

Anxiety, burnout, and the Perception of stress among healthcare workers of Orissa, India during the Covid 19- pandemic: Can yoga be an effective tool?

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ABSTRACT

The current global healthcare crisis can be regarded as the unprecedented COVID-19 pandemic afflicting the twenty-first century's population. Aside from the high transmission rates, no proven medication, the widespread ambiguity surrounding this pandemic has also been a major challenge for HCWs. They feel obligated to respond to the call to help people, but are paralyzed by the fear that they will contract a disease while assisting others. COVID-19 has imposed pressures on healthcare professionals who are already at a high risk of burnout. This contradiction has led to psychological suffering, such as depression, anxiety, and sleep disturbances, among Health care Worker. Recent studies have shown that yoga practice makes a big difference in how healthcare professionals feel about their own accomplishments, depression, anxiety, stress, perceived resilience, and compassion. Health Care Workers in Orissa, India, working at a covid hospital, were the subjects of a before-and-after yoga intervention study designed to gauge the impact of the practice on their levels of burnout due to their own lives, nature of their job, and their patients. The results of this study indicate that yoga can be an effective factor for resilience to stress and help healthcare workers cope with burnout, stress, and anxiety.

Keywords: Anxiety, Burnout, Yoga.