

## **Effectiveness Of Jacobson's Progressive Muscle Relaxation Technique On Level Of Anxiety Among Persons Suffering From Alcohol Dependence Undergoing Alcohol Rehabilitation Programme In Selected Rehabilitation Centres Of Pune City**

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### **Abstract:**

The present study highlights the effectiveness of Jacobson's progressive muscle relaxation technique on level of anxiety in persons suffering from alcohol dependence undergoing alcohol rehabilitation programme. 50 samples each from the experimental and the control group were selected by convenient sampling technique. Data was collected using modified state trait anxiety inventory, analysed and interpreted by using descriptive and inferential statistics. Average change in anxiety score of experimental group was 44.96 which was 0.000 for control group. This study depicted that Jacobson's progressive muscle relaxation technique is very effective in treating anxiety in persons suffering from alcohol dependence undergoing alcohol rehabilitation programme in selected rehabilitation centres of Pune City. It is suggested that Jacobson's progressive muscle relaxation technique should be practised as an integral part of the nursing profession by the nurse working in rehabilitation centres, community and hospital.

**Keywords-** *Jacobson's progressive muscle relaxation technique, alcohol dependence, alcohol rehabilitation programme.*

### **I. Introduction**

The harmful use of alcohol results in approximately 2.5 million deaths each year, with a net loss of life of 2.25 million worldwide. Alcohol is a causal factor in 60 types of diseases and injuries and a component cause in 200 others. Almost 4% of all deaths worldwide are attributed to alcohol, greater than deaths caused by HIV/AIDS, violence or tuberculosis. <sup>(1)</sup>Alcohol-related problems account for more than a fifth of hospital admissions; 18% of psychiatric emergencies; more than 20% of all brain injuries and 60% of all injuries reporting to India's emergency rooms. <sup>(2)</sup>Recent worldwide estimates for the 1-year and lifetime prevalence of any anxiety disorders are 10.6% and 16.6%, respectively, with a ratio indicating that a large number of people experience anxiety disorders on a continuing or recurring basis. <sup>(3)</sup>Relaxation techniques represent one of the most used approaches in anxiety management worldwide, both as a stand-alone treatment or included in a more complex therapy. <sup>(4)</sup>

### **Objectives**

1. To find out the level of anxiety in the experimental group and control group before administration of Jacobson's progressive muscle relaxation technique.
2. To find out the effectiveness of Jacobson's progressive muscle relaxation technique on level of anxiety in the experimental group after administration of the same.
3. To determine the association between demographic variables and level of anxiety in the experimental and control group.

### **Hypotheses**

**H<sub>0</sub>:** There is no significant difference in the post test level of anxiety in persons suffering from alcohol dependence undergoing alcohol rehabilitation programme in the experimental group after administration of Jacobson's progressive muscle relaxation technique.

**H<sub>1</sub>:** There is a significant difference in the post test level of anxiety in persons suffering from alcohol dependence undergoing alcohol rehabilitation programme in the experimental group after administration of Jacobson's progressive muscle relaxation technique.

### **II. Methodology**

Quasi experimental design (Non randomized control group design) research design was used for the study conducted at Chaitanya Mental Health Care Centre, Pune City. Persons suffering from alcohol dependence

undergoing alcohol rehabilitation therapy at the centre were subjects. The participants consisted of subjects who could understand English, Marathi or Hindi and who had been admitted for at least 4 days in the present admission. The participants were divided into experimental and control group consisting of 50 samples each. The tool used consisted of two sections- Section I consisted of questions related to the demographic variables and Section II consisted of the modified state trait anxiety inventory.

On the first day samples from both groups were pretested, Jacobson's progressive muscle relaxation technique was administered to the experimental group for seven consecutive days for 30 minutes thereafter. On the eighth day the samples from both the groups were post-tested.

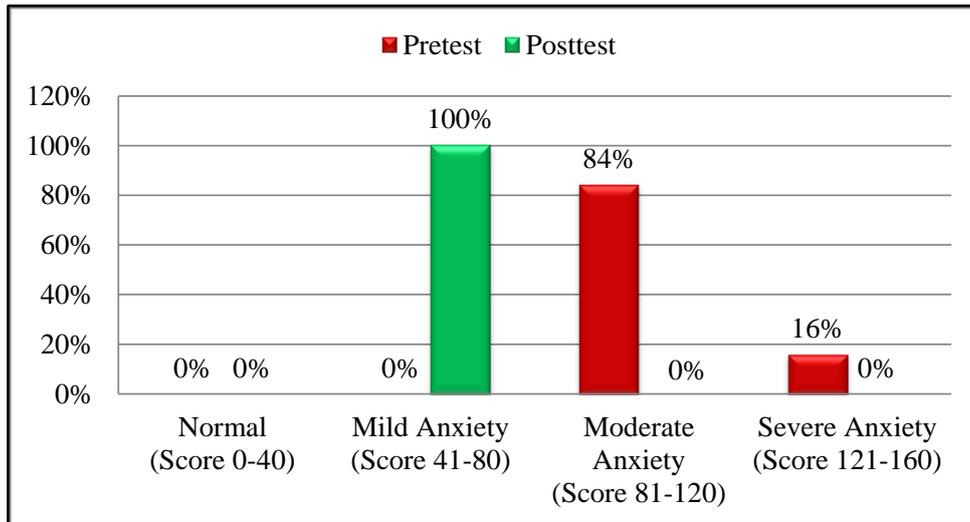
### III. Results

**Table I: Association between anxiety and demographic variables (N=100)**

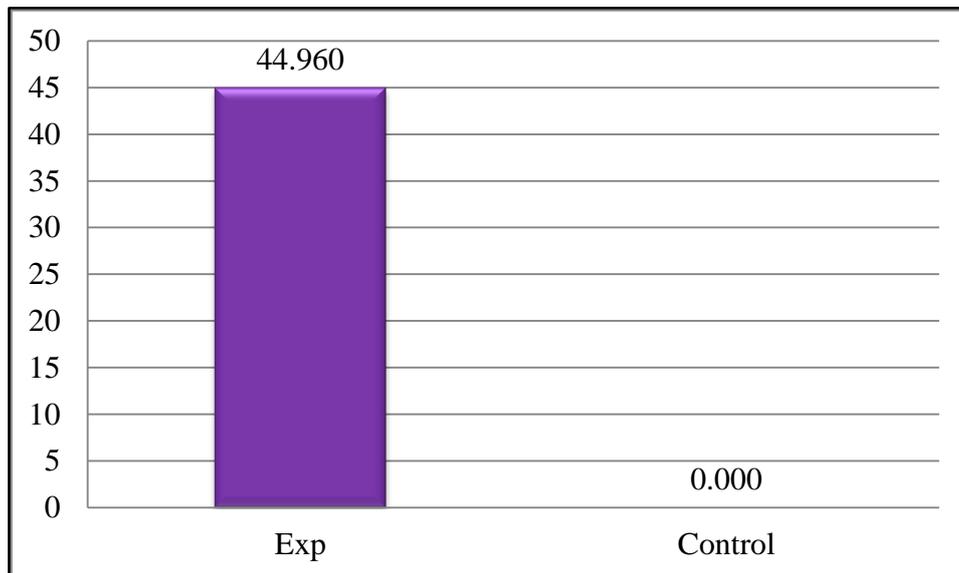
Demographic variable		Anxiety		p-value
		Moderate	Severe	
<b>Age</b>	20-25 years	26	5	0.658
	26-30 years	23	2	
	31-35 years	18	1	
	Above 36 years	22	3	
<b>Marital status</b>	Divorced/separated	22	2	0.239
	Married	43	4	
	Single	16	5	
	Widow/widower	8	0	
<b>Type of family</b>	Extended	16	1	0.116
	Joint	30	1	
	Nuclear	31	8	
	Single parent	12	1	
<b>Number of children</b>	None	20	6	0.177
	One	38	3	
	Three or more than three	2	0	
	Two	29	2	
<b>Monthly family income</b>	Upto Rs. 15000	8	3	0.043
	Rs. 15001-30000	29	2	
	Rs. 30001-45000	32	1	
	Above Rs. 45001	20	5	
<b>Education</b>	12th pass	2	1	0.410
	Any other	36	5	
	Diploma holder	14	1	
	Postgraduate	22	1	
	Undergraduate	15	3	

In pretest, majority of 94% of the persons suffering from alcohol dependence undergoing alcohol rehabilitation program suffered from moderate anxiety (Score 81-120) and 6% of them had severe anxiety (score 121-160) in the control group. Whereas in the experimental group majority of 84% of the persons suffering from alcohol dependence undergoing alcohol rehabilitation program moderate anxiety (Score 81-120) and 16% of them had severe anxiety (score 121-160). The analysis suggests that in both the groups maximum participants suffered from moderate level of anxiety with a small number falling into the severe category.

It revealed that in the posttest, all of the persons suffering from alcohol dependence undergoing alcohol rehabilitation program had mild anxiety (Score 41-80). Average change in anxiety score of experimental group was 44.96 which was 0.000 for control group. Jacobson's progressive muscle relaxation technique significantly improved the anxiety of persons in experimental group. This indicates that there was a marked improvement in the anxiety of samples after administration of Jacobson's progressive muscle relaxation technique. Thus null hypothesis was rejected and H<sub>1</sub> was accepted.



**Fig 1: Bar diagram depicts level of anxiety in the experimental group before and after administration of Jacobson's progressive muscle relaxation technique.**



**Fig 2: Bar diagram depicts average change in anxiety scores of experimental and control group**

**Recommendations**

1. Replication of the study could be done with a larger sample to validate and generalize the findings.
2. This study can be carried out among the persons suffering from alcohol dependence in the community setting.
3. Comparative study can be carried out to determine the difference between Jacobson's progressive muscle relaxation technique and other relaxation techniques.
4. This study can be done by maximizing the duration of Jacobson's progressive muscle relaxation technique.
5. The study can be conducted to determine the effectiveness of Jacobson's progressive muscle relaxation technique on specific illness patients other than the one's already taken up.
6. The study can be carried out in a different setting with a different rehabilitation program.

**IV. Conclusion**

The findings reveal that Jacobson's progressive muscle relaxation technique is highly effective in reducing level of anxiety in persons suffering from alcohol dependence undergoing alcohol rehabilitation program. And Jacobson's progressive muscle relaxation technique can be administered as an alternative treatment for the

treating of anxiety in patients involved in long-term care. Thus the student researcher found it satisfactory in conducting the research study.

#### **References**

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