



Jacobson's progressive muscle relaxation technique on stress among elderly people

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Abstract

Background: Health is fundamental human right and basic to all. Health is a resource for life, not the object of living; it is a positive concept emphasizing social and personal resources, as well as physical capacities. All communities have highly variable, unique strengths and health needs; and is a common in most cultures. Health is multi dimensional and is the condition of being sound in body, mind or spirit especially freedom from physical disease or pain. The factors affecting health may be classified as agent, host and environment. The presence and interaction of these factors initiate the disease process in man.

Objectives: To assess the pre test level of stress among elderly people.2.To demonstrate the Jacobson's progressive muscle relaxation technique among elderly people.3.To evaluate the post test level of stress among elderly people. 4.To compare the pre and post test level of stress among elderly people.5.To find the association between post test level of stress among elderly people with selected demographic variables.

Materials and Methods: The Pre experimental research design with Convenience sampling technique was adapted to select 60 elderly people with stress who are residing at Venkatachalam at Nellore District.

Results: The result shows that among 60 samples post test level of stress among elderly people revealed that 38 (63.3%) elderly people were had mild stress, 19 (31.7%) were had no stress and 3 (5.0%) were had moderate stress and none of them had severe stress.

Keywords: Jacobson's progressive muscle relaxation technique, stress, elderly

Introduction

Health is fundamental human right and basic to all. Health is a resource for life, not the object of living; it is a positive concept emphasizing social and personal resources, as well as physical capacities. All communities have highly variable, unique strengths and health needs; and is a common in most cultures. Health is multi dimensional and is the condition of being sound in body, mind or spirit especially freedom from physical disease or pain. The factors affecting health may be classified as agent, host and environment. The presence and interaction of these factors initiate the disease process in man. A number of studies showed that change in lifestyle, mental demand, temporal demand and frustration when faced with a given task that may be considered risk factor for stress. Aini Bin J.murani, (2009).

Aging is coming up as one of the biggest challenges all over the world. At any age stress may become part of life. Many older adults undergo painful life style changes including retirement, disease, caring for grand children or sick spouse, deterioration of physical abilities and chronic illness, loss of spouse, friends and at time even children. These stressful events may lead to depression or may worsen existing mental and physical illness. An ideal preventive health package should include various components such as knowledge and awareness about disease conditions and steps for their prevention and management, good nutrition, physical exercises and relaxation techniques.

Each person handles stress differently. How well we adapt depends on our ability to cope. During a health history, past coping patterns and perceptions of current stresses and

anticipated outcomes are explored to identify the persons overall ability to handle. Coping patterns and the ability to stress are developed over the course of a life time and remain consistent later in life. Experiencing success in younger adulthood helps a person to develop a positive self image that remains solid through even the adversities of old age. Kniest, (2004).

The healing strategies such as Jacobson's progressive muscle relaxation technique, yoga, and other relaxation techniques may be helpful in improving their quality of life for reducing stress.

Need for the study

We all need to face different kinds of stress in various stages of life. Chronic and excessive stresses are harmful and can cause physical or mental problems. The elderly tend to suffer from psychological stress, it was found in survey conducted for a middle class locality in New Delhi over 81 per cent of the elderly confessed to having increasing stress and psychological problems in modern city. While 77.6 per cent complained about mother in law or daughter in law conflicts. Therefore we should all understand more about stress and appropriate coping strategies for our physical and mental wellbeing

Statement of the problem

A study to evaluate the effectiveness of "Jacobson's progressive muscle relaxation technique" on stress among elderly people at Venkatachalam in Nellore District."

Objectives

1. To assess the pre test level of stress among elderly people.
2. To demonstrate the Jacobson’s progressive muscle relaxation technique among elderly people.
3. To evaluate the post test level of stress among elderly people.
4. To compare the pre and post test level of stress among elderly people.
5. To find the association between post test level of stress among elderly people with selected demographic variables.

Delimitations: The study is delimited to

1. The study is limited for 60 samples.
2. The study is limited for 4 weeks.
3. The study is conducted among elderly people at venkatachalam
4. The elderly people above 60 years.

Methodology

- **Research Approach:** The Research approach is an umbrella that covers the basic population for the study. An evaluative approach was used to evaluate the effectiveness of Jacobson’s progressive muscle relaxation technique among elderly people.

Results and Discussion

Table 1: Frequency and percentage distribution of pre test level of stress among elderly people

Level of Stress	Pre test	
	Frequency	percentage
No stress	0	0
Mild stress	19	31.7%
Moderate stress	38	63.3%
Severe stress	3	5.0%

The analysis depicted that in the pre test 38 (63.3%) elderly people were had moderate stress, 19 (31.7%) elderly people were had mild stress and 3 (5%) had severe stress.

Table 2: Frequency and percentage distribution of post test level of stress among elderly people.

Level of stress	Post test	
	Frequency	percentage
No stress	19	31.7%
Mild stress	38	63.3%
Moderate stress	3	5.0 %
Severe stress	0	0

The analysis reveals that in the post test 38 (63.3%) elderly people were had mild stress, 19 (31.7%) were had no stress and 3 (5.0%) were had moderate stress and none of them had severe stress.

Table 3: Comparison of pre and post test level of stress among elderly people.

	Mean	Standard Deviation	T-Value
Pre test	21.9167	4.88266	29.381
Post test	14.7667	4.38165	

- **Research Design:** Pre experimental research design (One group pre test and post test)
- **Research Setting:** The study was conducted in a rural area, in Venkatachalam village at Nellore District.
- **Target population:** The Target population of the present study were elderly people.
- **Sampling Technique:** Convenience sampling technique was used for present study to select the sample.
- **Sample Size:** The sample size for the present study was 60 elderly people.

Criteria for Sample Selection

Inclusion criteria

1. Both male and female elderly people those who are residing at venkatachalam, Nellore.
2. The elderly people above 60 years.
3. The elderly people who knows Telugu.
4. Who are willing to participate.

Exclusion criteria

1. Elderly people selected for pilot study.
2. People below 60 years.
3. Elderly people who are having hearing loss, disturbances of memory and neurological defects.
4. Elderly people who don’t know Telugu
5. Elderly people who are not willing to participate.

Association between post test levels of stress with their selected demographic variables.

- **Association between Age and level of stress:** represents the mean level of stress for the age group of 60-65 years is 15.59, standard deviation is 82.55 and for 66-70 yrs, mean is 12.5, standard deviation is 27.44. The Chi-Square shows that there is a relationship between Age and level of stress.
- **Association between Sex and level of stress:** It shows that the mean level of stress for males is 15.52, standard deviation is 48.08 and for females mean is 14.11, standard deviation is 61.95. The Chi-Square shows that there is no relationship between Sex and level of stress.
- **Association between Education and level of stress:** represents the mean level of stress for illiterates is 15.25, standard deviation is 68.9, for primary education the mean is 13.32, standard deviation is 25.77, secondary education mean is 15.14, standard deviation is 11.72 and higher education mean is 19, standard deviation is 0. The Chi-Square shows that there is no relationship between Education and level of stress.
- **Association between Occupation and level of stress:** represents the mean level of stress for Unemployed 13.15,

standard deviation is 30.57, for Employed the mean is 15.28, standard deviation is 11.84, Self employed mean is 15.44, standard deviation is 57.78 and retired mean is 16.75, standard deviation is 6.48. The Chi-Square shows that there is relationship between Occupation and level of stress.

- **Association between Marital status and level of stress:** represents the mean level of stress for Married 15.28, standard deviation is 61.15, for Divorced the mean is 14, standard deviation is 0, for Widow/widower mean is 14.3 and standard deviation is 47. The Chi-Square shows that there is no relationship between Occupation and level of stress.
- **Association between Income and level of stress:** Table 5.6 shows that the mean level of stress for income of 3001-5000 is 16, standard deviation is 18.59, for the income of more than 5000 the mean is 15.18, standard deviation is 50.97, dependent mean is 20.43 and standard deviation is 58.03. The Chi-Square shows that there is no relationship between Income and level of stress.
- **Association between Type of family and level of stress:** represents the mean level of stress for Nuclear family is 14.21, standard deviation is 40.38, and for the joint family mean is 15.08, standard deviation is 70.09. The Chi-Square shows that there is no relationship between Type of family and level of stress.
- **Association between Religion and level of stress:** represents the mean level of stress for Hindu is 14.34, standard deviation is 83.35, for Muslim mean is 16.14, standard deviation is 12.5 and for Christian mean is 16.28, standard deviation is 12.2. The Chi-Square shows that there is no relationship between religion and level of stress.

Conclusion

Jacobson's progressive muscle relaxation technique is one of the cost effective non pharmacological intervention found to be very effective in reducing stress among elderly people.

This interventional study was done to evaluate the effectiveness of "Jacobson's progressive muscle relaxation technique" on stress among elderly people venkatachalam, Nellore District, Andhra Pradesh". The findings were consistent with the literature and it was effective on reducing stress among elderly people.

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