

# Alternative Therapy (Relaxation Technique) Used to Reduce Respiratory Problem

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## Abstract

Relaxation technique can have a moderate impact on both physiological well-being and respiratory function. A quantitative research design used to conduct 30 patients with respiratory problem in MIMSR Medical College YCR Hospital Latur, were assessed for their knowledge regarding alternative therapy of relaxation technique used to reduce the respiratory rate by demonstration of relaxation technique. Study was performed to find the association between variables under observation using questionnaires. Participated patients are (20 males and 10 females) in this study. Patient had the mean percentage  $6.85 \pm 1.43$  (SD) which is 72.58 % of the total mean score which is good knowledge depicting the difference of 26.77 % increase in mean percentage of score, for the effectiveness of demonstration chi-square test used for significance, these demographic variables are highly significant. Concluding that higher quality research is required, our results sustain the importance of relaxation techniques as a tool to manage respiratory problem.

**Keywords:** Relaxation Technique; Respiratory Function; Pulmonary Function.

## Introduction

All living organisms need air for survival. It's one of the basic physiological needs of the human beings. The physiological need of the human body is maintained by the respiratory system. Our body needs a constant supply of oxygen to support the metabolic need.

An alternative therapy is generally used instead of treatment. Relaxation techniques include a number of practices such as *progressive relaxation*, *guided imagery*, *biofeedback*, *self-hypnosis*, and *deep breathing exercises*. The goal is similar in all: to produce the body's natural relaxation response, characterized by slower breathing, lower blood pressure, and a feeling of increased well-being.

A study was conducted regarding the therapeutic effect of alternative therapy upon asthma in the year 1998. 17 adult asthmatic patients were selected

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between the age group of 19-52 years. Groups randomly assigned into two groups: experimental group was taught by alternative therapy and relaxation techniques for three times per week, for a total of 16 weeks. Pulmonary function was evaluated by spirometry and peak flow meter. It was reported that the alternative therapy improves exercise tolerance, decreased use of beta-adrenergic inhalers enhanced relaxation and significant variation in pulmonary function.

## Statement of Problem

"A study to assess the effectiveness of demonstration regarding alternative therapy of relaxation technique among respiratory problem patients admitted at YCR Hospital, Latur".

## Objectives of the Study

1. To assess the knowledge of alternative therapy among respiratory problem patients at YCR hospital through pre-test.
2. To evaluate the effectiveness of demonstration on alternative therapy through post-test.
3. To find out the association between pre-test and post-test knowledge score of alternative therapy with their demographic variables.

*Hypothesis*

**H<sub>0</sub>:** There will be significant difference between pre-test and post-test knowledge scores of patient with respiratory problem after the demonstration programme.

**H<sub>1</sub>:** There will be significant association between pre-test knowledge scores with selected demographic variables of patient with alternative therapies

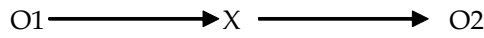
**Material and Methods**

*Research Approach*

Quantitative descriptive survey approach

*Research Design & Methods*

A Pre -Experimental Design (One Group Pre & Post Test design)



*Research Variables*

*Study variable:* Patients with respiratory problem admitted in Y.C.R hospital Latur

*Demographic variables:* It consists of demographic profile of patient such as age, sex, education habit and hobbies.

*Setting:* The study was conducted in MIMSR

Medical College YCR Hospital Latur.

*Population:* Respiratory problem patient admitted in male medicine and female medicine ward.

*Sample Size:* The sample comprises of 30 patients

*Sampling Technique:* Simple random sampling technique was used to select subjects from the target population.

**Criteria for Sample Selection**

*Inclusion Criteria*

- Respiratory problem patient YCR Hospital, Latur.
- Patient who are present at the time of data collections.

*Exclusion Criteria*

- Patients who were not willing to participate
- Patients who were not present at the time of data collection

*Tool for Data Collection*

*Part I:* Demographic variables

*Part II:* Questions to assess the knowledge regarding relaxation technique It consists of 30 close ended questions regarding the knowledge on relaxation technique.

**Section I:** Distribution of demographic data of the respiratory patients N-30

S. No	Variables	Frequency	Percentage
1	<b>Age in Year</b>		
	20-30 Years	5	16.66
	31-40 Years	12	40
	41-50 years	9	30
2	51-60Years	4	13.33
	<b>Sex</b>		
	Male	20	66.66
	Female	10	33.33
3	<b>Education</b>		
	Illiterate	8	26.66
	Primary	8	26.66
	Secondary	7	23.66
5	Graduate above	7	23.66
	<b>Habit</b>		
	Smoking	9	30
	Drinking	8	26.66
6	Tobacco chewing	5	16.66
	Drug abuse	8	26.66
	<b>Hobbies</b>		
	Watching TV	9	30
	Reading news paper	8	26.66
	Walking	9	30
	Other	4	13.33

*Plan for Data Analysis  
Inferential Statistics*

to compute the data. The statistics showed the following results:

The descriptive and inferential statistics was used

**Section II:** Comparison of pre-test and post-test level of knowledge on alternative therapies among respiratory problem patient

SR. No	Level of knowledge	Pre test scores		Post test scores	
		Number	Percentage	Number	Percentage
1	Adequate (>76%)	0	0.00%	8	23.66%
2	Moderate (51-75%)	3	10%	18	60%
3	Inadequate (<50%)	27	90.00%	4	13.33%

**Section III:** Comparison of the Mean and Standard Deviation of Respiratory Problem Patient Knowledge Score in Pre Test and Post Test

Area	Max score	Pre test scores			Post test score			Difference in mean (%)
		Mean	SD	Mean%	Mean	SD	Mean %	
Knowledge score regarding relaxation technique after demonstration	18	1.74	2.47	24.07	11.23	3.56	66.11	42.02

**Section IV:**

*Testing the Hypotheses*

knowledge regarding alternative therapy among respiratory problem patient, a hypothesis testing was done using 't' test and chi-square test.

To assess the effectiveness of demonstration on

(i): Comparison between difference of pre-test and post- test knowledge scores regarding alternative therapies among respiratory problem patient.

Sr. No	Area	't' value	Level of Significance
1	Pretest-Post test Score , with mean value testing of 't' test	2.05	HS

(Degree of freedom (df) =29 table value=2.05 highly significant (HS)

The above table shows that there is highly significant difference between the area wise score of pretest and posttest by using 't' test comparing of pretest mean and posttest mean. The result shows

degree of freedom (n-1) =29 at the level of 0.05 the table value shows 2.05 it stated null hypothesis is rejected and statistical hypothesis is accepted.

(ii): Association between posttest score on alternative therapies among respiratory problem patient with demographic variables

Sr. No	Demographic Variables	DF	Table value	χ <sup>2</sup> value	Level of significant
1	Age	4	7.82	8.66	NS
2	Sex	2	3.8	46.94	HS
3	Education	2	3.8	12.55	HS
4	Habit	2	3.8	0.35	HS
5.	Hobbies	2	3.8	035	HS

It shows that demonstration of relaxation technique was effective for all respiratory problem patients irrespective of their difference in demographic variable except age.

*Recommendations*

Based on the findings of the present study the following recommendations are made:

1. The study can be replicated using a large sample to validate the findings and make generalizations.

2. Comparative studies can be conducted between the knowledge and practice of relaxation technique among respiratory patient.
3. An experimental study can be conducted using a structured teaching programme on alternative method of other technique.
4. Similar study can be conducted on relaxation of community settings.
5. A similar study can be done by using other teaching strategies i.e. video teaching, comic books, audio cassette etc.

### Conclusion

The present study assessed the knowledge respiratory problem patient regarding relaxation technique and found that the respiratory problem patient had inadequate knowledge.

After the demonstration of relaxation technique there was a significant improvement on knowledge respiratory regarding alternative therapy of relaxation technique.

The study concluded that the demonstration was effective in improved knowledge of respiratory patient regarding relaxation technique.

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