, 73.3% of them had age 32-41 years and 3.3% of them had age 42-51 years. In control group, 10% of the nursing staff has age 22-31 years, 86.7% of them had age 32-41 years and 3.3% of them had age 42- 51 years. In experimental group, 36.7% of them were males and 63.3% of them were females. In control group, 40% of them were males and 60% of them were females. In experimental and control group, all of them were private staff nurses. In experimental group, 20% of them had habit of smoking, 6.7% of them had habit of tobacco chewing and 73.3% of them did not have any habit. In control group, 16.7% of them had habit of smoking, 13.3% of them had habit of tobacco chewing and 70% of them did not have any habit. In experimental group, 6.7% of them had morning duty, 16.7% of them had evening duty and

76.7% of them had night duty. In control group, 26.7% of them had morning duty, 20% of them had evening duty and 53.3% of them had night duty. In experimental and control group, none of them had job satisfaction.

SECTION II - It deals with the Analysis of data related to preexisting level of stress among nursing staffs working in hospitals of selected areas.

In experimental group, 90% of the nursing staff had moderate stress and 10% of them had severe stress. In control group, 26.7% the nursing staff had mild stress and 73.3% of them had moderate stress.

SECTION III - It deals with the Analysis of data related to the preexisting level of job burnout among nursing staffs working in hospitals of selected areas.

In experimental and control group, all the staff nurses had moderate job burnout.

SECTION IV- It deals with the Analysis of data related to the effect of holotropic breathwork on level of stress among nursing staffs working in hospitals of selected areas

Table 1: the effect of holotropic breathwork on level of stress among nursing staffs working in hospitals of selected areas

n = 60

Scale	Experimental Group				Control Group			
	Pretest		Posttest		Pretest		Posttest	
	Freq	%	Freq	%	Freq	%	Freq	%
Mild	0	0.0%	27	90.0%	8	26.7%	8	26.7%
Moderate	27	90.0%	3	10.0%	22	73.3%	22	73.3%
Severe	3	10.0%	0	0.0%	0	0.0%	0	0.0%

In experimental group, in pretest, 90% of the nursing staff had moderate stress and 10% of them had severe stress. In posttest, 90% of them had mild stress and 10% of them had moderate stress. In control group, in pretest and posttest, 26.7% the nursing staff had mild stress and 73.3% of them had moderate stress. This indicates that the stress among the staff nurses reduced remarkably after holotropic breathwork.

n = 60

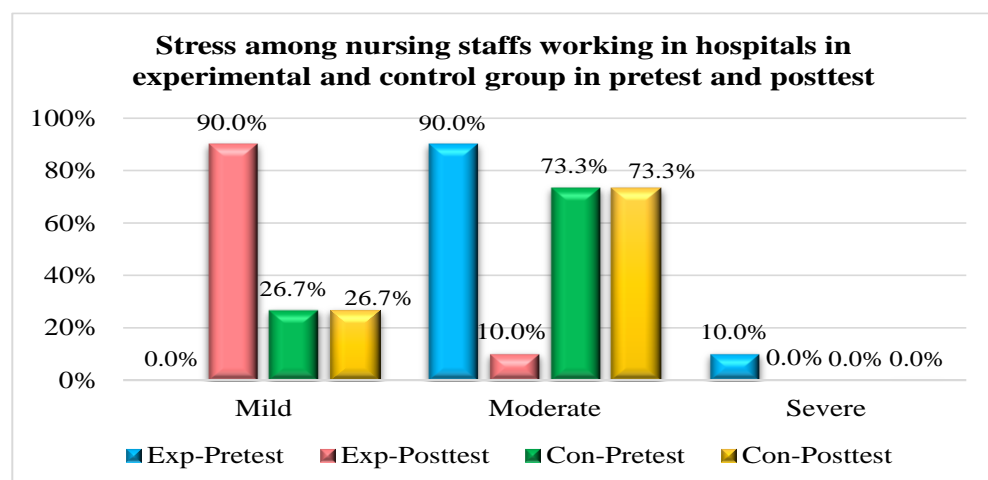
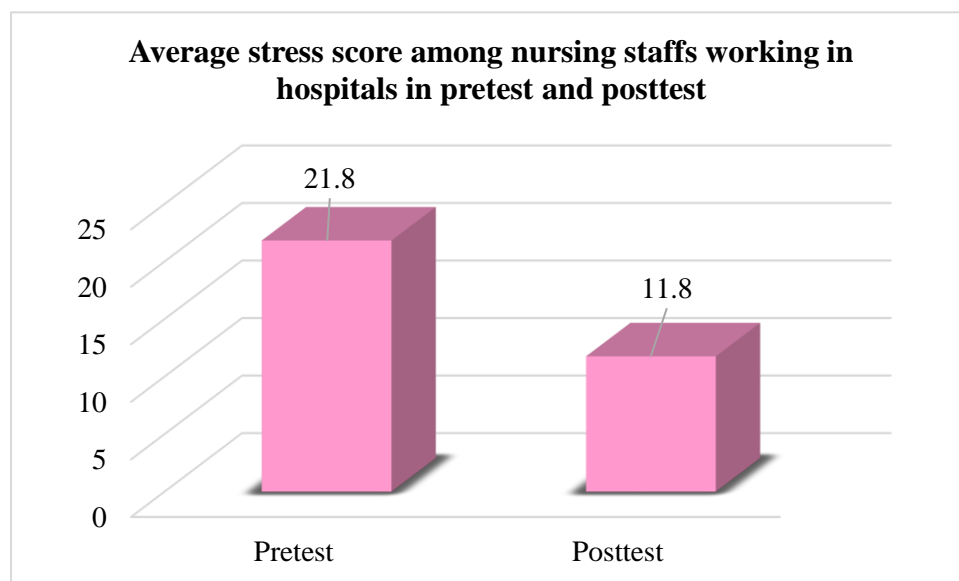


Figure 1: Bar Diagram showing percentage wise distribution of level of stress among nursing staffs working in hospitals in experimental and control group in pretest and posttest

Table 2: Paired t-test for the effect of holotropic breathwork on level of stress among nursing staffs working in hospitals of selected areas.**n = 30**

	Mean	SD	T	df	p-value
Pretest	21.8	2.8	217.3	29	0.000
Posttest	11.8	2.8			

Researcher applied paired t-test for the effect of holotropic breathwork on level of stress among nursing staffs working in hospitals of selected areas. Average stress score in pretest was 21.8 which reduced to 11.8 in posttest. T-value for this test was 217.3 with 29 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. It is evident that the stress among the nursing staffs reduced significantly after holotropic breathwork. i.e. holotropic breathwork is significantly effective in reducing the stress among the nursing staffs.

**n = 3****Figure 2: Bar Diagram showing percentage wise distribution of the Average stress score among nursing staffs working in hospitals in pretest and posttest****Table 3: Two sample t-test for the comparison of change in stress score among nursing staff in experimental and control group****n = 60**

Group	Mean	SD	T	df	p-value
Experimental	10.1	0.3	52.8	58	0.000
Control	-1.3	1.2			

Researcher applied two sample t-test for the comparison of change in stress score among nursing staff in experimental and control group. Average change in stress score in experimental group was 10.1 which was -1.3 in control group. T-value for this test was 52.8 with 58 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. It is evident that the stress among the nursing staffs reduced significantly after holotropic breathwork. i.e. holotropic breathwork is significantly effective in reducing the stress among the nursing staffs.

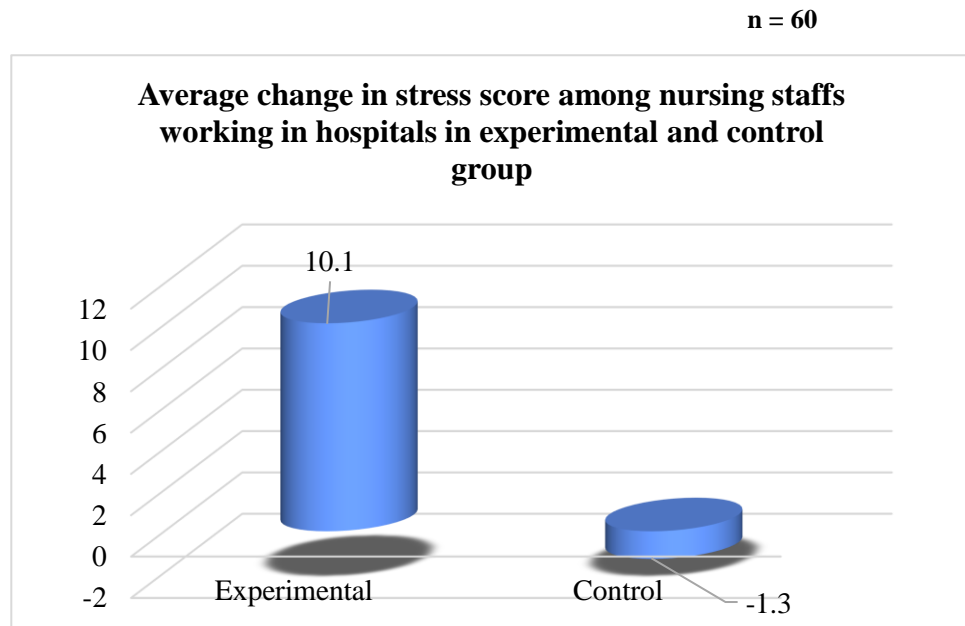


Figure 3: Bar Diagram showing percentage wise distribution of the Average change in stress score among nursing staffs working in hospitals in experimental and control group.

Section V – It deals with the Analysis of data related to the effect of holotropic breathwork on level of job burnout among nursing staffs working in hospitals of selected areas

Table 4: Effect of holotropic breathwork on level of job burnout among nursing staffs working in hospitals of selected areas

n = 60

Scale	Experimental Group				Control Group			
Job burnout	Pretest		Posttest		Pretest		Posttest	
	Freq	%	Freq	%	Freq	%	Freq	%
Mild	0	0.0%	30	100.0%	0	0.0%	0	0.0%
Moderate	30	100.0%	0	0.0%	30	100.0%	30	100.0%
Severe	0	0.0%	0	0.0%	0	0.0%	0	0.0%

In experimental and control group, all the staff nurses had moderate job burnout. In experimental group, in posttest, all of them had mild job burnout. In control group, in posttest, all of them had moderate job burnout. This indicates that the job burnout among the staff nurses reduced remarkably after holotropic breathwork.

n = 60

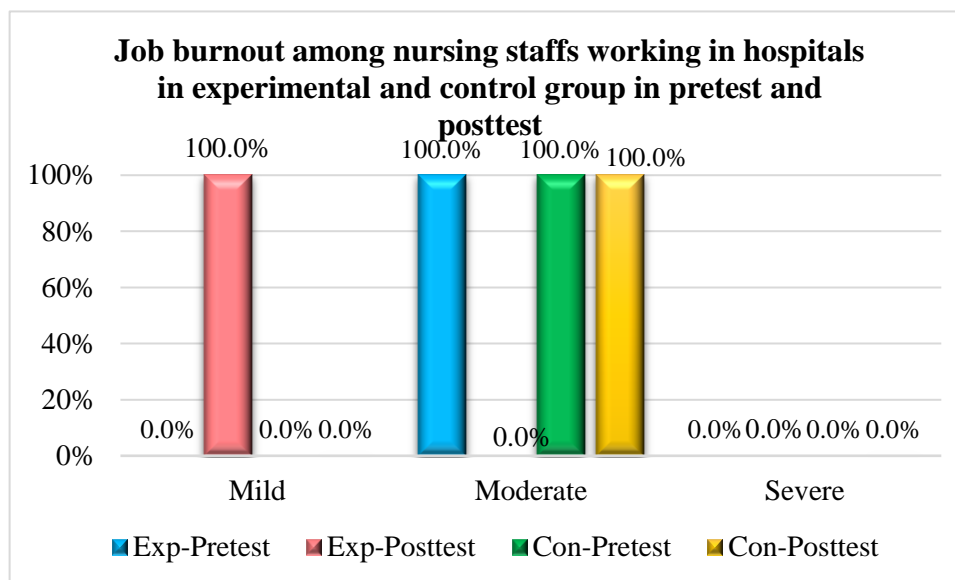


Figure 4: Bar Diagram showing percentage wise distribution of the Job burnout among nursing staffs working in hospitals in experimental and control group in pretest and posttest.

Table 5: Paired t-test for the effect of holotropic breathwork on level of job burnout among nursing staffs working in hospitals of selected areas

n = 30

	Mean	SD	T	df	p-value
Pretest	53.0	6.4	40.6	29	0.000
Posttest	31.4	5.3			

Researcher applied paired t-test for the effect of holotropic breathwork on level of job burnout among nursing staffs working in hospitals of selected areas. Average job burnout score in pretest was 53 which reduced to 31.4 in posttest. T-value for this test was 40.6 with 29 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. It is evident that the job burnout among the nursing staff reduced significantly after holotropic breathwork. i.e. holotropic breathwork is significantly effective in reducing the job burnout among the nursing staffs.

n = 30

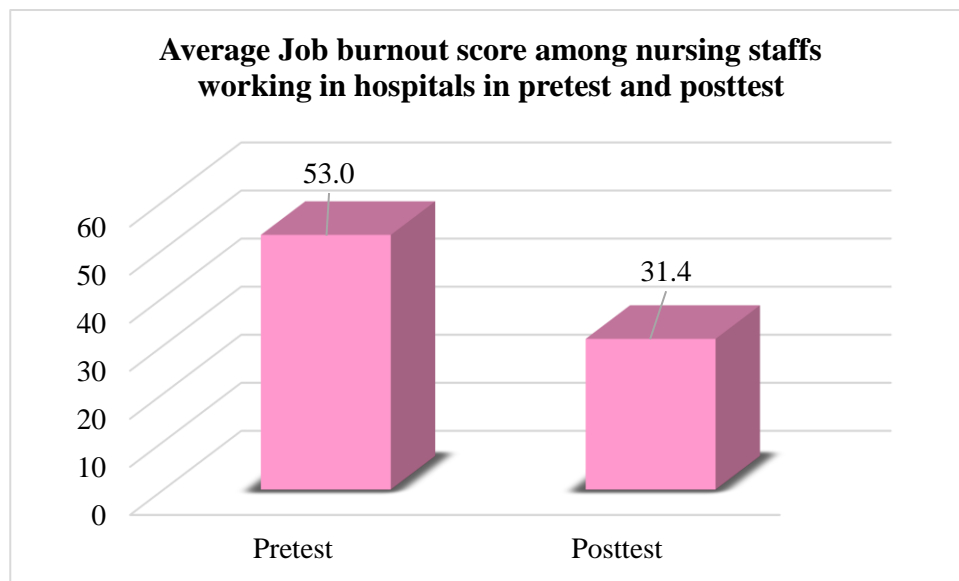


Figure 5: Bar Diagram showing percentage wise distribution of the Average Job burnout score among nursing staffs working in hospitals in pretest and posttest

Table 6: Two sample t-test for the comparison of change in job burnout score among nursing staff in experimental and control group

n = 60

Group	Mean	SD	T	df	p-value
Experimental	21.0	1.0	70.4	58	0.000
Control	-1.6	1.4			

Researcher applied two sample t-test for the comparison of change in job burnout score among nursing staff in experimental and control group. Average change in job burnout score in experimental group was 21 which was -1.6 in control group. T-value for this test was 70.4 with 58 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. It is evident that the job burnout among the nursing staff reduced significantly after holotropic breathwork. i.e. holotropic breathwork is significantly effective in reducing the job burnout among the nursing staffs.

n = 60

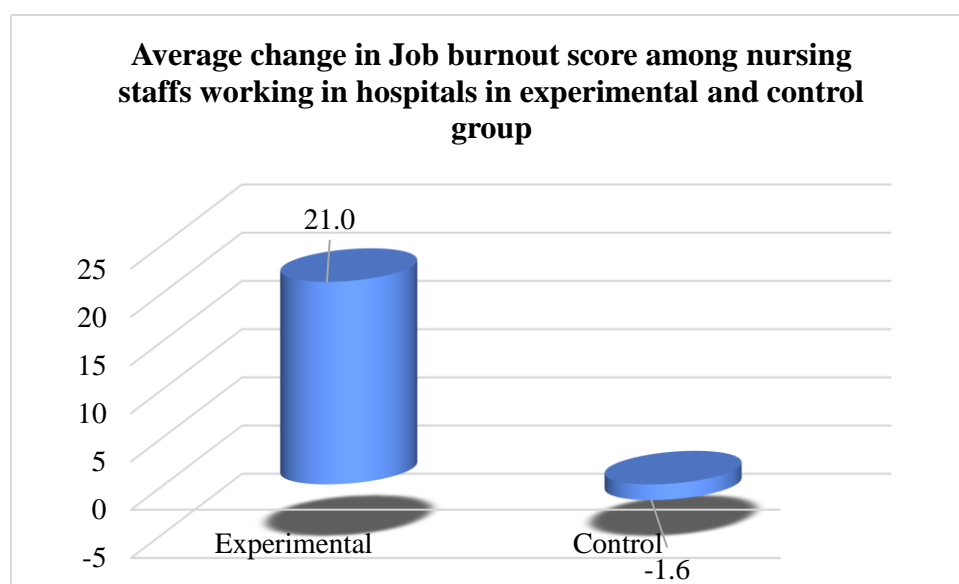


Figure 6: Bar Diagram showing percentage wise distribution of the Average change in Job burnout score among nursing staffs working in hospitals in experimental and control group.

SECTION VI – It deals with the Analysis of data related to association between pretest findings and selected demographic variables.

Since all the p-values were large (greater than 0.05), none of the demographic variables was found to have significant association with the stress among staff nurses.

Association between pretest job burnout findings and selected demographic variables:

Irrespective of the demography of staff nurse, all the staff nurses were found to have moderate job burnout in pretest. So, there is no association between the job burnout among staff nurses and their demography.

DISCUSSION

In the present study sample size was 60 the Result was In experimental group, in pretest, 27 (90%) of the nursing staff had moderate stress and 3(10%) of them had severe stress. In posttest, 27 (90%) of them had mild stress and 3(10%) of them had moderate stress. In control group, in pretest and posttest, 8 (26.7%) the nursing staff had mild stress and 22 (73.3%) of them had moderate stress. This indicates that the stress among the staff nurses reduced remarkably after holotropic breathwork. Conclusion is holotropic breathwork is effective to reduce level of stress.

A similar study was carried out at ncon, nellore, to see how well holotropic breath practice reduced stress in first-year B.SC Nursing students by Somesula Suchitra. This research study was used a quasi-experimental non-equivalent control group design together with a quantitative research strategy. For this investigation, a non-probability purposive sampling technique was employed. And sample size was 100 students. The Result for this study was level of stress among 100 I st year B.sc Nursing students, In experimental group, among 50, 14 (28%) students had mild stress, 26(52%) students had moderate stress, and 10(20%) students had severe stress. In control group, among 50, 24(48%) students had mild stress, 18(36%) students had moderate stress and 8(16%) students had severe stress. Conclusion was holotropic breath work is effective in reducing level of stress among students.

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Conclusion

The researcher felt a deep sense of satisfaction and fulfilment at having undertaken the study. The study provided deeper insight and empathy towards the needs of the expert guidance and cooperation of teachers, which has made the study a fruitful and pleasant experience.

The focus of this study was to assess the effectiveness of holotropic breathwork on level of stress and job burnout among nursing staffs working in hospitals of selected areas. In this study finding the holotropic breathwork is effective in reducing the level of stress and job burnout among nursing staffs. In this study, quantitative, quasi – experimental, non-randomized control group design was used, 60 samples were selected from hospital in selected areas. using non probability convenient sampling technique, the data was collected analysed and interpreted by applying the statistical method.

In this research study, finding the holotropic breathwork is effective to reduce the level of stress and job burnout.

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Conflict of interest: There are no conflicts of interest.

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