

## “A Study To Assess The Effectiveness Of Progressive Muscle Relaxation Technique On Reduction Of Stress Among Alcohol Dependents In Bharat MathaDeaddiction Centre, Ariyankuppam, Puducherry”

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### **Abstract:**

**Background:** The abuse of alcohol becomes more prevalent and it takes an increasingly heavy physical, emotional and economic toll on society. WHO global status report on alcohol and health stated that harmful use of alcohol results in the death of 2.5 million people annually.

**Aim:** The main aim of the present study was to assess the effectiveness of progressive muscle relaxation technique on reduction of stress among alcohol dependents in Bharat MathaDE addiction Centre, Ariyankuppam, Puducherry.

**Materials and Methods:** A Quantitative Quasi Experimental study (Pre-experimental- one group pre and posttest design) done among 40 alcohol dependents in Bharat MathaDE addiction Centre, Ariyankuppam with stress. Data were collected using Sheldon Cohen's Perceived stress scale. Data analysis was done using inferential and descriptive statistics.

**Results:** Totally 40 alcohol dependents were participated in the study. Majority of the samples had average and high level of stress. The mean pretest values of stress score had significant difference during posttest measurement of mean stress score which proved that there was significant reduction in the level of stress among alcohol dependents due to progressive muscle relaxation technique. The obtained 't' value 18.8748 was highly statistically significant (0.000) at  $p < 0.001$  level.

**Conclusion:** Stress being one of the causes of a variety of diseases and disorders in the world today, especially in alcohol dependents, through this study it was proven that progressive muscle relaxation technique reduces the level of stress among alcohol dependents suffering from stress. Therefore it is suggested that progressive muscle relaxation technique can be done in all types of groups in long term basis as well for reducing stress.

**Keywords:** Assess, Stress, Alcohol Dependents, Progressive Muscle Relaxation Technique, DE addiction Centre

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### **I. Introduction**

The abuse of alcohol becomes more prevalent and it takes an increasingly heavy physical, emotional and economic toll on society. Newly emerging patterns of drinking are now causing increased rate of injuries, disability, stress and death leading to decreased levels of productivity in many regions of the world. Stressful events, such as bereavement or losing a job, can also trigger heavy drinking, which can then lead to alcohol dependence. Stress, anxiety, depression and suicidal feelings can all develop when you are alcohol dependent. This is because regular, heavy drinking interferes with neurotransmitters in our brains that are needed for good mental health.

While the stress response can be lifesaving in emergency situations where you need to act of equilibrium. Progressive muscle relaxation techniques can help you bring your nervous system back into balance by producing the relaxation response. The relaxation response is not lying on the couch or sleeping but a mentally active process that leaves the body relaxed, calm and focused. Learning the basics of progressive muscle relaxation techniques is not difficult, but it does take practice. Most stress experts quickly, it wears your body down when constantly activated by the stresses of everyday life.

### **II. Objectives Of The Study**

- ❖ To assess the level of stress among alcohol dependents during pre-test.
- ❖ To determine the effectiveness of progressive muscle relaxation technique among alcohol dependents during post-test.
- ❖ To find out the association between the level of stress among the alcohol dependents with their selected Demographic variables.

### III. Materials And Methods

Quantitative research approach was used for this study. The study design adopted was one group pre-test & post-test experimental design. The target population was alcohol dependents age between 18-60 60 years in Puducherry and the accessible population was all alcohol dependents in Bharat Matha De addiction Centre, Ariyankuppam. The study was conducted at Bharat Matha De addiction Centre, Ariyankuppam, a home for the alcohol dependents.

The sample size was 40. Purposive sampling technique was used to select the samples. The data was collected from 40 samples by using interview technique, to assess the demographic variables and level of stress. As done earlier in pilot study, the demographic variables were assessed using a structured questionnaire in interview method. The level of stress was assessed using Sheldon Cohen’s Perceived Stress Scale. Progressive muscle relaxation techniques were administered for duration of 20 to 30 minutes for 21 days. Followed by this post-test level of stress was done using the same Sheldon Cohen’s perceived stress scale.

The data was analyzed using descriptive statistics (Frequency, percentage, mean and standard deviation). The association between level of stress and selected demographic variables were analyzed by using inferential statistics (Chi square test).

### IV. Major Findings Of The Study

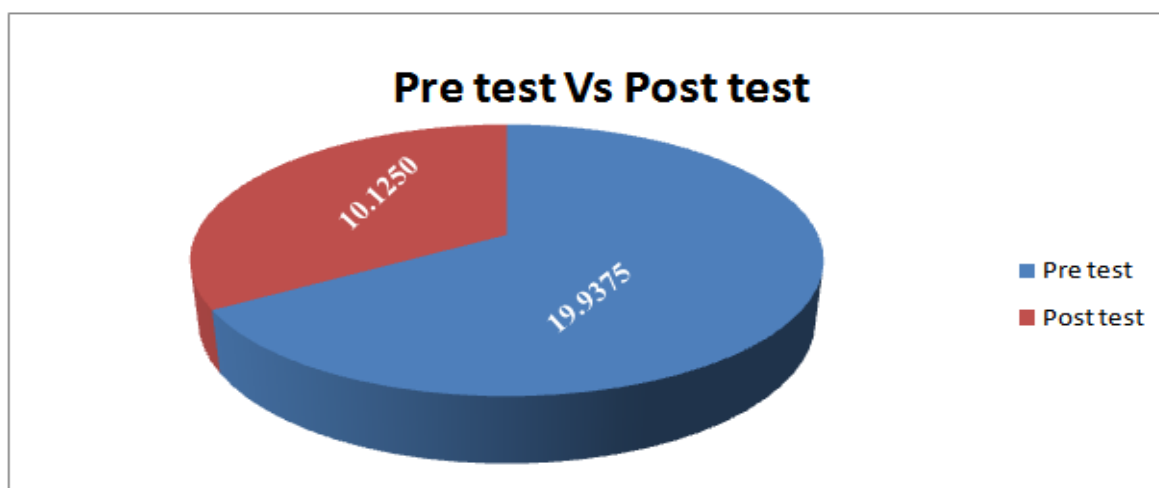
The study shows the distribution of level of stress among alcohol dependents in Bharat Matha De addiction Centre, Ariyankuppam. It depicts that, out of the 40 subjects 33 (82.5%) had average stress, and 7 (17.5%) had high stress.

After the introduction of Progressive muscle relaxation techniques 28 (70%), 10 (25%), and 2 (5%) had low stress and average stress, and high stress respectively. This shows that with Progressive muscle relaxation techniques there is a significant reduction in stress levels from severe to low.

**Table I: Comparison of the pre and post-test mean stress score.**

Group	Pre test		Post test		N	‘t’ value	p value
	Mean	Standard deviation	Mean	Standard deviation			
	19.9375	2.6832	10.1250	1.9003	40	18.8748	0.0001 HSS

**Figure I and Table I** show the mean value of subjects with level of Stress during pre-test and post-test. The obtained ‘t’ value 18.8748 was highly statistically significant (0.0001) at  $p < 0.001$  level. This data concludes that there was significant difference between mean scores of pre test and post test level of Stress. It was inferred that Progressive muscle relaxation techniques was effective in reduction of Stress among alcohol dependents



**Figure I:** Mean value of subjects with level of stress during pre-test and post-test.

With regard to the comparison of level of stress between Pre-test and Post-test after Progressive muscle relaxation techniques, the pre-test mean level of stress score 19.9375 was found to be lower than the post-test score 10.1250.

## **V. Conclusion**

The main aim of the present study was to assess the effectiveness of Progressive muscle relaxation techniques on reduction of stress among alcohol dependents in Bharat Matha DE addiction Centre, Ariyankuppam, Puducherry. This study revealed that the prevalence of stress is high among alcohol dependents in DE addiction Centre and the post test mean level of stress score was lower than the pre test score after administration of Progressive muscle relaxation techniques. Thus this study proves that Progressive muscle relaxation techniques were effective in reduction of stress among alcohol dependents. Progressive muscle relaxation techniques can be given to alcohol dependents on regular basis in order to reduce their Stress and their caregivers can also practice it whenever possible

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