

Impact of Selected Pranayama on Quality of Life Among Senior Citizens

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Abstract

Background: The ageing of the population is an inevitable and irreversible process that leads to a continuous decline in quality of life. Pranayama can help to harmonize the body and mind and improve the quality of life for elderly individuals. This study aims to investigate whether specific pranayama can enhance the quality of life for senior citizens.

Aim: To find the impact of selected Pranayama on the quality of life among senior citizens.

Objective: To determine the impact of selected Pranayama on quality of life using the WHOQOL - BREF scale among senior citizens.

Methodology: The study was conducted in Ahmedabad city using purposive sampling. There were two groups, an experimental and a

control group. A total of 48 subjects were selected, 24 subjects in each group. Pranayama was given to only the experimental group for 6 weeks, including techniques such as Anulom-Vilom, Bhramri, and OM chanting.

Result: No significant difference was observed in the pre-test mean score. However, in the post-test, a statistically significant difference was found between the experimental group (73.38 ± 10.62) and the control group (70.27 ± 7.83).

Conclusion: Pranayama practice for 6 weeks significantly improved the quality of life for senior citizens.

Keywords: Quality of Life; Pranayama; Senior Citizen