



“A STUDY TO ASSESS THE EFFECTIVENESS OF PROGRESSIVE MUSCLE RELAXATION THERAPY ON STRESS AMONG PREGNANT WOMEN IN SELECTED HOSPITAL MEHSANA DISTRICT”.

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Abstract A Study To Assess The Effectiveness Of Progressive Muscle Relaxation Therapy On Stress Among Pregnant Women In Selected Hospital Mehsana District. **Objective:** To Assess The Level Of Stress Among Pregnant Women In The Selected Hospital, Mehsana District. To Assess The Effectiveness Of Progressive Muscle Relaxation Therapy On Stress Among Pregnant Women In The Selected Hospital, Mehsana District. To Find Out The Association Between The Pre-Test Level Of Stress With Their Selected Demographic And Maternal Variables. **Method:** One Group Pre-Test Post-Test Research Design Has Been Used To Attain The Objectives Of The Present Study. Sixty Pregnant Women Were Taken As Samples, Selected On The Bases Of Non-Probability Convenience Sampling Technique. Sociodemographic Variables, Maternal Variables And Standardized Cohen Perceived Stress Scale Was Used To Assess The Level Of Stress In Pregnant Women. **Result:** The Findings Of The Present Study Show That Among Pregnant Women, The Mean Post- Interventional Stress Score (8.8 ± 3.42) Of The Pregnant Women Score Was Lower Than The Pre-Interventional Stress Scores (26.98 ± 3.90), The Paired T Value 25.56 (P Value < 0.0001) Was Significant At 0.05 Level. This Indicates The Progressive Muscle Relaxation Therapy Is Effective In Relieving Stress Of Pregnant Women. Conclusion: The Present Study Concluded That The Progressive Muscle Relaxation Therapy Was Effective On The Level Of Stress Among Pregnant Women.

Index Terms - Assess, Effectiveness, Progressive Muscle Relaxation Therapy, Stress And Pregnant Women.

Introduction:

“Stress is nothing more than a socially acceptable form of mental illness.”-Richard Carlson. Pregnancy is a special time for a woman and her family. It is a time of many changes in a pregnant women's body and emotions. Stress during pregnancy may lead to several problems to the mother and unborn child. Stress reacts physically, mentally and emotionally to the various conditions. Stress, defined as “a state of mental discomfort, unpleasant feeling, worry or tension”, when occurring during pregnancy is a major public health problem in low and middle income countries, associated with adverse material health, pregnancy and worth outcomes. The incidence of stress during antenatal period is high; the incidence for occurring stress is more

in primigravida's [51.6%] than multigravidas [30.8%]. Antenatal stress is prevalent and serious problems in pregnancy that more than half of the pregnant women have stress antenatal [and results of studies show that there is an association between mental health of women during the prenatal period and the outcomes of pregnancy. The above percentage depends on the gestational age, as in the second trimester and third trimester of pregnancy, the incidence was reported as 35% in the first trimester and second trimester 32.4%, respectively and also reported the percentage in the third trimester as 50%. There are various methods to reduce stress; such as meditation, yoga, hypnosis, imagery, pharmaceutical method. Among this Progressive muscle relaxation therapy (PMRT) is an effective and widely used strategy for stress relief. It is a therapy with tensing and relaxation of muscle groups. The importance of muscle relaxation is to de-stress the body and mind. The advantages of progressive muscle relaxation therapy include lowering of the blood pressure, lowering of the muscle tension, the stress level, the level of fatigue and providing a sense of overall well-being.

Background of the Study:

In globally common stress in pregnancy.

In India, a study was conducted in primi antenatal mother's reveals that 53 out of 160 (33.1%) antenatal women had moderate to severe stress. Trace during antenatal period was observed it among more than half the women.

Stress, in relation to pregnancy, has been measured in several ways: by counting the frequency and rating the severity of daily hassles or significant life events during the course of pregnancy, as a personality construct of trait stress, in terms of state stress, and as the extent of fear associated with different aspects of the pregnancy (e.g. fear of giving birth). All these dimensions of stress place a woman at risk to more complications during pregnancy. For example, two independent studies have found that greater prenatal stress in the first trimester was related to more complications during pregnancy (e.g. eclampsia), more labour difficulties (e.g. emergency Caesarean section), and more negative infant outcomes (e.g. prematurity).

A descriptive survey was conducted to identify the stress and its associated factors among (160) antenatal women aged 20-45 years. The study Results that the present study reveals no or mild stress level among antenatal women 107(66.9) and moderate to severe stress in 53(33.3%) of them. A statistically significant association was observed for gravida, education and monthly family income of antenatal women. The study concludes that Stress during antenatal period was observed among more than half the women. Stress was All the 14 studies have shown that increased maternal stress was associated with gravity, gestational age at delivery, monthly family income, prematurity and preterm delivery. The largest study done by Wisborg k et al., among 19,382 Singleton pregnant women indicate that mothers with psychosocial stress has to risk of stillbirth. The other evaluate study by Nkansah Amankra S et al., among 8064 women who had stress during pregnancy shown of preterm delivery and low birth weight baby. The available literature shown that materials stress present during antenatal period has adverse effect on fetal and maternal outcome. Significantly associated with gravida, educational status and monthly family income.

In a study of 2010 including more than 1,500 women, stress was evaluated by the Prenatal Psychosocial Profile stress scale. Research results show that 6% (n = 91) of the women were classified as having a high

level of stress, the large part of these pregnant women, 78% (n = 1.190) reported low or moderate stress, and only 16% (n = 241) demonstrated no stress.

Progressive muscles relaxation (PMR) is one of the simplest and easiest relaxation therapy. It is a widely used procedure that was originally developed by Dr. Edmund Jacobson in the early 1920. Progressive muscle relaxation is an exercise that relax your mind and body by progressively tensing and relaxation muscles group throughout your entire body.

NEED FOR THE STUDY:

The health and emotional well-being of a woman, both before and during her pregnancy, can impact the future health of her child. "Stress is a silent disease," says Dr. Hobel, director of maternal-fetal medicine at Cedars Sinai and a professor of obstetrics/gynecology and pediatrics. Pregnant women need to be educated in recognizing when they have stress, the consequences and some of the simple things they can do to make a difference. Experiencing stressful events or environmental hardships, such as financial instability, the death of a loved one, or divorce, while pregnancy can place an additional strain on a woman and increase her likelihood of adverse birth outcomes, including preterm birth and low birth weight. When the mother is stressed, several biological changes occur, 7 including elevation of stress hormones and increased likelihood of intrauterine infection the fetus builds itself permanently to deal with this kind of high-stress environment, and once it's born may be at greater risk for a whole bunch of stress-related pathologies. body part entirely so as not to exacerbate any pre-existing injury or cause pain.

Though this technique is simple, it may take several sessions of practice before it is completely mastered. Once this practice is learned, an abbreviated version can be practiced by creating tension in certain muscle groups. For example, a shorthand method might include tensing only hands and arms or just the forehead, eyes and jaw. It is possible to become so proficient at PMR that it is only necessary to focus on one muscle group to produce these results. Tightening and relaxing the first muscle group for each area of the body. Therefore, the investigator felt the need of Progressive muscle relaxation therapy to reduce the level of stress taking up the present study by which aims at reducing stress in pregnant women by the use of progressive muscle relaxation therapy.

Problem Statement: "A STUDY TO ASSESS THE EFFECTIVENESS OF PROGRESSIVE MUSCLE RELAXATION THERAPY ON STRESS AMONG PREGNANT WOMEN IN SELECTED HOSPITAL MEHSANA DISTRICT".

Objectives of the study

1. To assess the level of Stress among pregnant women in the selected hospital, Mehsana district .
2. To assess the effectiveness of progressive muscle relaxation therapy on stress among pregnant women in the selected hospital, Mehsana district.
3. To find out the association between the pre-test level of stress with their selected demographic and maternal variables.

Hypothesis

- H1: There will be significant difference between pre-test and post-test level of stress among pregnant women in the selected hospital, Mehsana district.

- H2: There will be significant association between the pre-test level of stress with their selected demographic and maternal variables.

Operational Definitions

- ✓ Assess: It refers that the stress among pregnant women measured by Cohen perceived stress scale before and after the administration of the progressive muscle relaxation therapy.
- ✓ Effectiveness: In this study it refers that the difference between pre- interventional and post-interventional stress scores among pregnant women measured by Cohen perceived stress scale.
- ✓ Progressive muscle relaxation therapy: It is a type of relaxation therapy used as a nursing intervention for reducing or reliving stress during pregnancy. It includes the sequence of contraction and relaxation of the individual muscle or muscle groups in a quiet and calm environment by pregnant women and duration of the intervention is 15-20 minutes administered for the period of 15 consecutive days.
- ✓ Stress: It refers to the psychological and physiological reactions towards state of pregnancy perceived by the women during pregnancy measured Cohen perceived stress scale.
- ✓ Pregnant women: It refers to the women who are in 3rd trimester of the pregnancy

Delimitations

- This study is delimited to:

- The study is delimited to 60 antenatal mothers who are in the third trimester of pregnancy in selected hospital Mehsana district.

Assumptions

- Stress may common among 3rd trimester pregnant women.
- Progressive muscle relaxation therapy help in reducing stress in pregnant women.
- Administration of progressive muscle relaxation therapy may improve the foetal outcome.
- Administration of progressive muscle relaxation may improve birth outcome of the mother.
- The women may be interested to do progressive muscle relaxation therapy.

ORGANIZATION OF FINDINGS

The data is analyzed and presented under the following headings:

The obtained data was entered for tabulation and statistical processing. The data collected from pregnant women were grouped and analyzed with help of descriptive and inferential statistics of data was organized and presented under the following sections:

In level of Stress majority 60 (100%) of pregnant women had low stress.

EFFECTIVENESS OF PROGRESSIVE MUSCLE RELAXATION THERAPY

■ Mean ■ Standard deviation

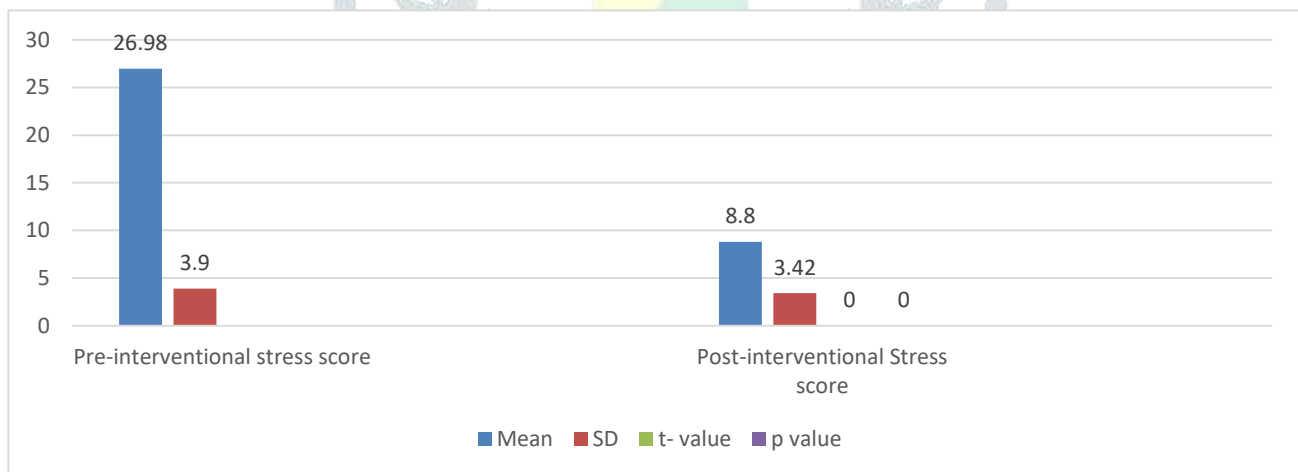


Effectiveness of progressive muscle therapy on stress among pregnant women.

- Mean, SD and paired 't' value of Pre-interventional and Post-interventional Stress score among pregnant woman

(N=60)

Stress	Mean	SD	t- value	p value
Pre-interventional stress score	26.98	3.90	25.56***	<0.0001
Post-interventional Stress score	8.8	3.42		



(***Significant at $p < 0.05$ level)

Table: shows that,

The mean post-interventional stress score (8.8 ± 3.42) of the pregnant women score was lower than the pre-interventional stress scores (26.98 ± 3.90), (paired t value 25.56, p value < 0.05). The obtained 't' value 25.56 and p-value < 0.0001 is highly significant at level $p < 0.05$ level.

So, the null hypothesis is rejected, research hypothesis is accepted. Thus, it indicates that progressive muscle relaxation therapy was effective in reducing the stress among pregnant women.

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