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## **Effectiveness of Jacobson's progressive muscle relaxation technique on level of anxiety among persons suffering from alcohol dependence admitted at selected hospitals of Vijayapur District**

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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. 50 samples each from experimental and control group were selected by convenient sampling technique. Data was collected using modified state trait anxiety inventory, analyzed and interpreted by using descriptive and inferential statistics. Average change in anxiety score of experimental group was 46.0 which were 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 admitted at selected hospitals of Vijayapur. It is suggested that Jacobson's progressive muscle relaxation technique should be practiced as an integral part of the nursing profession by the nurse working in hospitals, community and rehabilitation centers.

**Keywords:** Jacobson's Progressive Muscle Relaxation, Alcohol Dependence

### **1. 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>.

### **1.1 Statement of the Problem**

Effectiveness of Jacobson's Progressive Muscle Relaxation Technique on Level of Anxiety among Persons Suffering from Alcohol Dependence admitted at selected hospitals of Vijayapur District.

### **1.2 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.
3. To determine the association between demographic variables and level of anxiety in the experimental and control group.

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**1.3 Hypotheses**

The hypotheses will be tested at 0.05 level of significance.

**H1:** There is a significant difference in the post test level of anxiety in persons suffering from alcohol dependence in the experimental group after administration of Jacobson’s progressive muscle relaxation technique.

**H2:** There is a significant association between demographic variables and level of anxiety in experimental and control group.

**2. Materials and Methods**

**Source of data:** In this study the data will be collected from Persons suffering from alcohol dependence

**Research design:** Quasi experimental design (Non randomized control group design) research design will be used for the study

**Setting of the study:** This study has been conducted at selected Hospitals of Vijayapur city Karnataka.

**Population:** Population includes female Persons suffering from alcohol dependence.

**Sample:** In this study, Persons suffering from alcohol dependence who fulfilled the sampling criteria were selected as sample.

**Sampling method:** In this study convenient sampling technique was used

**Sample size:** The sample size of this study is 100 alcohol dependence patients among which 50 subjects were assigned to experimental group and 50 to control group.

**2.1 Sampling Criteria**

**Inclusion criteria**

- Able to follow instructions.
- Who are willing to participate in the study.
- Who will co-operate throughout the data collection

**Exclusion criteria**

- Who are not able to perform relaxation exercise.
- Alcohol induced mental disorders.
- Who are having systemic illness.

**Method of Data Collection**

- The data regarding Socio -demographic variables will be collected by structured interview schedule.
- The level of anxiety will be assessed by using modified state trait anxiety inventory

**3. Results**

**Table 1:** Association between anxiety and demographic variables (N=100)

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

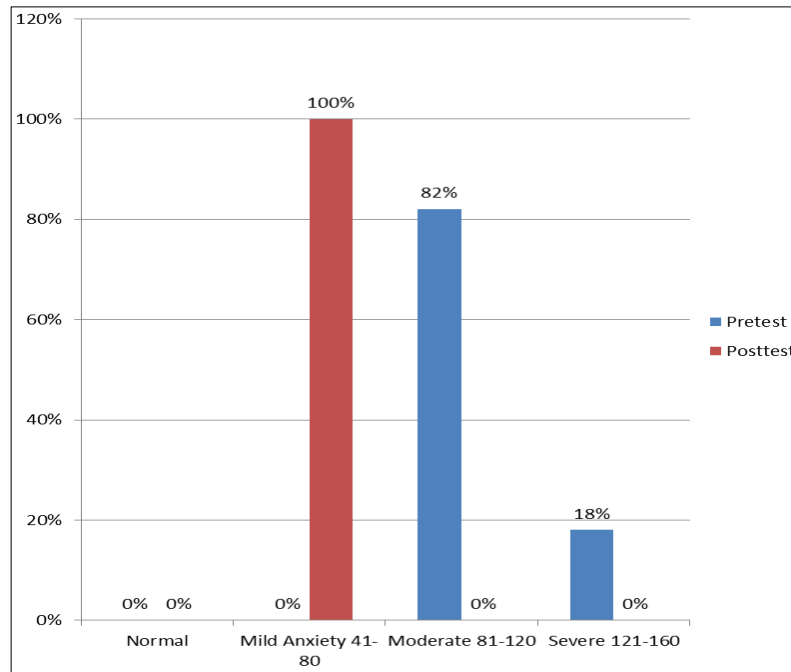
In pretest, majority of 92% of the persons suffering from alcohol dependence undergoing alcohol rehabilitation program suffered from moderate anxiety (Score 81-120) and 8% of them had severe anxiety (score 121-160) in the control group. Whereas in the experimental group majority of 82% of the persons suffering from alcohol dependence had moderate anxiety (Score 81-120) and 18% 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.

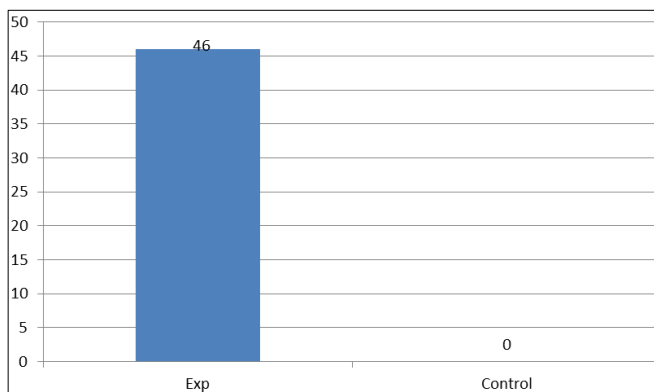
It revealed that in the posttest, all of the persons suffering from alcohol dependence admitted in psychiatric ward had mild anxiety (Score 41-80). Average change in anxiety score of experimental group was 46.0 which were 0.000 for control group. Jacobson’s progressive muscle relaxation technique significantly 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

hypothesis 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

#### 4. 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.

#### 5. 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.

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.

#### 6. References

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