



ORIGINAL RESEARCH PAPER

Nursing

A STUDY TO ASSESS THE EFFECTIVENESS OF JACOBSON'S PROGRESSIVE MUSCLE RELAXATION TECHNIQUES ON THE LEVEL OF SOCIAL ANXIETY AMONG EPILEPTIC ADOLESCENTS IN SELECTED HOSPITALS AT PUDUCHERRY

KEY WORDS: Jacobson 's progressive muscle relaxation technique, social anxiety, epileptic adolescents.

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ABSTRACT

A study to assess the effectiveness of Jacobson 's progressive muscle relaxation techniques on the level of social anxiety among epileptic adolescents in selected hospitals at Puducherry.

Objectives:

1. To assess the pretest and posttest level of social anxiety among epileptic adolescents.
2. To evaluate the effectiveness of Jacobson 's Progressive Muscle Relaxation Technique on levels of social anxiety among epileptic adolescents.
3. To find out the association between levels of social anxiety among epileptic adolescents with selected demographic variables.

Methodology: Quantitative approach with Pre experimental one group pretest posttest design was used. Through non-probability convenient sampling technique, 80 samples were selected. Pre-test was done using modified Liebowitz social anxiety scale. Jacobson 's progressive muscle relaxation technique was given to the epileptic adolescents. Post-test was conducted on 15th day with the same tool. The collected data were analyzed using descriptive and inferential statistics. **Results :** The study result shows that, on pretest 64(80%) epileptic adolescents had moderate, 12(15%) had mild and 4(5%) had severe level of social anxiety. On posttest 54(67.5%) had mild, 26(32.5%) had moderate and no one had severe level of social anxiety. The study result indicated that, pretest mean and standard deviation value is 60.59 +19.127 and the posttest value is 43.80+14.066. t value is 8.6497, then the p value is 0.05 is significant. It was evident that Jacobson 's progressive muscle relaxation technique was effective in decreasing the level of social anxiety among epileptic adolescents. **Conclusion:** The study concluded that Jacobson 's progressive muscle relaxation technique was an effective intervention for decreasing the level of social anxiety among epileptic adolescents.

INTRODUCTION:

As adolescents are the strength of society and future citizens of the world, developing healthy adolescents contributes to building a healthy future. Adolescent years are the most stressful time in a person's life. It is a long transitional period in life between childhood and adulthood involving major biological, psychological, cognitive and social development. Social anxiety is also called social phobia. Social anxiety is a real illness, but can be treated.

A epileptic adolescents with social anxiety disorder is worried about embarrassing himself in front of other people and his fears may be so serious that he cannot do everyday activities too. Social anxiety disorder is one of the most common psychiatric illnesses. Up to 14 percent of epileptic adolescents have social anxiety and the main cause is genetics and environment. Social fears are common in adolescence, high levels of social anxiety, causing clinically significant distress and impairment, are described by the two major diagnostic systems and typically referred to as social anxiety disorder (World Health Organization, 2018) or social phobia. Jacobson 's Progressive Muscle Relaxation Technique is a systematic technique for managing stress and achieving a deep state of relaxation. The techniques of Jacobson 's Progressive Muscle Relaxation are aimed to increase the discrimination of muscle tension and to train the person to relax even small degree of tension by learning to control it. He is able to relax both mentally and physically when facing a stressful situation.

OBJECTIVES:

- 1) To assess the pretest and posttest level of social anxiety among epileptic adolescents.
- 2) To evaluate the effectiveness of Jacobson 's Progressive Muscle Relaxation Technique on levels of social anxiety among epileptic adolescents.
- 3) To find out the association between levels of social anxiety among epileptic adolescents with selected demographic variables.

HYPOTHESIS

H1: There is a significant difference in the level of social anxiety among epileptic adolescents with the implementation of Jacobson 's Progressive Muscle Relaxation Techniques.

H2: There is a significant association between level of social anxiety among epileptic adolescents with the selected demographic variables.

Research Design

One group pretest posttest design

- O1 –Pretest to assess the level of social anxiety among adolescent.
- X – Jacobson 's Progressive Muscle Relaxation Technique.
- O2 –Posttest to assess the level of social anxiety among adolescent.

VARIABLES

Independent Variable- Jacobson 's progressive muscle relaxation techniques

Dependent Variable- Level of social anxiety among adolescent

CRITERIA FOR SAMPLE SELECTION:

Inclusion Criteria:

- Epileptic adolescents who were willing to participate in the study
- Epileptic adolescents who are all from the age group of 17-19 years.
- Epileptic adolescents who are all available at the time of data collection.

Exclusion Criteria:

- Epileptic adolescents who are all not willing to participate in the study.
- Epileptic Adolescent who are all with the complaints of any physical illness.

DEVELOPMENT OF DATA COLLECTION INSTRUMENTS

The research instrument for data collection was developed in both English and Tamil after extensive review of literature , articles, books, journals, discussion with experts and from the personal experience. Structured questionnaire was used for the study.

The structured questionnaires include,

Section A: Demographic data

Section B: Modified Liebowitz social anxiety scale

DESCRIPTION OF THE DATA COLLECTION INSTRUMENTS.

Section A: Demographic data

This section consists of 8 items for collection of demographic data which gives baseline information of adolescent health such as Age, sex, Education of the father, Education of the mother, Family income ,Religion, Residential area , type of the family. Section A. key was prepared by coding the demographic variables to assess the background of samples and thereby subject it to statistical analysis.

Section B: Modified Liebowitz social anxiety scale

In this section there were Totally 24 questionnaires in Modified Liebowitz social anxiety scale, to assess the pretest and posttest level of social anxiety among adolescent.

SCORING INTERPRETATION OF THE INSTRUMENTS

This Scale was developed in 1987 by Liebowitz. Liebowitz Social Anxiety Scale for Children and Epileptic adolescents self report has an interview format and it includes situations which are modification of the adult version. It contains 24 items; 12 items are social interaction and other 12 items are performance situations.

Each item is assessed for fear level and the avoidance level on a likert type scale. The two responses are fear and avoidance. In response of fear 0' considered as none, score 1'- mild, score -2'- moderate, score -3'- severe. In response of avoidance-0'- never, score -1'- occasionally, score -2' – often, score -3' – usually, The interpretations are total fear subscale: 0 - 72, total avoidance subscale: 0 -72, total score: 0 – 144. The score was interpreted as follow.

Subjects and Methods:

Quantitative research approach and Pre experimental one group pretest and posttest design was adopted in this study. Samples were epileptic adolescents from the age group (17-19 years) from Indirani college of nursing, Ariyur at Puducherry. Sample size was 80. Samples were selected by using Non probability convenient sampling technique based on inclusion and exclusion criteria. Pre-test was done using Structured Questionnaire to assess the level of social anxiety among epileptic adolescents. The tool was developed based on the extensive literature review and opinion from the experts in the field of Nursing. The Institutional Human Ethical Clearance was obtained. The informed consent from the samples were obtained. After self introduction a pretest was done to assess level of social anxiety among epileptic adolescents. Jacobson's Progressive Muscle Relaxation Techniques was given. Post test was done using Structured Questionnaire.

Table 1: Frequency And Percentage Distribution Of Level Of Social Anxiety Among Epileptic Adolescents In Pretest And Post Test

Level of social anxiety	Pre test		Post test	
	Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
Mild	12	15	54	67.5
Moderate	64	80	26	32.5
Severe	4	5	0	0

Figure 1 depicts the frequency and percentage distribution of level of social anxiety among epileptic adolescents in pretest and post test. Which describes that during pre-test, level of social anxiety among epileptic adolescents on the pre test were 64 (80%) of epileptic adolescents had moderate level of social anxiety, 12 (15%) had mild level of social anxiety and some 4(5%) had the severe level of social anxiety. The post test result shows that, 54 (67.5%) had mild level of social anxiety, 26(32.5%) of epileptic adolescents had the moderate level of social anxiety and no one had severe level of social anxiety.

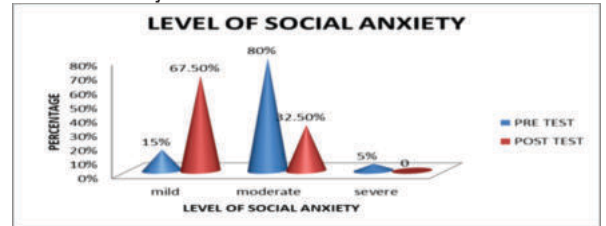


Figure 1 shows the frequency and percentage distribution of level of social anxiety among epileptic adolescents in pretest and post test.

Table 2: Evaluate The Effectiveness Of Jacobson's Progressive Muscle Relaxation Techniques On Level Of Social Anxiety Among Epileptic Adolescents.

Level of Social Anxiety	Mean	Standard deviation	T value	P value
Pre test	60.59	19.127	8.6497	0.05
Post test	43.80	14.066		

The above table represents that, mean and standard deviation values, according to the pretest value is 60.59 +19.127 as well as then the posttest value is 43.80+14.066 and t value is 8.6497, then the p value is 0.05 is significant. Hence, It was evident that Jacobson 's progressive muscle relaxation technique was effective in decreasing the level of social anxiety among epileptic adolescents.

RESULTS:

1. The first objective was to assess the pretest and posttest level of social anxiety among adolescent. The present study shows that, effectiveness of Jacobson 's progressive muscle relaxation techniques on level social anxiety among epileptic adolescents on the pretest were 64 (80%) of epileptic adolescents had moderate level of social anxiety, 12 (15%) had mild level of social anxiety and some 4(5%) had the severe level of social anxiety. The post test result shows that, 54 (67.5%) had mild level of social anxiety, 26(32.5%) of epileptic adolescents had the moderate level of social anxiety and no one had severe level of social anxiety.

2. The second objective was to evaluate the effectiveness of Jacobson's Progressive Muscle Relaxation Technique on level of social anxiety among epileptic adolescents. In this study the result indicated that, the Jacobson 's progressive muscle relaxation technique was effective in decreasing the level of social anxiety among epileptic adolescents. The result, shows that, the mean and standard deviation values, according to the pretest value is 60.59 +19.127 as well as then the posttest value is 43.80+14.066 and t value is 8.6497, then the p value is 0.05 is significant. Hence, hypothesis H1 was accepted.

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