



A STUDY TO ASSESS THE EFFECTIVENESS OF PROGRESSIVE MUSCULAR RELAXATION THERAPY ON REDUCTION OF OCCUPATIONAL STRESS AMONG SCHOOL TEACHERS WORKING IN SELECTED SCHOOLS.

Nursing

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ABSTRACT

This study investigated the effectiveness of progressive relaxation therapy on reduction of occupational stress among school teachers working in selected schools. Pre experimental one group pre-test and post-test design was used. 150 school teachers were selected by using non-probability convenient sampling from selected Schools, Bhopal District. The stress assessment questionnaire tools were used to assess the stress among teachers. After that, Jacobsons progressive muscular relaxation therapy was administered and practiced. After 7 days, the stress scores among teachers were assessed with the same tool. Demographic variables were analyzed with descriptive (mean, median and standard deviation) and clinical variables were inferential statistics (Chi square and paired 't' test). The results revealed that effectiveness is shown as decreases in stress level by undergo the technique of progressive muscular relaxation therapy. So it decreases in stress level was viewed as difference post test – pre test level. It reveals that mean increase = 1.4 and S.D difference was 6.4 and effectiveness shown as decreases in stress level. Hence it is proved that there are significant changes in stress after progressive muscular relaxation technique.

KEYWORDS

Progressive muscular relaxation technique; occupational stress; teachers; schools

INTRODUCTION

The term Stress has been used to describe a variety of negative feelings and reactions that accompany threatening or challenging situations. However, not all Stress reactions are negative. A certain amount of Stress is actually necessary for survival. The Stress reaction maximizes the expenditure of energy which helps prepare the body to meet a threatening or challenging situation and the individual tends to mobilize a great deal of effort in order to deal with the event. Both the sympathetic/adrenal and pituitary/adrenal systems become activated in response to Stress. The sympathetic system is a fast-acting system that allows us to respond to the immediate demands of the situation by activating and increasing arousal. The pituitary or adrenal system is slower-acting and prolongs the aroused state.

Stress has been defined as a process which causes or precipitates individuals to believe that they are unable to cope with the situation facing them and the feeling of anxiety, tension, frustration and anger which results from the recognition that they are failing in some way and the situation is getting out of control. Stress always relates to imbalance between demands made on us generally from external sources and our capabilities to meet those demands which usually lead to physiological and psychological consequences.

Occupational stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker. Job stress can lead to poor health and even injury. The concept of occupational stress is often confused with challenge, but these concepts are not the same. Challenge energizes us psychologically and physically, and it motivates us to learn new skills and master our Occupations. When a challenge is met, we feel relaxed and satisfied.

A retrospective study investigated 81 women school-teachers who had been declared permanently medically disabled as a consequence of psychiatric disorders. It was found that patients were relatively young (44+/-6.1 yrs), had experienced symptoms for 5.2+/-3.8 yrs, and had been treated for 4+/-3.5 yrs. Almost half had a family history of psychiatric disorder, and the majority (N = 66, 81%) cited work-related stress as a significant contributing factor. Major depressive disorder was the commonest diagnosis (83%), and 56% had co-morbid Axis-I diagnoses. Thirty percent had prominent underlying obsessive-compulsive personality traits, and 46% displayed classroom phobia. It was concluded that work-related stress is a major factor in South African female teachers with occupational disability on psychiatric grounds.

In a cross-sectional descriptive study among 242 elementary female school teachers used the WHOQOL-brief to assess the quality of life as well as the effectiveness of progressive muscular relaxation therapy on reduction of stress level and the psychological demand of work. It was

found out that the overall evaluation of quality of life showed that the physical and environmental domains had the lowest mean scores. According to the psychosocial aspects, most of the subjects were characterized as having active work, followed by 54 teachers with demanding work after progressive muscular relaxation therapy. These two groups have shown to be more affected in the assessment of physical, psychological, and environment domains of quality of life. It was concluded that: teachers who had trained and practiced progressive muscular relaxation therapy characterized as active and demanding productivity and life quality also improved. This finding suggests the need for progressive muscular relaxation training in reduction of stress among teachers.

The progressive muscle relaxation Therapy leads to statistically significant changes in physiological stress and muscle conditions (Campos de Carvalho). Jacobson progressive muscle relaxation technique is the most popular approach in practice is based on alternate contraction and relaxation of skeletal, facial and respiratory muscles which induces physical and mental relaxation (Salt VL et al., 2007).

Lewis Elvin; (2019) conducted a study in London, the relationship among work place stressors and progressive muscular relaxation coping strategy. The total teachers sampled were 260. the research established that there is a significant correlation between stress and progressive muscular relaxation therapy. The most common source of teaching stress was found to be work load, followed by care of students, conflict with employer, management, uncertainty of procedures and conflict with other teachers. This showed that organizational management particularly stresses management with progressive muscle relaxation, social support and work load reduction is essential.

Progressive muscular relaxation technique can adjust the reaction of the hypothalamus to the sympathetic nerves, which allow the body to decrease the heart rate, metabolism and respiration rate as well as reduce oxygen consumption and muscle tension. This allows the body to maintain a healthier and improve sleep quality. (Rogers Poppeu, 2000).

The investigator from his experience has observed that teachers have different psychological problems associated with stress, but they were given routine care only. They were so ignorant in use of Jacobson muscle relaxation therapy in management of stress. Therefore the investigator felt that there should be a scientific study to investigate the effect of Jacobson muscle relaxation therapy on reduction of stress among teachers.

Materials and Methods

Purpose:- To assess the effectiveness of progressive muscular relaxation technique on reduction of stress among teachers working

selected schools.

Population:- Population comprised of all school teachers working in Bhopal District.

Sample:- Sample consisted of 150 school teachers working in selected schools at Bhopal District.

Sampling Technique:- Non-probability convenient sampling.

Research approach:- Evaluative approach

Research design:- Pre-experimental, one group pre-test post-test design.

Tool:- Demographic Performa, stress assessment questionnaire and structured demonstration on Jacobsons progressive muscular relaxation therapy.

RESULTS

Section 1: Description of sample characteristics

The salient findings from the background information are:

- Based on the age, 30 % were between 22-25 years, 36.7 % were between 25-30 years and 33.3% were between 30-35 years.
- Based on the marital status, 13.3 % were unmarried, 81.7 % were married and 5% were living as separated.
- Based on the educational qualification, 61.7 % were having graduate and 38.3 % were having post graduate.
- Based on monthly income, 71.7% were under 5000-10000 category, remaining 28.3% were having 10001-20000 category.
- Based on the religion, 46.7 % were Hindus, 28.3 % were Muslims, 23.3% were Christians and 1.7% was under other category.
- Based on the type of family, 25 % were from nuclear family, 41.7 % were joint family and 33.3% were living in extended type of family
- Based on working experience, 40 % were having one year experience, 37.5 % were having two year and 24% were having three year experience.
- Based on the duty hour per day all the samples were having 8 hour shift.
- Based on present health complaints, 15% were having diabetes mellitus, 17% were having heart diseases, 42% were having headache and remaining 26.7% were having other type of diseases.

Section 2: Pre test level of the stress before Progressive muscular relaxation therapy

- The pre test level of stress presents among school teachers were No stress 56.7%, mild 40.0% and moderate 3.3%.

Section 3: Post test level of the stress before Progressive muscular relaxation therapy

- Post test level of stress presents among working personnel after progressive muscular relaxation therapy were no stress 96.7%, mild 3.3% and moderate were zero.

Table 1: Distribution of the Subjects According to pre test and post test stress

Score	Level of stress	Pre-teat		Post-test	
		F	%	F	%
0-25	No	85	56.7	145	96.7
26-40	Mild	60	40.00	05	3.3
31-55	Moderate	05	3.3	0	0
	Total	150	100	150	100
	Mean	12.2		13.6	
	SD	10.2		3.8	

Section 4: Assess the effectiveness of Progressive muscular relaxation therapy

- Effectiveness is shown as decreases in stress level by undergo or adopt the technique of progressive muscular relaxation therapy. So it decreases in stress level was viewed as difference post test – pre test level. It reveals that mean increase = 1.4 and S.D difference was 6.4 and effectiveness shown as decreases in stress level.

Section 5: Associate the effectiveness Progressive muscular relaxation therapy with selected demographic variables.

- In this investigator study the socio demographic variables like education and working experience were associated with effectiveness of progressive muscular relaxation therapy with the significant level of P 0.005.

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