EFFECT OF SLOW-DEEP BREATHING EXERCISE TO REDUCE ANXIETY AMONG ADOLESCENT SCHOOL STUDENTS IN A SELECTED HIGHER SECONDARY SCHOOL IN COIMBATORE, INDIA

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Abstract
The present study explored the effect of slow-deep breathing exercise to reduce the level of anxiety among adolescent students. The study was designed as pretest post test control group design. Stratified random sample of 100 adolescent students studying in a higher secondary school was recruited for the study. The selected participants were randomly assigned to experimental and control groups. Spielberger’s state-trait anxiety inventory was administered to assess the level of anxiety. Slow-deep breathing exercise was taught and instructed the participants to practice 30 minutes every day for a period of 45 consecutive days. A post test was conducted to evaluate the effect of slow-deep breathing exercise after 45 days. The collected data were statistically treated. The result revealed that there is a significant effect of slow deep breathing exercise in reducing the level of anxiety. Hence, it can be concluded that slow deep breathing exercise facilitate to reduce anxiety. Furthermore, slow-deep breathing exercise can be incorporated in the daily activities of school students which will help students to perform well in the academic activities.

Keywords: anxiety; slow-deep breathing exercise; adolescents; school students

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