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The effect of yoga on functional recovery level in schizophrenic patients

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Purpose: The objective of this study is to determine the effect of yoga on functional recovery level in schizophrenic patients.

Materials and Methods: The study was conducted in quasi-experimental design with pre-test-post-test control group. The population of the study consisted of schizophrenic patients with registered in Malatya and Elazığ Community Mental Health Centers and regularly going to these centers. The sample group of the study consisted of totally 100 patients including 50 patients in the experimental group and 50 patients in the control group who were specified through power analysis and chosen by using random sampling method from this population. The data were collected between April 2015 and August 2015. 'Patient Description Form' and 'FROGS' were used to collect the data. Yoga was applied to patients in the experimental group. Any intervention was not made to patients in the control group. Percentage distribution, arithmetic mean, standard deviation, chi-square, independent samples t test, and paired t test were used to assess the data.

Results: Patients in the control and experimental group pretest subscale and the total means scores of FROGS was found to be low. In the post test subscale and total means scores of FROGS in the experimental group were higher than in the control group and the differences between them were found to be statistically significant ($p < 0.05$). In the experimental group pretest and post-test subscale and total means scores of FROGS was determined to be statistically significant ($p < 0.05$).

Conclusion: Yoga that applied to schizophrenic patients it was determined to increased the level of functional recovery. It can be suggested that yoga should be used as an complementary method in nursing practice in order to increase the effectiveness of the treatment.

Key Words: Functional recovery, Schizophrenia, Yoga.

Biography

Funda Budak has graduated from Elazığ Health of High School in Firat University. She completed her Master's Degree and PhD at Ataturk University at Health Sciences Faculty. She has been working at the Faculty of Health Sciences of Inonu University for 5 years in the Department of Psychiatric Nursing.

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