



A STUDY TO ASSESS THE EFFECTIVENESS OF PRANAYAMA ON REDUCTION OF DEPRESSION AMONG TRANSGENDER AT SCOHD SOCIETY IN PUDUCHERRY

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ABSTRACT

Objectives; To assess the level of depression, Evaluate the effectiveness of Pranayama on reducing the depression, associate the level of depression among the transgender with the selected demographic variables.

Methods; depression level measures' by beck depression inventory were recorded in 60 samples Quantitative research approach with two group pre-test post-test experimental designs. By using simple random sampling technique, 60 samples who were under transgender with depression in SCOHD society at puducherry. participants practiced a series of techniques consist of quit sitting, om chanting , mukhabhastrika, nadishuddhi, brahma mudra, pranava pranayama in sitting posture and savitri pranayama in shavasana. The data was collected, organized and were analyzed in terms of both descriptive and inferential statistics. paired t test was used to compare data that passed normality testing and Wilcoxon matched-pairs signed-rank test for others. P value less than 0.05 were accepted as indicating significant differences for pre-post comparisons.

Result; All recorded depression parameters witnessed a reduction following the session. The study result showed that the pre test mean score was 23.833and standard deviation is 6.1705 and in the post test mean score was 16.0333 and standard deviation is 3.9347. And Paired t – test value is 9.0885 and P value is 0.000 and there is high statistical significant effectiveness of yoga therapy on depression among transgender.

Conclusion: Through this study it was proven that Pranayama reduces the level of depression among transgender suffering from depression.

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INTRODUCTION

A male-to-female transgender person is referred to as 'transgender woman' and a female-to-male transgender person, as 'transgender man'¹

Asian countries have centuries-old histories of existence of gender-variant males-who in present times would have been labeled as 'transgender women'. India is no exception. In India, people with a wide range of transgender-related identities, cultures, or experiences exist – including Aravanis, Kothis, Jogtas/ Jogappas, and Shiv-Shakthis. Often these people have been part of the broader culture and treated with great respect, at least in the past, although some are still accorded particular respect even in the present. The term 'transgender people' is generally used to describe those who transgress social gender norms. Transgender is often used as an umbrella term to signify individuals who defy rigid, binary gender constructions, and who express or present a breaking and/or blurring of culturally prevalent stereotypical gender roles. Transgender people may live full- or part-time in the gender role 'opposite' to their biological sex.²

Transgenders have everyday problem like confusion in the sex

identity problem; when humans attend the puberty at the age of 13–15 years the voice (vocal cord growth and development) of female stops developing while in men the voice develops. But transgender have no chance, and way of walking, way of communication, transgender mostly affection will occur the men, because changes to anatomically and physiological (exact cause unknown), this character and behaviour did not accept this society and environment, because India is the fully dependent to culture, our culture follow the some norms and rules and regulation, so transgender have did not adopt to any situation example for family people, friends, colleagues, society, health insurance. Most Hijras are not under any life or health insurance schemes because of lack of knowledge; inability to pay premiums; or not able to get enrolled in the schemes. That's what they have always occur to stress, sex identity confusion, fear and anxiety, panic, some psychotic symptoms, aggression and depression in all situation.³

Everyone has experienced feelings of depression at one time or another. Each person's experience of depression is different as there is a wide variety of symptoms. Many people feel down occasionally, or go through bad patches, but have areas in their lives that make them feel good, and like things about themselves. For some people though, life is more of a struggle.

They feel bad about themselves and their lives in most ways. At times they feel completely despair. If you feel like this, then you may be depressed. Many methods were followed for reduction of depression like music therapy, dance therapy, occupational therapy and meditation therapy; Above all Pranayama is a better method of reduction of level of depression.⁴

Breathing exercises are frequently recommended as part of the overall management plan for patients with depression disorders, though formal evidence for efficacy is limited and the potential mechanism underlying rests largely on the findings of case uncontrolled studies. There is a persisting need for well-designed randomized controlled trails in clinical samples of patients with depression disorders. Depression being one of the important problems of transgenders strengthens the opportunity to get subjected to Pranayama for its reduction.

Various studies support the practice of Pranayama breathing in reducing depression. In a Pranayama point of view, proper breathing is to bring more oxygen to the blood and to the brain, and to control prana or the vital life energy. Pranayama yoga also goes hand in hand with the asana. The union of these two yogic principles is considered as the highest form of purification and discipline, covering both mind and body.⁵

MATERIALS AND METHODS

Quantitative research approach with two group pre-test post-test experimental design. By using simple random sampling technique, 60 samples who were under transgender with depression in SCOHD society at puducherry. The data was collected, organized and were analyzed in terms of both descriptive and inferential statistics.

RESULT

All recorded depression parameters witnessed a reduction following the session. The study result showed that the pre test mean score was 23.833 and standard deviation is 6.1705 and in the post test mean score was 16.0333 and standard deviation is 3.9347. And Paired t – test value is 9.0885 and P value is 0.000 and there is high statistical significant effectiveness of yoga therapy on depression among transgender.

Table 1 Comparison of the pre- and post-test mean depression score in the Experimental group.(n = 30)

Pre-test		Experimental group Post-test		n	't' value	P value
Mean	Standard deviation	Mean	Standard deviation			
23.8333	6.1705	16.0333	3.9347	30	9.0885	0.000*** HSS

**HSS: Highly statistically significant at P < 0.001.

Table 2 Comparison of the pre- and post-test mean depression score in the Control group.(n = 30)

Pre-test		Control group Post-test		n	't' value	P value
Mean	Standard deviation	Mean	Standard deviation			
24.7	6.1	24.03	4.5	30	0.7	0.5 NS

Non-significant at P < 0.5

DISCUSSION

The main aim of the study was to assess the effectiveness of Pranayama on the level of depression among transgenders at SCOHD Society, Puducherry. The research design used in this study was True Experimental design. The sample size was 60, 30 each in Experimental and Control group. The population of the study was transgenders between the ages of 20 to 50 years at SCOHD Society, Puducherry. Pre-test was done by interview schedule using structured questionnaire and assessment of depression was done by using Modified Beck Depression Inventory. The Pranayama was administered to the Experimental group continuously 30 min for 21 days daily in the morning and Control group with no intervention.

The data was analyzed through both Descriptive Statistics (Mean, Frequency and Percentage) and Inferential Statistics (Paired 't' test and Chi-Square test). The first objective of the present study was to assess the level of depression among transgenders by using Modified Beck Depression Inventory during pre-test.

Table 2 show that in pre-test, out of 30 subjects in the Experimental group, 10 (33.3%) had mild mood depression, 9 (30%) had borderline depression and 11 (36.7%) had moderate depression. Out of 30 subjects in the Control group, 6 (20%) had mild mood depression, 8 (26.7%) had borderline depression and 16 (53.3%) had moderate depression.

None of the transgenders had severe and extreme depression. The second objective was to evaluate the effectiveness of Pranayama on depression among transgenders

Table 1 show the post-test mean level of depression score of 16.03 was lower than the pre-test score of 23.83 and the standard deviation level in the post-test was 3.93 and in pre-test was 6.17. The obtained 't' value of 9.0885 was highly statistically significant (0.00) at P < 0.001 level. This data concludes that there is significant difference between mean scores of pre-test and post-test level of depression.

It was inferred that Pranayama was highly effective in reduction of depression among transgenders. Hence the stated research hypothesis was accepted. It was inferred that Pranayama was effective in reducing level of depression among transgenders.

The data shows that there was no significant association between the level of depression with the selected demographic variable like age, sex, educational status, religion, area of living, marital status, current living pattern, adopted child, source of income, type of occupation, monthly income, sufficiency of monthly income, alcohol consumption, smoking consumption, acknowledging your gender, dietary pattern and undergone sex reassignment surgery. Thus the research hypothesis was rejected. The third objective to associate the level of depression among transgenders with the selected demographic variables was rejected.

CONCLUSION

Depression, a buzzword of transgenders, is everyday fact of the life. The main aim of the present study was to assess the

effectiveness of Pranayama on level of depression among transgender at SCOHD Society, Puducherry. This study revealed that the prevalence of depression is high among transgenders in transgender community and the post-test mean level of depression score was lower than the pre-test score in Experimental group after practicing Pranayama. Thus this study proves that Pranayama was effective in reducing the level of depression among transgenders. Pranayama can be practiced by transgenders on regular basis in order to reduce the level of depression.

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