



EFFECT OF VIDEO-ASSISTED TEACHING MODULE ON KNOWLEDGE AND PRACTICE REGARDING PROGRESSIVE MUSCULAR RELAXATION TECHNIQUES ON STRESS AMONG STAFF NURSES WORKING IN SELECTED HOSPITALS AT BHOPAL.

Prof. Shihabudeen M H

Research Scholar, Malwanchal University, Indore, M.P.

Dr. Payal Sharma

Research Guide, Department of Nursing, Malwanchal University, Indore, M.P.

ABSTRACT This study investigated the effect of video assisted teaching module on knowledge and practice regarding progressive muscular relaxation techniques on stress among staff nurses. The objectives of the study were to assess their existing knowledge and practice, to find out the effect of video assisted teaching module, and to find out the association between the knowledge and practice regarding progressive muscular relaxation techniques on stress among staff nurses and selected demographic variables. This study is based on Von Vertalanffy General System theory. A one group pre-test, post-test is employed in this study. The sample consists of 150 staff nurses selected by using purposive sampling from selected hospitals, Bhopal District. Structured questionnaire was used as a tool to assess the knowledge and practice regarding progressive muscular relaxation techniques on stress among staff nurses. The subjects were asked to provide answers to the questionnaire, to test their previous knowledge and practice and after that, video assisted teaching module was administered to the staff nurses. After 7 days, the knowledge and practices regarding progressive muscular relaxation techniques on stress among staff nurses were assessed with the same tool. In the study findings revealed that mean score of the Pre test knowledge was 15.9. The score of the Post test knowledge was 27.1. The mean score of the Pre test practice was 3.61. The score of the Post test Practice was 8.18. $t = 2.045$ and calculated value is 22.03 which is more than the table value, Calculated value of 't' is 6.95 at 29 which is greater than the table value. Therefore there is a significant difference between the pre-test and post-test knowledge and practice mean score. It concluded that knowledge and practice score of nurses were improved significantly after the video assisted teaching programme.

KEYWORDS : Video assisted teaching module; Knowledge; Practice; Progressive muscular relaxation techniques; Stress; Staff nurses)

INTRODUCTION

Stress is a multidimensional phenomenon which is focused on dynamic relationship between the individual and the environment. It is also defined as a stressor, individual's response to the stimuli and interaction between the individual and the environment. It should be noted that some degree of stress can be effective on increasing and improving individuals' performance. Evidences indicate that most of the human successes are created in stressful conditions; but high rate of stress would followed by numerous consequences, including mental and physical illnesses, sleep disorders, restlessness, irritability, forgetfulness, abnormal fatigue, reduced individual's resistance and recurrent infections, headaches, poor concentration, memory impairment and reduce in problem solving ability.

Nurses and nursing students are influenced by the various hospital stressor agents in addition to the stress caused by theoretical training environment. Hospitals are considered as one of the most stressful work environments, because there, it is the matter of human's death and life. The stress which is resulted from the environment can affect the way their personality develops and also cause the incidence of many undesirable behaviors in individual.

Stress is a part of our everyday lives. It can be positive or negative, but it cannot be eliminated. Keeping stress at a manageable level is a lifelong process. The foundation of the modern concept of stress can be traced back to the assertion that maintenance of life is critically dependent on keeping the internal environment constant in the face of a changing external environment and that physical challenges to the integrity of the organism elicited responses to deal with those changes.

In the present lifestyle, stress and anxiety have become part and parcel of everyone's day to day life. The emphasis is on getting many things done as quickly and efficiently as possible, even at the sacrifice of one's physical and emotional health. With the continuous introduction of new technology comes the expectation that projects should be completed even more quickly and more efficiently, and it seems that stress levels may only continue to increase, especially in the workplace.

Workplace Culture Adjusting to the workplace culture, whether in a hospital or other health care settings can be intensely stressful. Making oneself adapt to the various aspects of workplace culture such as communication patterns, hierarchy, dress code if any, workspace and most importantly working and behavioral patterns of the boss as well as the co-workers can be a lesson of life. Maladjustment to workplace

cultures may lead to subtle conflicts with colleagues or even with superiors.

Relaxation techniques are those strategies used to reduce feelings of Stress and Anxiety. They can be very useful during times of high Stress or nervousness and can even help a person with getting through a panic attack. The most popular relaxation technique was Progressive muscle relaxation (PMR) that has been found to help and relieve feelings of Stress and Anxiety.

The investigator from his experience have observed and come across the staff nurses associated with stress problems, but they were given medication and routine care only. They were so ignorant in use of Jacobson muscle relaxation therapy in management of stress associated problems. These concepts enlighten the researcher to do this study and give information on Jacobson's muscle relaxation therapy.

Hence the investigator is motivated to prepare a video assisted module and to find out how effective it is in improving the staff nurses knowledge and practice regarding the progressive muscular relaxation techniques.

MATERIALS AND METHODS

Population:- Population comprised of staff nurses working in hospitals at Bhopal District.

Sample:- staff nurses in the age group of 21-50 years working in selected hospitals at bhopal district.

Sampling technique: - purposive sampling technique.

Research approach: - experimental approach

Research design: - one group pre-test post-test design

Tool:- demographic performa, questionnaire and video assisted teaching module

Data analysis: - descriptive and inferential statistics

RESULTS

Section 1: Description of sample characteristics.

1. Based on age group of staff nurses 70.00 % belonged to the age group of 21-30 years, 23.33% of staff nurses belonged to the age

- group of 31-40 years and 6.67% of staff nurses belonged to 41-50 years.
- Regarding sex, 90% of staff nurses were females and 10% were males.
 - Based on residence 80.00% of were from rural area, 10.00% were from urban area and only 10.00% from semi urban.
 - Majority of staff nurses 86.67% were from nuclear family, 12% were from joint family and 1.3% was from extended family.
 - Regarding religion, 83.33% of staff nurses were Hindus, 13.33% were Muslims and 3.33% were Christians.
 - Based on qualification, 40% had GNM, 30% had B.Sc Nursing, 23.33% had post basic nursing and 6.67% had M.Sc Nursing.
 - Based on experience, 46.67% had 1-2 years experience, 30% had 3-4 years experience, 16.67% had 5-6 years experience and 6.66% had 7 and above years experience.
 - Nearly 73.33% had never attended any programme related to progressive muscular relaxation techniques on stress, before 3 years 10% attended the programme, 6.67% attended before 2 years and 10% had attended the programme before 1 year.

Section 2: Knowledge level of staff nurses regarding progressive muscular relaxation techniques on stress.

The result shows that 60% had poor, 40% had average, and none of the staff nurse had good knowledge regarding progressive muscular relaxation techniques on stress in pre-test. In post-test 30% of staff nurses had good knowledge 70% had average knowledge and none of the staff nurse had poor knowledge regarding progressive muscular relaxation techniques on stress.

Section 3: Practice level of staff nurses regarding progressive muscular relaxation techniques on stress.

The result shows that 80% had poor practice, 20% had average, and none of the staff nurse had good practice in pre test. In post test, 25% had good practice and 75% had average practice.

Section 4: Effect of Video-Assisted Teaching Module on knowledge and practice regarding progressive muscular relaxation techniques on stress among staff nurses.

Table 1

S. No.	Knowledge	Mean	Standard Deviation	Value	Level of significance
1.	Pre test	15.9	14.17	22.03*	0.05
2.	Post test	27.1	8.29		

The 29 degree of freedom and at 5% level of significance, the table value of $t = 2.045$ and calculated value is 22.03 which is more than the table value, Hence the alternative hypothesis is accepted. And it can be concluded that the video assisted health education regarding progressive muscular relaxation techniques has improved the knowledge. It was found that after the analysis mean knowledge score among staff nurses before the intervention were 15.9. After the intervention, the mean knowledge score increased to 27.1.

Table 2

S. No.	Practice	Mean	Standard Deviation	Value	Level of significance
1.	Pre test	3.61	1.51	6.95*	0.05
2.	Post test	8.18	1.11		

Mean practice score among staff nurses before the intervention were 3.61. After intervention, the mean practice score increased to 8.18. Improvement in the knowledge and practice level of staff nurses regarding progressive muscular relaxation techniques on stress after the intervention was statistically significant ($p < 0.05$) at 0.05 level. It shows that the Video-Assisted Teaching Module was effective in improving the knowledge and practice level of staff nurses regarding progressive muscular relaxation techniques on stress.

Section 5: Association between knowledge and practice of staff nurses and selected demographic variables

Chi- square test and Fishers Exact Test would be used to assess the association between knowledge and practice regarding progressive muscular relaxation techniques on stress and selected socio demographic variables of staff nurses. There is significant association between knowledge and practice of staff nurses and qualification, experience of staff nurses and attended any programme related to relaxation techniques on stress.

REFERENCES

- Bimla Kapoor. (2016). Psychiatric Nursing. Hyderabad: Kumar publishing house.
- Nancy and Susan, K. Grove. (2004). The Practice of Nursing Research. Conduct, Crialle and Utilization, W. B Sunders Company. Philadelphia.
- Donald. W.N. (2016). Complementary and alternative medicine. Missouri. Mosby Company.
- Dr. Mary Verghese. (1994). Essentials of psychiatrics and Mental health nursing. Elsevier Publications. India.
- Johnson G. Alpimer. (2009). Psychiatric Mental Health Nursing Adaptation and Growth. J.B. Lippincott Company. Philadelphia.
- Kaplan H.P. and Sadok. B.J. (2005). Modern Synopsis of Comprehensive Text Book of Psychiatry. Baltimore. Williams and Williams.
- Lalitha, K. (2014). Mental Health and Psychiatric Nursing-an Indian perspective. Bangalore: V.M.G. Book Publishers.
- Mary Ann Boyd. (2015). Psychiatric Nursing Contemporary Practice. Lippincott Publications. New Delhi.
- Townsend, M.C. (2018). Psychiatric Mental Health Nursing. 5th edition. Philadelphia: Davis Publishers.
- Borkovec, T.D. (2002). Critical Procedural Variables Related to the Physiological Effects of Progressive Relaxation. Behaviour Research and Therapy, 17 (2), 119-125.
- Nola, J. Pender. (2007). Physiologic Responses of Clients with stress responses to Progressive Muscle Relaxation Training. Research in Nursing and Health, 7 (3), 197-203.