



EFFECTIVENESS OF PROGRESSIVE MUSCLE RELAXATION TECHNIQUE ON MENTALLY ILL PATIENTS

SARADHADEVI.S

Research Scholar

Sree Balaji College of Nursing

Bharath Institute of Higher Education and Research

Dr.V.HEMA VATHY

SUPERVISOR

PRINCIPAL, SREE BALAJI COLLEGE OF NURSING, BIHER.

ABSTRACT:

Anxiety is a normal response to human experience and survival not unlike the flight, or hide response, humans need anxiety in order to act and to protect them from suffering. It is the result of unresolved trauma leaving the individual in a heightened physiological state of arousal in which certain experiences have the potential to reactivate the old trauma, as is often the case post traumatic stress. Sometimes anxiety results from a lack of, or inexperience at, knowing how to self-sooth and there are other psychological and emotional reasons for anxiety.

KEYWORDS: Progressive muscle, Relaxation, Mentally ill, Anxiety

OBJECTIVES

- To determine the pretest and post test level of anxiety among mentally ill patients in experimental and control group.
- To determine the effectiveness of Progressive Muscle Relaxation Technique on anxiety among mentally ill patients.

To associate the post level of anxiety with the selected demographic variables of mentally ill patients in the experimental group

HYPOTHESIS

- There will be significant difference between the pre and post test scores in the level of anxiety among mentally ill patients.
- There will be significant association between the level of anxiety and selected demographic variables

MATERIALS AND METHODS

Research approach: Quasi Experimental approach.

Research Design: Non equivalent control group pretest and post test design.

Sample Size: The sample size comprises of 60 samples

Sampling Technique: Sampling technique used for the study was purposive sampling.

Description of the Instrument

PART I: A structured questionnaire is formulated to find out the demographic variable

PART II: Hamilton Anxiety Scale was used for this study.

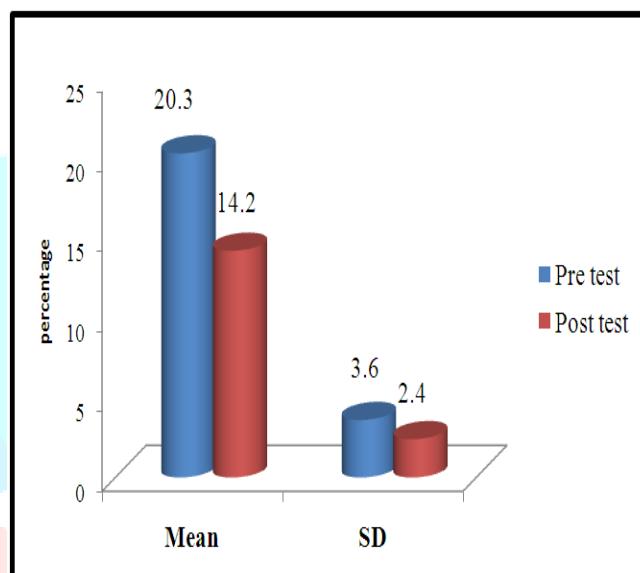
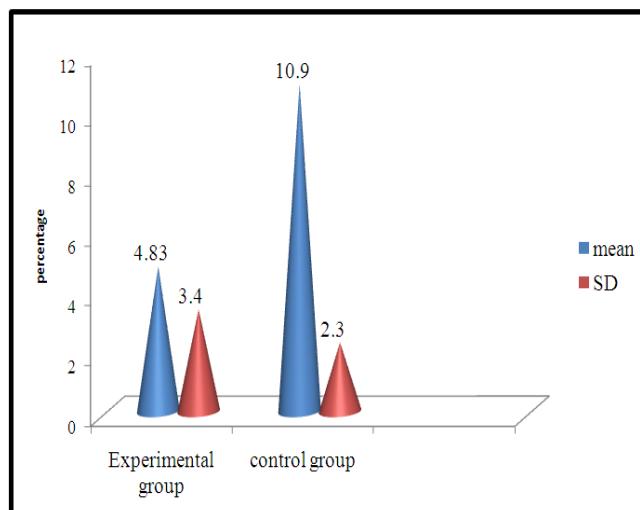
RESULT

The study reveals that the Experimental group the mean post test anxiety score was 20.3 .The mean post test anxiety score 4.83 of the experimental group was lesser than mean post test anxiety score 10.9 of the control group. The obtained t value 8.07 was statistically significant at 0.05 level.

Level of anxiety among mentally ill patients in experimental group

Level of Anxiety	Pre- test		Post -test	
	f	Percentage	f	Percentage
Normal(0-13)	0	-	10	33
Mild Anxiety(14-17)	2	7	16	54
Moderate Anxiety(18-24)	27	90	4	13
Severe Anxiety(25& above)	1	3	0	0

COMPARISON OF MEAN PRETEST POST TEST LEVEL OF ANXIETY OF SAMPLES IN EXPERIMENTAL GROUP



CONCLUSION

The investigator, having analyzed the data, has come to the conclusion that progressive muscle relaxation technique is an effective non pharmacologic measurement in reducing the mild and moderate levels of anxiety in chronically mentally ill patients. The investigator concludes that progressive muscle relaxation has no unpleasantness but instead it produces a pleasant effect. This can be tried in any setting of clinical practice.

REFERENCES

- Blazer D,(2003), “Textbook of Clinical Psychology”, forth edition, New york., American psychiatry publisher.
- [2]. Christensen Barbara & Kockhow Elaine, (1995), “Foundation of Nursing”, second edition, Philadeiphia., Lippincott Company publisher.
- [3]. Diahakeable, (1999), “The management of Anxiety”, second edition, New York., Churchill Livingstone.
- [4]. Gurumani N, (2005), “An Introduction of Biostatistics”, second edition, Chennai., MJP Publishers.
- [5]. Mary Ann Boyd, (2008), “Psychiatric Nursing Contemporary”, forth edition, New Delhi., Lippincott Williams And Wilkins