Effect of Self Acupressure on Anxiety Among the Nursing Students Undertaking Their University Examination in a Selected Nursing College, Tamil Nadu, India.

Prof Veena M Joseph

, Professor & Vice Principal, Chettinad College of Nursing, Kelambakkam, Rajiv Gandhi Salai, Kanchipuram Dist, Tamil Nadu, India .

ABSTRACT An experimental research with a Pre and Post test design was used to assess the effect of Self acupressure on anxiety among the Nursing students awaiting their University examination. The students were randomly assigned to experimental and control groups through odd and even number method. Totally 38 students were selected, 19 each in the experimental and control group.

Self acupressure at P6 acupoint was used for anxiety relief in the study. Dr Speilbergers State and Trait Anxiety Inventory (STAI) - Form Y was used to assess the State and Trait Anxiety among the students.

The mean post test anxiety score in the control group was 52.58 (moderate anxiety level) as against 40.37 (low anxiety level) in the experimental group, which was statistically significant at $P < 0.05$.

Self acupressure at P6 acupoint was effective in reducing anxiety as a significant difference was observed between the mean post test anxiety score in the experimental and control groups.

INTRODUCTION

Test anxiety is prevalent amongst the student populations of the world.[1] Test anxiety is a combination of physiological over-arousal, tension and somatic symptoms, along with worry, dread, fear of failure that occur before or during a test situations.[2] It is a physiological condition in which students experience extreme stress, anxiety, and discomfort during and/or before taking a test. This anxiety creates significant barriers to learning and performance.[3] . Highly test-anxious students score about 12 percentile points below their low anxiety peers [4]

TITLE

Effect of Self Acupressure on Anxiety among the Nursing students undertaking their university examination in a selected nursing college, Tamil Nadu, India.

OBJECTIVES OF STUDY

1. Assess levels of anxiety and anxiety proneness among the nursing students undertaking their university examination in both control and experimental group.
2. Assess effect of acupressure on anxiety levels among the nursing students in the experimental group.
3. Correlate degree of anxiety proneness and the levels of anxiety among the nursing students in both control and experimental groups.
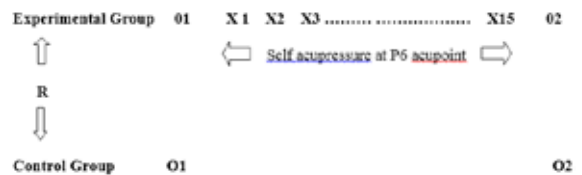
METHODOLOGY
RESEARCH APPROACH

The research approach was experimental and evaluative in nature, as it evaluated the effect of Self acupressure on anxiety among the Nursing students undertaking their University Examination.

RESEARCH DESIGN

A prospective randomized controlled trial (RCT) was found to be appropriate for the study.

01: Trait and Pre test State anxiety scores among the experimental and control groups.

X: Self acupressure at P6 acupoint The students were asked to apply on and off pressure at the acupoints for two minutes / 120 times, twice a day. The Self acupressure for anxiety was practiced for nearly two weeks prior to the examination,

02: Post test State anxiety scores among the experimental and control groups

RESEARCH SETTING:

The study was conducted at Chettinad College of Nursing kelambakkam, kanchipuram district, Tamil Nadu, India.

POPULATION:

All the Nursing students who were awaiting their University Examination were the population for the study.

SAMPLE:

The Nursing students who were on their study break for their University examination were selected for the study.

SAMPLE SIZE: 38, 19 each in the experimental and control group.

SAMPLING TECHNIQUE:

A purposive sampling technique with Odd and Even number randomization was used to select the samples.

TOOL FOR THE STUDY
TOOL DESCRIPTION:

I .A structured Questionnaire was used to elicit the demographic data of the samples.
The demographic data elicited were gender, age, ,presence of siblings and no of siblings, birth order, accomodation(day Scholar/ hostelite), whether subjected to counseling, If yes- source of counselling, whether practiced any anxiety relief measures, If yes- specify anxiety relief measure.

II. State – Trait Anxiety Inventory (STAI) – Form Y, was used to assess Trait and State Anxiety.

SCORING AND INTERPRETATION:

Trait / State Anxiety	SCORE
Low Anxiety	20-40
Moderate Anxiety	41-60
High Anxiety	61-80

RESULTS & DISCUSSION

- The study reveals that majority of the samples were females in both the control and experimental groups with a distribution of 15 (79%) in the control and 16 (84 %) in the experimental group. Nearly 90 % of the samples were in the age group of 23-28 years as against 74 % in the control group. Nearly (95%) of the study subjects in both the control and experimental groups were born with siblings out of which majority of the study subjects were born with two siblings with a distribution of 8 (47%) in the control group and 7 (42%) in the experimental group. Majority of the samples were either first or second in birth, with nearly 42% and 37% as first child in the control and experimental groups respectively and almost 31%42% as second in birth order in the control and experimental groups respectively. Majority of the samples, nearly 53 % in the control group and 79 % in the experimental group were Day Scholars. Most of the samples, nearly 68 % in the control group and 58 % in the experimental group practiced both individual and group studies . Only 16 % of the samples in both control and experimental groups practiced some form of anxiety relief measure. Of which 11 % of the samples in the experimental group practiced Yoga as against 5 % in the control group, similarly only 5 % of the samples in both the groups listened to music for anxiety relief and 5 % of the sample in the control group resorted to prayer for anxiety relief.

- The samples in the experimental and control groups were homogenous with regard to their Trait anxiety and Pre state anxiety level as the mean values were not significantly different.

- The mean Post-state anxiety in the control group was 52.58 as against 40.37 in the experimental group, which was significantly different at $P < 0.05$.This implies that Self acupressure at P6 acupoint was effective in significantly reducing the anxiety.

- A positive correlation was observed between the Trait and Pre State anxiety scores in

both the control and experimental groups at $P < 0.05$ and $P < 0.001$ levels. However, a

Significant positive correlation was observed only in the experimental group between the

Trait anxiety and post state anxiety at $p < 0.05$.

CONCLUSION
The result of the study reveals that Self acupressure at P6 acupoint is an effective alternative management for anxiety

REFERENCE 1. Lowe PA, Ang R P. (2012). Cross-cultural examination of test anxiety among US and Singapore students on the Test Anxiety Scale for Elementary Students (TAS-E)". Educational Psychology 32 (1): 107–126. doi:10.1080/01443410.2011.625625. | 2..Zeidner M. (1998). Test anxiety: The state of the art. New York, NY: Plenum. | 3. Andrews B. Wilding J M. (2004). The relation of depression and anxiety to life-stress and achievement in students. British Journal of Psychology 95: 509–521. doi:10.1348/0007126042369802. | 4. Cassidy J , Johnson. R. (2001). Cognitive Test Anxiety and Academic | Performance. Contemporary Educational Psychology, 27, 270-295.