

Effect of Progressive Muscular Relaxation Technique (PMRT) in managing Depression among No-Collar Workers

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ABSTRACT

The present study has tried to explore the effect of Progressive Muscular Relaxation Technique (PMRT) in managing Depression of No-Collar Workers. The data was collected on 100 adolescents who were selected randomly from Lucknow, UP. Only those respondents were chosen for the study who reported high Depression. The sample responded to the valid and reliable instrument. Beck Depression Inventory (BDI) **Construct by Beck, et al (1961)** was used to measure Depression of the No-Collar Workers. The design which was used to conceptualize the study and analyze the data was 2x2 factorial design with two independent variables: one being Before and after conditions of PMRT and another being gender of the respondents. Results of the present study have revealed that the PMRT has significantly decreased the level of depression among No-Collar Workers. These results have supported the hypothesis of the present study. The present study would be very important for the policy makers and guidance and counselling professionals as depression is the vital issue which affects the productivity as well as mental health of the employees adversely.

Key-Words: PMRT, Depression and No-Collar Workers.

Depression is a mental health disorder that can affect the way you eat and sleep, the way you feel about yourself and the way you think about things. It is not a sign of personal weakness and it can't be willed or wished away. (Lucy et.al, 2015). A person may have trouble doing normal day-to-day activities, and sometimes may feel as if life isn't worth living (Roosi, 2015). Depressed mood is not always a psychiatric disorder. It may also be a normal reaction to certain life events, a symptom of some medical conditions, or a side effect of some drugs or medical treatments. Depressed mood is also a primary or associated feature of certain psychiatric syndromes such as clinical depression. People who were depressed cannot **“SNAP OUT OF IT”** and get better. Depressed people showed a blunted hormonal response.

According to Beck's theory (Beck et. al, 1985), depression was the result of three basic components; the cognitive triad schemas and cognitive errors. The cognitive triad is composed of faculty perceptions. Specially, the person believes he/she has no worth, is defective or is in some other way worthless. In turn, they believe that the world is a black and horrible place and as a result do not believe that the future will be any better. All new experiences are filtered through these beliefs (i.e, schemas) and tainted, hence maintaining the depression. Finally, the consistent logical errors committed by the depressed person makes it difficult if not impossible to recognize information which contradicts their beliefs. One potential outcomes therefor, is to view suicide as the only "logical" way to escape what is deemed to be a desperately bad life that can not possibly improve.

Depression is the common cold of mental disorder, most people will be affected by depression in their lives either directly or indirectly, through a friend or family member. Depression is characterized by a number of common symptoms. These include a persistence sad, anxious or empty mood and feeling of hopelessness or pessimism. A person who is depressed also often has feelings of guilt, worthlessness and hopelessness. They no longer take interest or pleasure in hobbies and activities that were once enjoyed this may include things like going out with friends or even sex. Insomnia, early morning awakening and oversleeping are all common. A person who is depressed also had difficulty concentrating remembering and trouble making decisions and sometimes, persistent physical symptoms that do not respond to traditional treatments such as headaches , digestive disorder and chronic pain may be signs of a depressive illness. In conjunction with the World Health Organization World Mental Health (WMH) Survey, Initiative, researchers from 20 centers collaborated to investigate the prevalence of depression around the globe. So, keeping in view the vital adverse effects of Depression on people the present study has tried to manage depression of respondents using PMRT.

World Health Organization (2010) reported that Group Therapy might have a moderate effect on depression. Group psychotherapy is a therapeutic approach in which a several people meet together under the guidance of a professionally trained therapist to help themselves and one another. The therapy has been widely used and has been a standard treatment option for over half a century. Group therapy focuses on interpersonal relationships and helps individuals learn how to get along better with other people under the guidance of a professional. Group psychotherapy

also provides a support network for specific problems or challenges. On the basis of these evidences, In the present study researcher used one forms of Group Therapy i.e. PMRT. Progressive muscular relaxation is a technique for learning to monitor and control the state of muscular tension. It was developed by American physician **Edmund Jacobson** in the early **1920s**. Relaxation techniques are often employed as one element of a wider stress management program and can decrease muscle tension, lower the blood pressure and slow heart and breath rates, among other health benefits. The technique involves learning to monitor tension in each specific muscle group in the body by deliberately inducing tension in each group.(Jacobson,1938) This tension is then released, with attention paid to the contrast between tension and relaxation. First one has to deliberately apply tension to certain muscle groups, and then stop the tension and turn one's attention to noticing how the muscles relax as the tension flows away. Through repetitive practice one can quickly learn to recognize—and distinguish—the associated feelings of a tensed muscle and a completely relaxed muscle. With this simple knowledge, one can then induce physical muscular relaxation at the first signs of the tension that accompanies anxiety. And with physical relaxation comes mental calmness—in any situation.

The respondents who were selected for the study were No-Collar workers because these people are highly qualified but still they are unemployed. This creates a sense of helplessness and which may lead to depression among them. No collar workers are defined as those people who are over qualified but unemployed or they are completely devoid of economic activities(ie educated unemployed). It has emerged as an emerging and growing elite in India and America. This unemployment generates feeling of self devaluation, inferiority and depression among them in the long run because their unemployment not only proves detrimental for their economical and social survival but it also hampers their psychological well-being.

So the present study has tried to see the effect of PMRT in managing Depression among No-Collar Workers.

Methodology

Objectives:-

1. To identify Depression among No-Collar Workers.
2. To identify the effectiveness of PMRT in managing depression of No-Collar Workers.
3. To identify gender differences on Depression among male and female No-Collar Workers.

Hypotheses

1. PMRT would significantly decrease Depression among No-Collar workers.
2. There would be significant gender differences on Depression among male and female No-Collar workers.

Sample

A sample of 100 No-Collar Workers (50- Males & 50 Females) were chosen from Lucknow city. Only those respondents were selected for the study who were highly qualified professionals and still unemployed. Another precaution which was made while selecting the candidates for the study was only those respondents were selected for the study who were found to report high level of depression. The Mean age of the candidates ranging from 31.1 years for the males and 27.6 years for the female respondents.

Research Design

The design which is used to conceptualize the study and analyze the data was 2x2 factorial design with two independent variables: one being Before and After conditions of PMRT and another being gender of the respondents.

Tool Used

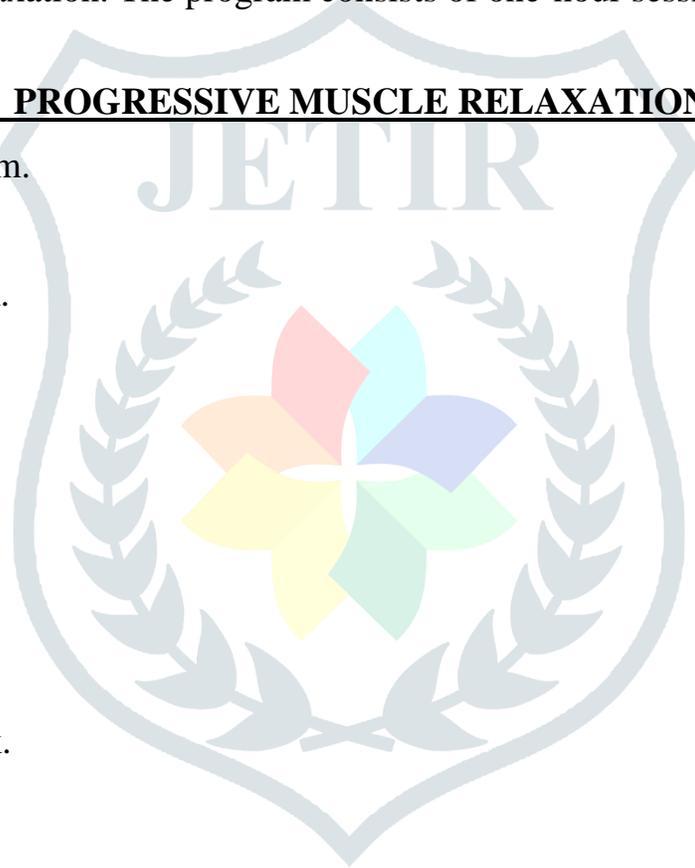
Beck Depression Inventory (BDI II) by Beck, Ward, Mendelson, Mock & Erbaugh, 1961.

The Beck Depression Inventory (BDI), of Beck (1961), is a 21 questions multiple choice survey that is one of the most widely used instruments for measuring the severity of depression.

Progressive Muscular Relaxation Training Manual provides a systematic and active procedure to teaching relaxation. The program consists of one-hour sessions for the One month.

Steps of PROGRESSIVE MUSCLE RELAXATION Tecnique

- ✓ Right hand and forearm.
- ✓ Right upper arm.
- ✓ Left hand and forearm.
- ✓ Left upper arm.
- ✓ Forehead.
- ✓ Eyes and cheeks.
- ✓ Mouth and jaw.
- ✓ Neck.
- ✓ Shoulders.
- ✓ Shoulder blades/Back.
- ✓ Chest and stomach.
- ✓ Right upper leg.
- ✓ Right lower leg.
- ✓ Right foot.
- ✓ Left upper leg.
- ✓ Left lower leg.
- ✓ Left foot.



Tense and relax each muscle group as follows:

- ✓ **Forehead** - Wrinkle your forehead, try to make your eyebrows touch your hairline for five seconds. Relax
- ✓ **Eyes and nose** - Close your eyes as tightly as you can for five seconds. Relax.
- ✓ **Lips, cheeks and jaw** - Draw the centers of your mouth back and grimace for five seconds. Relax. Feel the warmth and calmness in your face.
- ✓ **Hands** - Extend your arms in front of you. Clench your fists tightly for five seconds. Relax. Feel the warmth and calmness in your hands.
- ✓ **Forearms** - Extend your arms out against an invisible wall and push forward with your hands for five seconds. Relax.
- ✓ **Upper arms** - Bend your elbows. Tense your biceps for five seconds. Relax. Feel the tension leave your arms.
- ✓ **Shoulders** - Shrug your shoulders up to your ears for five seconds. Relax.
- ✓ **Back** - Arch your back off the floor for five seconds. Relax. Feel the anxiety and tension disappearing.
- ✓ **Stomach** - Tighten your stomach muscles for five seconds. Relax.
- ✓ **Hips and buttocks** - Tighten your hip and buttock muscles for five seconds. Relax.
- ✓ **Thighs** - Tighten your thigh muscles by pressing your legs together as tightly as you can for five seconds. Relax.
- ✓ **Feet** - Bend your ankles toward your body as far as you can for five seconds. Relax.
- ✓ **Toes** - Curl your toes as tightly as you can for five seconds. Relax.

Procedure:

All the participants of the study were individually informed about the purpose of the study and were applied with BDI. After the pre test the high depression respondents were provided with the sessions of PMRT thrice in a week for 2 months by the researcher, while in other days they were instructed to practice the techniques by themselves twice a day i.e. early in the morning and at bed time. The participants were provided with daily record sheets which they fill up regularly and were checked twice weekly. After 2 months post test was taken and the pre- test and post- test scores were statistically analyzed by means of ANOVA to test the significance of difference.

Statistical-Analysis:

The obtained data were analyzed using Mean,SD and ANOVA.

Table-1: Mean and SD on Depression among No-Collar Workers

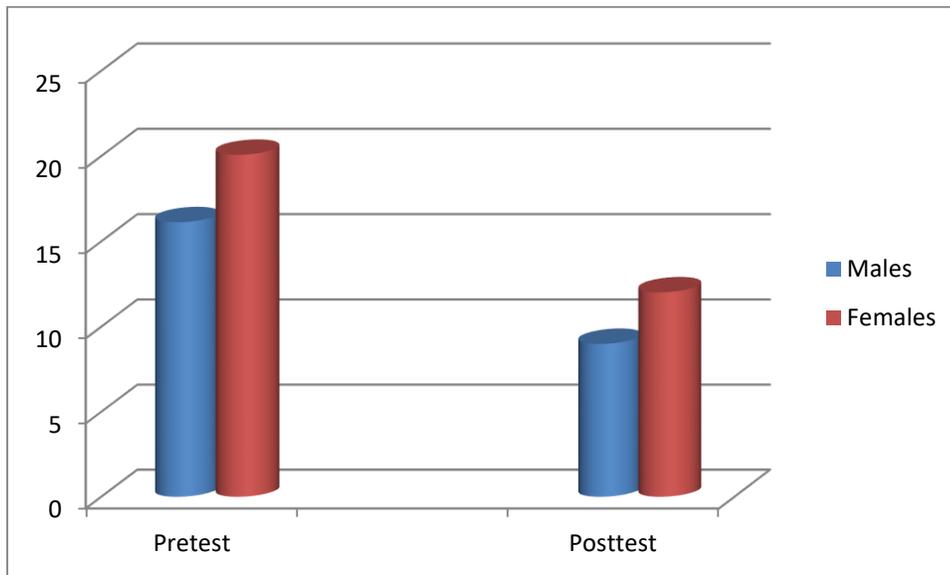
	Pretest		PostTest		Total	
	Mean	SD	Mean	SD	Mean	SD
Males	16.12	2.91	8.99	3.01	12.55	2.96
Females	20.07	3.01	12.01	2.63	16.04	2.82
Total	18.09	2.96	10.5	2.99		

Table-2 Summary ANOVA on Depression

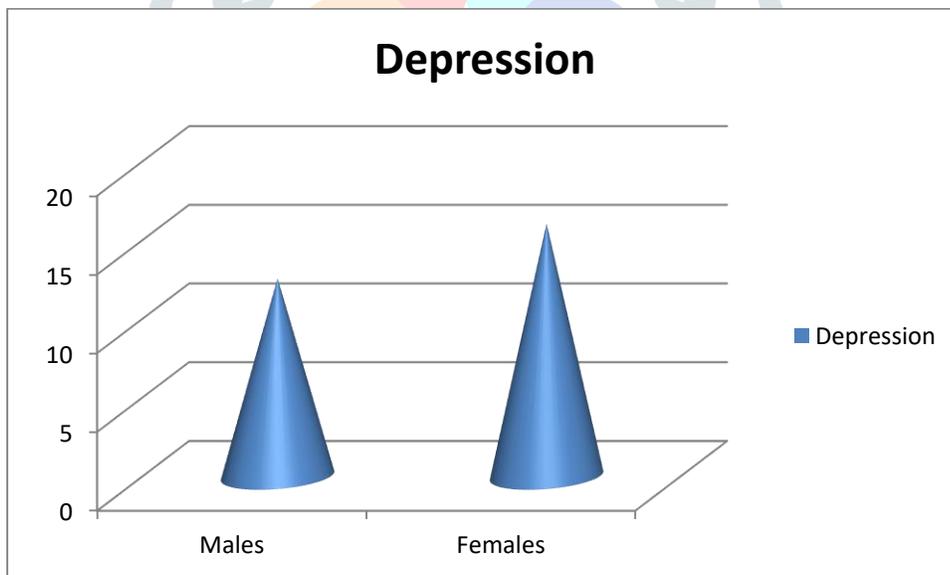
Sources	SS	df	MS	F
Gender	283.09	1	283.09	10.21**
Therapy	128.29	1	128.29	6.01**
GxT	1.99	1	1.99	.02

**=Significant at .01 level

Graph-1: Mean of Males and Females No- Collar Workers on Depression for Before and After conditions of Therapy



Graph-2: Mean of Males and Females No- Collar Workers on Depression



Results and Discussion

Following results were obtained on the basis of data analysis

Effect of SMRT in reducing Depression of No-Collar Workers

As it is clear from the inspection of Table-2 that significant differences were obtained in before and after conditions of SMRT. It is further clear from the observation of Table-1 that after the introduction of intervention programme (SMRT) the Depression of the respondents was reduced significantly Graph-1). These results support the first hypothesis stating that SMRT would significantly decrease Depression among No-Collar workers.

Since all the No-collar workers are highly qualified yet they are unemployed. This unemployment generates feeling of self devaluation, inferiority and depression among them in the long run because their unemployment not only proves detrimental for their economical and social survival but it also hampers their psychological well-being. All these negativity produces depression and suicidal ideation among them. They also face many physical and psychological problems in their day to day life hence are more prone to feel depressed in their lives. When these No-collar workers who are strong enough but need a slight direction at this moment of their life when they dont get job inspite of being highly qualified so that they can regain their strength and will power and be able to transform their negativity into positivity. SMRT has done this task of making them more positive in life, helping them to get insight about the problems of their life they are facing and are exposed to.

The present study has selected only those respondents who were having high Depression. But after the intervention programme their Depression level was found to reduce drastically. (M=18.09) in before condition and M=(10.5) in After condition).

SMRT may help mitigate psychological and psychosomatic distress. Since SMRT is relaxing the whole body through concentration, it may be used to produce general physical well-being. It can relieve minor psychological abnormalities like irritability and short temperedness.

It is important to realize that depression is something unusual nor is it a sign of weakness or a character flaw. It can happen to anyone, at any age, no matter of a person's background or previous accomplishments in life. While circumstances of life changes as we face failures in our life or may be delay in achieving something can sometime trigger depression, They dont have to keep us down(helpguide,2019). There is always a way to get through them and SMRT acted as showing them that positive route. The management of depression among the No-collar workers is quite manageable but the problem is that people don't recognize depression

among them which worsen their condition. The management of Depression through PMRT may be attributed to the fact as in PMRT Relaxation is often employed as one element of a wider stress management program and can decrease muscle tension, lower the blood pressure and slow heart and breath rates, among other health benefits. The technique involves learning to monitor tension in each specific muscle group in the body by deliberately inducing tension in each group and then relaxing later. It is a gradual process of ever increasing awareness into the inner workings of reality itself.

Gender differences in Depression among No-Collar Workers

As it is clear from the inspection of Table-2 and Graph-2 that significant differences were obtained in among males and females on depression. It is further clear from the observation of Table-1 and Graph-2 that females of the present sample were found to report more depression as compared to males. These results support the second hypothesis of the present study stating that there would be significant gender differences on Depression among male and female No--Collar workers.

The reason may be attributed to the fact that females still have second position in society. Situations become acute with No-Collar females because they feel more helpless than males, they cannot change anything, they are unable to express their emotions which make them feel more anxious and depressed as compared to males. Since no one seems to understand them, they tend to internalize their emotions. Although the trend is changing rapidly but the gender discrimination has so deeply rooted that it operates in each and every spheres of life. In education Nursery Rhymes, G.K or Color Preference gender difference operates at all levels. In family gender differences operates even in the division of household works. The boys will either be not signed any work or if assigned they are given mainly works such as buying things from market etc but girls are given typical works which are especially meat for females such as dusting, cooking etc. So it operates at every level so females are not generally encouraged to talk about themselves and to express how they feel so when given the opportunity they often have trouble verbalizing their emotions. The present finding is also supported by the study of Piccinelli & Homen (1997) who reported that depression contributes most significantly to the global burden of disease and it is the most frequently encountered female's mental health problem. Major depression occurs approximately twice as

often in adolescent females as in adolescent males.(Harry,2007). The rsesarch findings Breslau et al (1998) stand in contrast to the finding of the present study who reported depression more in males.

The results of the present study have suggested that the interaction of Therapy and Gender was not found to be significant (Table-2) which has suggested no difference between females and males on depression after the intervention of SMRT.

CONCLUSION :The results of the present study have suggested that SMRT was found to be effective in managing depression of No--Collar workers which is a group of younger people still thriving for getting settled in their life inspite of having all the necessary qualifications which lead more depression among them. So it is need of the hour to identifydepression timely and preventive measures must be taken to reduce it such as SMRT because it was found to be very effective in reducing the depression and stress of the respondents in the present study. Some programe should be organized time to time to give traning of handling their depression effectively otherwise it may have very devastating physical and mental effects on the personalities of the individuals.

So PMRT which is a technique of arising relaxation helps the individual to make them feel cool and relaxed and try to explore meaning in their life. So the present study may prove fruitful for the counselling of No- Collar workers. It must be necessarily included as the part of their daily life because it would be unrealistic to expect all problems to be solved only in one training period of 10 days. So in order to get maximun advantage from this therapy one has to practice it regularly. So the present study may prove fruitful and enlightening for the counsellors and policy makers to make such plans/schemes which can be beneficial for the respondents of this age group in the long run.

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