



ORIGINAL RESEARCH PAPER

Physiotherapy

EFFECTIVENESS OF RELAXATION TECHNIQUE IN REDUCING ANXIETY AND DEPRESSION AMONG WORKING WOMEN

KEY WORDS: HRS (Hamilton rating scale); PMR (Progressive muscle relaxation) , QOL (Quality of life).

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ABSTRACT

INTRODUCTION: Now days, stress plays a major role in the society. Tension and anxiety as well as depression, are frequent emotional consequences of stress. Mainly females are more prone for headaches, frustration, poor memory, increased risk of consumption, etc. The working women experiences high level of stress as compared to an unemployed women. Jacobson relaxation technique used among working individuals helps to reduce the anxiety and depression to improve the quality of life (QOL).

METHODOLOGY: Forty (40), Working women from the school were participated in this study with ages of 20 – 45years. Jacobson relaxation technique and pranayama were performed. They were two groups to reduce anxiety and depression to improve the QOL. On the basis of questionnaire HRS (Hamilton rating scale) selected for experimental and control group. For experimental group given muscle relaxation technique as well as for control group pranayama has been practiced.

RESULT: The result states that , there is a significant increase in group A(p=0.7880) Jacobson relaxation technique than group B(p=0.1000) pranayama technique among working women.

CONCLUSION: Pranayama has the lowest value compared to those of the Jacobson relaxation technique.

INTRODUCTION

Relaxation training is a skill and like any other skill it takes time and practice to get the maximum benefits from it, it needs to be practiced on a regular basis not just when we are having difficulty. It can take a few weeks of practicing the relaxation techniques.

Relaxation are the simple techniques which allow the basic healing energies of the body to work and restoring proper harmony which is required for healthy and effective functioning of mind and body. The blood vessels relax and there is increased blood flow to the parts of the body where tension was restricting flow. The nervous system relaxed and rejuvenated and prepared for more effective functioning. The mind is cleared, emptied and enable to think much more clearly excellently intellectual with positive attitudes. The relaxation is helpful to reduce the level of stress anxiety depression and anger. Relaxation techniques for anxiety and depression are special methods, processes and procedures and activities that can help a person to be much relaxed in a state.

Among various techniques, relaxation releases muscular tension, lower blood pressure, slow breathing and heart rate.

Reasons for using relaxation techniques commonly –

- For cardiac health
- For anxiety and depression
- For high blood pressure
- For immune system
- For insomnia

We all have much to benefit by stopping atleast once a day and lying down on our backs and relaxing consciously all the parts of the body and also our mind.

According to WHO, Anxiety is defined as an emotion characterized by feeling of tension, worried thoughts and physical changes like increased blood pressure.

Depression is a common mental disorder characterized by sadness, loss of interest or pleasure, feelings of guilt or low sleep worth disturbed sleep and poor concentration.

Anxiety and depression often starts at a young age. It mainly affects women more often than men. Employed and unemployed women are also at high risk.

JACOBSON relaxation technique is a type of therapy focus on tightening and relaxing of the specific muscle group in sequence also known as progressive relaxation therapy. Dr. EDMUND JACOBSON invented this technique in the year 1920 to help patients in anxiety and depression

This technique involves tightening one muscle group while

keeping rest of the body relaxed and then releasing tension.

PRANAYAMA is a control of breathing (form of therapy) . One can control the rhythms of pranic energy of pranayama and achieved healthy body and mind. Practice of pranayama achieves the balance in the activities of these pranas which result in the body and mind.

EFFECTIVENESS OF RELAXATION TECHNIQUE

- Pranayama practices to stretch the lung tissue and improvement in the vital capacity and pranayama modified various inflatory or deflatory lung reflexes and interact with central neural element to bring hemostasis in the body.
- Relaxation technique practice will remove the depression in the individuals and quality of life(QOL). Average heart rate is decreased during relaxation by 3bpm.
- Pain resistance is increased markedly .
- The overall cardio respiratory and metabolic parameters are increased

AIM OF THE STUDY

To evaluate the effectiveness of relaxation technique on reducing anxiety and depression to improve the quality of life (QOL).

NEED OF THE STUDY

- To reduce the intake of drugs like antidepressants, sleeping pills and to avoid side effects and prevent complications.
- It helps to release the neurotransmitter chemical that reduces the depression like endorphin and endocannabinoid.
- It helps and gains the confidence and interaction.

The relaxation technique puts the brakes on stress and brings your body and mind back into a state of equilibrium.

METHODOLOGY:

- **STUDY DESIGN** : Experimental study
- **STUDY SETTING** : Institution
- **SAMPLE SIZE** : 40 subjects (20 in each group)
- **STUDY DURATION:** 3 months

INCLUSION CRITERIA

- Age -20-40
- Gender – female
- Depressed women under grade 4 (Hamilton rating scale)

EXCLUSION CRITERIA

- Old age people
- Uncooperative people
- Neurological disorders

- **OUTCOME MEASURE**
- Hamilton reducing anxiety rating scale
- Hamilton reducing depression rating scale

PROCEDURE

Participants who met the inclusion criteria answered the questionnaire were randomly assigned to one of the two groups by convenient sampling method. Pre test values were assessed using Hamilton rating scale. The participants were allocated into experimental and control group. Group A is said to be experimental group and group B is control group.

Number of treatment session consisted of 2 months. The experimental group received Jacobson relaxation technique which involved contraction of face, neck, shoulder, arm, hand, stomach and legs were 10 seconds for 3 repetitions. The control group received pranayama breathing technique which makes the mind and body a healthy soul.

Post test values were assessed at the end of the treatment session.

Data Analysis

Group A- Jacobson Relaxaton Technique

OUTCOME	MEAN		STANDARD DEVIATON		t-VALUE	p-VALUE
	PRE	POST	PRE	POST		
HRS	2.00	1.55			3.9	0.0003

Group B- Pranayama

OUTCOME	MEAN		STANDARD DEVIATION		t-VALUE	p-VALUE
	PRE	POST	PRE	POST		
HRS	2.00	2.05			0.2108	0.7880

RESULT

The above pre-test and post-test mean value tables show that group A (Jacobson relaxation technique) had a significant improvement in reduction of anxiety and depression.

DISCUSSION

Nowadays stress becomes universal phenomenon. The reduction in anxiety and depression is needed for all individuals.

In this study Jacobson relaxation technique was compared with pranayama in reducing anxiety and depression among working women. Every women wants more and more attainment of relaxation due to increased competition in every field of life there is lot of stress.

The result in the study shows that Jacobson relaxation technique is more effective than pranayama the group A (<0.0001) is significantly high compared to group B (<0.0749). The advantage of study is to avoid intake of drugs for reducing anxiety and depression. Employed women had higher level of stress than unemployed women. According to Edmund Jacobson anxiety and depression muscle tension which in turn causes anxiety, he believed that once body is relaxed, once mind cannot be state of anger. Progressive relaxation technique can be helpful to reduce anxiety and depression level among working individuals

CONCLUSION:

The study compared the effectiveness of Jacobson relaxation technique for group A and pranayama for group B with anxiety and depression among working women and it is included that anxiety and depression decreased significantly in both the groups but comparatively group A improved better compared to group B. Hence it is concluded that group A treatment protocol is effective in treating anxiety and depression.

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