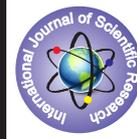


Effectiveness of Jacobson's Progressive Muscle Relaxation Technique on stress tolerance and self-esteem among institutionalised children



Nursing

KEYWORDS: Dihydrotestosterone (DHT), 5- α -reductase, caffeine, alopecia

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I. Introduction

Childcare Institutions are doing a great service by providing shelter and meeting the needs of children who are abandoned from family and often by the society due to various reasons. Most of the time Institutionalised children are well cared by the concerned institution but the pain of parental separation is fathomless.

Institutionalised children are devoid of parental care. Inadequate individual care could socially and emotionally impair children. They are likely to experience more stress leading to behavioral problems later in life. Unrelieved stress can deteriorate their self-esteem. (Child line India Foundation, 2015).

It is essential to manage the stress and other psychological issues of children living in our institutions. Though they are away from their own family, it's the responsibility of the caretakers to provide concern and protection for every children falling into their hands for support, love and care. Every child has the right to be protected from their physical and mental health problems irrespective of their caste, creed, nationality, economic and family status. It is not essential that children have to be born through our own blood but they have to be born in the mind of every one indulging in their care.

Statement of the problem

A study to determine the effectiveness of Jacobson's Progressive Muscle Relaxation Technique on stress tolerance and self-esteem among institutionalised children in selected Children's home, Kerala. The objectives of the study were to:

- Assess the level of stress tolerance among institutionalised children using Stress tolerance assessment scale.
- Assess the level of self esteem among institutionalised children using Modified Rosenberg's self esteem scale.
- Evaluate the effectiveness of Jacobson's Progressive Muscle Relaxation Technique on stress tolerance and self esteem among institutionalised children.
- Determine the correlation between stress tolerance and self esteem among institutionalised children.
- Determine the association of stress tolerance and self esteem with selected demographic variables of institutionalised children.

Operational definitions of major terms

Jacobson's Progressive Muscle Relaxation Technique: refers to training on sequential tensing and relaxing of major muscles for 20 minutes for 15 days.

Stress tolerance: refers to an ability to withstand queries about past, school demands, others' comments, problems with peers, living environment, family problems as measured using Stress tolerance assessment scale.

Self-esteem: refers to perception about one's value, attitude towards self as measured using Modified Rosenberg's self-esteem scale.

Institutionalised children: refers to children residing in Children's home for at least 1 month, aged 10-15 years.

II. Method

Research approach - Quantitative approach

Research approach & design - The research approach was a quantitative approach with Pre experimental One Group Pre test - Post test design.

Variables

Independent variable - Jacobson's Progressive Muscle Relaxation Technique

Dependent variables - Stress tolerance and Self esteem of institutionalized children

Sample & Sampling technique

Sixty children who have been staying in children's home for at least 1 month, children who could read and respond to the data collection instruments and who could follow the directions of the researcher were selected through convenience sampling.

Data collection instruments

Tool 1: Demographic proforma, which include age in years, gender, educational status, birth order, religion, type of family, area of residence and duration of stay in the institution

Tool 2: Stress tolerance assessment scale is a 5-point Likert scale, consist of 20 items to assess the stress tolerance of the institutionalised children.

Tool 3: Modified Rosenberg's self esteem scale is a 5-point Likert scale, consist of 20 items including positive items and negative items. Reliability was established using test-retest method and Cronbach's Alpha.

The reliability of Stress tolerance assessment scale was 0.894 and that of Modified Rosenberg's self esteem scale was 0.878.

Data collection process : after getting approval from ethical committee of the institution and permission from the authority Jacobson's Progressive Muscle Relaxation Technique was administered to the subjects for 20 minutes for a period of 15 days. Post test was done 1 week after administration of JPMRT. The data collection process was completed within a period of six weeks. The collected data were organized and analyzed using descriptive and inferential statistics.

I. Results

II.

Table 1. Distribution of sample based on age in years

Variable	Frequency	Percentage
Age in years		
10-12	26	43.34
13-15	34	56.66

Table 2: Distribution of sample based on sex

Variable	Frequency	Percentage
Sex		
Male	31	51.66
Female	29	48.34

Table 3. Distribution of sample with regard to birth order

Variable	Frequency	Percentage
Birth order		
First	27	45.00
Second	19	31.66
Third	9	15.00
Other	5	8.34

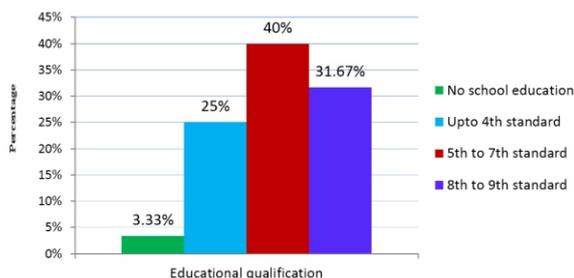


Figure 1. Distribution of sample based on educational qualification

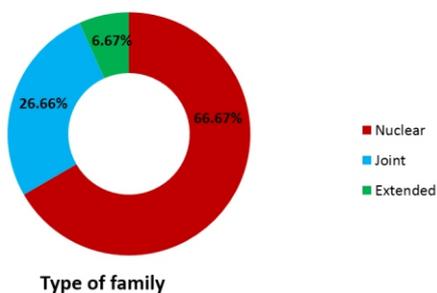


Figure 2: Distribution of sample based on type of family

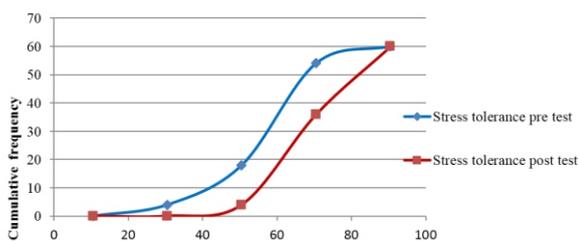


Figure 3. Ogive showing the pre test and post test scores of stress tolerance in institutionalised children

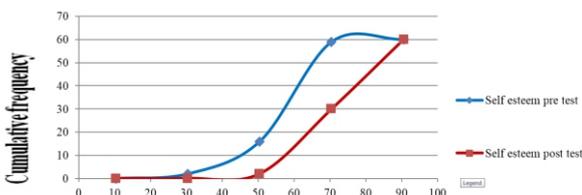


Figure 4: Ogive showing the pre test and post test scores of self esteem of institutionalised children

Table 4: Mean standard deviation, mean difference and t value of pre test and post test scores of stress tolerance and self esteem among institutionalised children

Assessment	Mean	SD	Mean difference	t-value	df	p-value
Stress tolerance						
Pre test	64.17	12.30				
Post test	76.35	9.055	12.18	16.101	59	0.000
Self esteem						
Pre test	65.30	10.62				
Post test	79.37	7.785	14.07	18.641	59	0.000

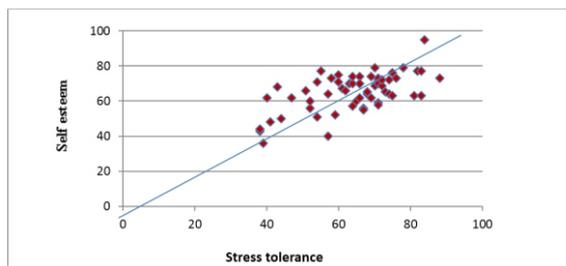


Figure 8: Correlation between stress tolerance and self esteem among institutionalized children

v. Interpretation and Conclusion

The results revealed that there was significant difference between the pre test (Mean score-64.17) and post test scores (Mean score-76.35) of stress tolerance after the administration of Jacobson's Progressive Muscle Relaxation Technique, $t=16.101$, at p value $(0.000) < 0.05$. There was significant difference between the pre test (Mean score-65.30) and post test scores (Mean score-79.37) of self esteem among institutionalised children after the administration of Jacobson's Progressive Muscle Relaxation Technique, $t=18.641$ at p value $(0.000) < 0.05$. There was significant positive correlation between stress tolerance and self esteem among institutionalised children. Among the selected demographic variables, none of them had association with stress tolerance and self esteem among institutionalised children at $p < 0.05$ level of significance.

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