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## **A Study to Assess the Effectiveness of Progressive Muscle Relaxation Therapy with Meditation on Stress among Nursing Students**

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### **ABSTRACT**

*A pre experimental study was performed to assess the effectiveness of progressive muscle relaxation therapy with meditation on stress among nursing students. 30 samples was selected using probability simple random sampling technique. Data were collected using a demographic and stress assessment questionnaire followed by pre test and progressive muscle relaxation therapy with meditation after seven days post test was conducted by same stress assessment questionnaire. The data obtained were analyzed using descriptive and inferential statistics. The study concluded that after administration of progressive muscle relaxation therapy with meditation were reduced the stress level in the student nurses.*

***Keywords:*** *Assess, Effectiveness, progressive muscle relaxation therapy with meditation, stress, nursing students*

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### **INTRODUCTION**

Stress is the emotional and physical strain caused as the result of our response to what happened around us. Stress is a multidimensional which is focused on dynamic relationship between the individual and environment. It is also defined as a stressor. Individuals and the environment it should be noted that some degree of stress can be effective on increasing and improving individual's performance.

Evidences indicate that most of human successes are created in stressful condition; but high rate of stress would have followed by numerous consequences, including mental and physical illness, sleep disorders, restlessness, irritability, forgetfulness, abnormal fatigue, reduced individual's resistance and recurrent infections, headache, poor concentration, memory impairment and reduce in problem solving ability.

Studies indicated that medical professionals such as medical students, nurses and nursing students experience many stressor agents. Nurses and nursing students are influenced by the various college stressor agent in addition to the stress caused by theoretical training environment college are considered as one of the most stressful work environment because there, it is the matter of humans death and life. The stress which is resulted from the environment can affect the way their personality develops and also causes the incidence of many undesirable behaviors in individual.

### **STATEMENT OF THE PROBLEM**

A study to assess the Effectiveness of progressive muscle relaxation therapy with meditation on level of stress among nursing students at Jeeva College of nursing Krishnagiri district.

## **OBJECTIVES**

- 1) To assess the level of stress among nursing students.
- 2) To evaluate the effectiveness of the progressive muscle relaxation therapy with meditation on level of stress among nursing students.
- 3) To find out association between the posttest stress with selected demographic variable

## **HYPOTHESIS**

H<sub>1</sub> – There is a significant difference between pre test and post test assessment on symptoms of progressive muscle relaxation therapy with meditation.

H<sub>2</sub> – There is a significant difference in the level of stress between pre test and post test.

H<sub>3</sub> – There is a association between pre test and post test level of stress.

H<sub>4</sub> – There is a significant association in the level of stress with demographic variables.

## **METHODOLOGY**

Quantitative true experimental pre test - post test design was adopted for the study. The study was conducted in Jeeva College of Nursing, Krishnagiri. The sample of this study comprises of stress among nursing students. After obtaining their consent, students who fulfilled the criteria were selected by probability simple random sampling technique. The tool was developed in English after thorough literature reviews. It consist of Demographic variables & stress assessment questionnaire like age, gender, class, course, type of family, education of father and mother, occupation of father and mother, monthly income and place of residence. Stress assessment rating scale is used and assess the stress level of nursing students this scale consists of 14 statement to measure the level of stress experienced by sample in their daily professional life of student nurses like test, class test, seminar, clinical posting, assignment, punishment, viva, practical & theory examination, exam result, problem related to peer groups and faculties, In (PSS-14) perceived stress scale.

## **Grading of Scores**

The obtained scores were to be computed In (PSS-14) perceived stress scale. The stress level will be graded as follows:

<b>LEVEL OF STRESS</b>	<b>SCORE</b>
Never (0 - 14)	1
Almost Never (14-28)	2
Sometimes (28-42)	3
Fairly often (42-56)	4

The tool was found adequate and the reliability of the tool was computed using karlpearson's coefficient of correlation. Coefficient of correlation between the split half,  $r = 0.86$ . Thus the tool was reliable preceded for pilot study.

The data was collected over a period of seven days After obtaining their consent, students who fulfilled the criteria by probability simple random sampling technique. 1<sup>st</sup> day pre assessment was done to identify the level of stress in the student nurses. The demographic, stress assessment questionnaire same day progressive muscle relaxation therapy with meditation was done. On 7<sup>th</sup> day investigator conducted the post test by using the same tool. The collected data was analyzed and tabulated by descriptive and inferential statistics.

Appropriate statistical technique such as descriptive statistics was used to analyze demographic variables and stress assessment questionnaire. Inferential statistics ('t' test) was used to assess the significance in reducing the stress status score to assess the effect of Progressive Muscle Relaxation therapy with meditation. Chi square test was used to find the relationship between the selected demographic variables & stress assessment questionnaire with final stress assessment status scores.

#### Results

In this study, the stress level of nursing students was inferred that pre test the overall mean score was 14.78, SD was 2.46. the obtained overall post test score was 36.84 and SD was 2.81 the obtained 't' value 34.82 was significant at  $p < 0.05$  level.

## CONCLUSION

The following conclusion are made from the study findings

- 1) Majority of nursing students experienced severe stress
- 2) Progressive Muscle Relaxation therapy with meditation was a effective method to reduce stress.
- 3) The final conclusion was that stress among nursing students was influenced by some demographic characteristics course in which the students in studying GNM & B.Sc nursing, education of mother and occupation of father.

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