An Experimental Study to Assess the Effect of Relaxation Therapy on Anxiety Level among Student Nurses in a Selected Institute, Ludhiana, Punjab

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Abstract

In the present study, humming therapy was used for treating anxiety in nursing students. The sample consisted of 60 nursing students. Thirty students (15 GNM, 15 B.Sc. Nsg) were in control group and 30 students (15 GNM, 15 B.Sc. Nsg) in experimental group. The method of sampling used was stratified simple random sampling.

The tools used were (1) personal data questionnaire (2) state and trait anxiety scale. Each student of the control group was assessed on both the scales and, again, after 10 days they were assessed on the same scale. Each student of experimental group was also assessed on the same scales but the students of this group has been trained for humming therapy (30 min humming, 15 min awareness, 15 min rest) daily for 10 days. Then this group of students was again assessed on the same scales. Results revealed that there was no statistically significant difference between pre and post test anxiety level of control group while the difference was statistically significant at $p<0.001$ level in experimental group after the administration of humming therapy.

Keywords: Anxiety Level; Student Nurses; Relaxation therapy.

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Introduction

Background

Anxiety is a general feeling of apprehension about the possible danger. Interestingly, a bit of it improve performance but an increased amount always leads to under performance, and if it continues for a longer period it leads to various physical and mental diseases.

A number of therapies have been used to treat anxiety, i.e. behavior therapy, psychotherapy, autogenic training etc. In the present study humming therapy was used for treating anxiety in nursing students.

Purpose of the study

The purpose of the study was to evaluate the effectiveness of relaxation therapy on anxiety and to prevent anxiety disorder among student nurses.

Research approach & research design

Evaluative approach & Experimental design was used to conduct the study.

$$R \quad O_1 \quad x \quad O_2$$
$$R \quad O_1 \quad \quad O_2$$

Independent variables were age, family income, type of course, year of class, type of family, & relaxation therapy.

Dependent variables were state & trait anxiety levels.

The study was conducted in College of Nursing, Christian Medical College & Hospital, Ludhiana, Punjab. A standardized state and trait anxiety inventory was used to assess the anxiety level of subjects.

Formal written permission was taken from the Principal, College of Nursing, Christian Medical College & Hospital, Ludhiana. Informed consent was taken from the student nurses   selected for the study.

A pilot study was conducted during the month of August 2008 on   student nurses undergoing GNM or B.Sc. (N) nursing program in Dayanand Medical College & Hospital, Ludhiana, Punjab to ensure the reliability and feasibility of the tool.

Data collection procedure

Data was collected in the month of September and October. Random sampling (lottery without replacement) was used to collect the sample of 60 subjects. From each class the investigator selected 14 subjects. Selected subjects were assigned to control and experimental group on the basis of even - odd classification. The subjects of both experimental and control group were matched in relation to sample characteristics, i.e type of course, & year of class. Selected subjects were made to sit in the class room. Investigator informed about the nature and importance of the study. A final list was prepared in which 10 subjects were from GNM 1st, 2nd, 3rd and B.Sc(N) 2nd year, whereas from B.Sc(N) 1st and 3rd year 11 subjects were there from each class. Subjects were made to sit in a classroom. Investigator made sure that the subjects were comfortable and free to fill the tool. After that pre test was taken from the control group. After 10 days post test for control group and pre test for experimental group was taken, then the control group was asked to leave and therapy was started with the experimental group.

Relaxation therapy was given for 10 days in 2 sessions (morning 10- 11am, evening 6-7pm). Subjects who completed minimum seven sessions of relaxation therapy were considered as final sample.

Plan of Data Analysis

The analysis of data was done in accordance with the objectives of the study. The data was analyzed by using descriptive and inferential statistics by calculating mean, frequency, SD,'t' test, chi square, ANOVA.

Conclusion

Results revealed that there was no statistically significant difference between pre and post test anxiety level of control group while the difference was statistically significant in experimental group after the administration of humming therapy. No statistically significant relationship was found between dependant and independent variables.

Table 1 reveals that in control group, 56.7% of student nurses in control group had high level of pre test state anxiety whereas 63.37% of student nurses of experimental group had average level of pre test trait anxiety. However majority of the student nurses, i.e. 80%, and 76.7% of experimental group and 46.7% of control group had average level of post test state and trait anxiety respectively.

Acknowledgement

Table 1. Frequency and percentage of State and Trait Anxiety level in experimental and control group

| Types of anxiety | Control Group | | | | Experimental Group | | | | Levels of anxiety |
| | Pre test | | Post test | | Pre test | | Post test | | |
	n (30)	%	n (30)	%	n (30)	%	n (30)	%	
State	4	13.3	4	13.3	2	6.7	-	-	Extremely high
Trait	7	23.3	8	26.7	4	13.3	1	3.3	
State	17	**56.7**	10	33.3	12	40	2	6.7	High
Trait	7	23.3	8	26.7	7	23.3	4	13.3	
State	8	26.7	14	**46.7**	16	53.3	24	**80**	Average
Trait	16	53.3	14	**46.7**	19	**63.3**	23	**76.7**	
State	1	3.3	2	6.7	-	-	4	13.3	Low
Trait	-	-	-	-	-	-	2	6.7	

Appendix

Part I
Sample Characteristics

Note: Following statements are meant for obtaining personal information. It is purely for research purpose and your identity will be kept confidential.

Complete the following by placing a tick (p), mark at appropriate place.

Age

16 – 18 years

19 – 21 years

22 – 25 years

Gender

Male

Female

Family income in Rs.

< 5000

5000 – 10000

> 10000

Type of course

GNM(Diploma)

BSc. Nursing (Degree)

Year of class

1st year

2nd year

3rd year

Type of family

Joint

Nuclear

Any health problem

Physical

Mental

Specify_____

Any health problem in the family

Physical

Mental

Specify_____

Part II

A number of statements are given below. Read each statement carefully and tick (p) to

the response which suits you very much to indicate how are you feeling right now at this moment. None of the response is right or wrong. Try to respond all the statements at the earliest.

State anxiety scale (how are you feeling right now)

S. no	Items	Always	Sometimes	Never
1	I feel tense.			
2	I feel regretful.			
3	I am at ease.			
4	I feel upset.			
5	I am worried about possible failures.			
6	I feel perplexed.			
7	I feel anxious.			
8	I feel comfortable.			
9	I feel confident.			
10	I feel nervous.			
11	I feel frightened.			
12	I feel joyful.			
13	I feel relaxed.			
14	I feel content.			
15	I feel excited.			
16	I feel embarrassed.			
17	I feel calm.			
18	I feel secure.			
19	I feel inferior.			
20	I feel exhausted.			

Trait anxiety scale

A number of statements are given below. Read each statement carefully and tick (p) to the response which suits you very much to indicate how you feel generally. None of the response is right or wrong. Try to respond all the statements at the earliest.

Trait anxiety (how you feel generally)

S. no	Items	Always	Sometimes	Never
1	I wish to be happy.			
2	Nervous breakdown is problem for me.			
3	Even minor things create problem for me.			
4	I am self confident.			
5	My life is calm.			
6	I ponder over insignificant things.			
7	I am anxious about the future.			
8	I try to avoid facing a crisis or difficulty.			
9	I feel at ease even in hot group discussion.			
10	I am worried about possible misfortunes.			
11	I worry over things that really don't matter.			
12	I like to deal with tough problem.			
13	I take disappointments too keenly that I can't make up my mind instantly.			
14	I wish I could have been as lucky as others are.			
15	I lose opportunities because I can't make up my mind instantly.			
16	I get in a state of tension when things going around are not of my interest.			
17	I don't bother of public talks.			
18	I feel that life is full of difficulties and one can't			

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Humming relaxation therapy

This is an ancient Tibetan Yoga technique. It is to be done either at night before one goes to bed or early in the morning. If one takes the time to do this, one will experience incredible changes in one's body and mind. It is best to rest for at least 15 minutes after one has completed this breathing technique. One can do this alone or with others. One will get better results if one's stomach is empty. Otherwise, the inner sound cannot go very deep.

First stage - 7 1/2 minutes

Use a silent timer and set it for at least 30 minutes. Sit in a relaxed position with eyes closed, lips together, but lose. Begin to hum, loudly enough to create a vibration throughout the entire body. It should be loud enough to be heard by others. One can alter the pitch and inhale as one pleases and if the body moves, allow it, providing that the movements are smooth and slow.

Visualize body as a hollow tube, an empty vessel (a horn), filled only with the vibrations of the humming. A point will come where the humming occurs by itself and one becomes the listener. This activates the brain and every fiber in body is cleansed. It is particularly useful in self-healing work.

Second stage - palms up - 7 1/2 minutes

Move your hands, palms up, in a circular outward motion. The right hand moves to its right, the left to its left. Make these circles large, moving as slowly as possible. At times the hands will appear not to be moving at all. If needed, the rest of the body can move but also slowly and silently.

Third stage - palms down 7 1/2 minutes

Move the hands in the opposite direction with the palms down, moving in circular directions inwards towards the body, for another 7 1/2 minutes. As the hands move outward, feel how the energy is moving away from the body and as they circle inwards, imagine absorbing the energy.

4th stage - silence

Sit absolutely still and quiet. This exercise is also given in the Chakra series for the 5th Chakra (Throat), because it helps to get the vibrations flowing in that part of the body. It can be very helpful for someone who has throat problems.

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