



THE EFFECTIVENESS OF STRESS MANAGEMENT TECHNIQUES ON GERIATRIC PATIENTS

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ABSTRACT :

Aims: The purpose of the study is to determine the effectiveness of stress management program among elderly patients in the rehabilitation setup. The objectives are to identify the level of stress. **Methodology:** The present study was taken in the geriatric home. All subjects are men and aged above 60 year. Sample size 121 is taken from various places. Stress questionnaires are used as a test tool in this study. It has good validity and reliability. Patients with deaf and dumb, vision loss are excluded in this study. The data were analyzed by applying reliability and t analysis. Data were interpreted through SPSS 15. Progressive Muscular Relaxation Exercise like Jacobsen's technique, meditation and the relaxation methods such as walking, yoga and pet's care are taken. Some communication skills like nonverbal action, are all used for reducing their stress level and tentative period is three to four months. **Results:** The results showed that there was a significant difference between the pre and post-test of stress questionnaire. The stress at low level was one in the pre test and sixteen in the post test. The stress at moderate level was forty-four in the pre test and eighty-nine in the post test. The stress at high level was seventy-six in the pre test and sixteen in the post test. At base line the mean score was 37.96(SD= 6.9). It was significantly reduced to 28.9(SD =7.4) t value is 23.9 if P=0.00 after the intervention. ('t' = 23.9 If P=0.000) **Conclusion:** The influence of stress among the older people is embedded. Many studies stated that the stress influence was reduced among the various conditions. Based on the results finding shows that Jacobsen's, meditation and communication skills are the various relaxation techniques to be established for reducing the level of stress on the elderly patients.

KEYWORDS : Stress Management Techniques, Elderly Patient.

INTRODUCTION

The aim of the study is to decide the effectiveness of stress management program among elderly patients in the rehabilitation setup. The objectives are to detect the level of stress and to test the impact of stress management among elderly patients in the rehabilitation setup. The values change between the pre and post-test of stress questionnaires, where the hypothesis is alternative hypothesis. There is a significant difference between pre and post therapy interventions. Ann Turner (2002) stress management programmes offer a practical way to change maladaptive responses, using cognitive and physiological components. The occupational therapist and the individual need to establish a number of sessions during which they will



explore issues and practice dealing with this. Identifying negative thoughts, understanding the meaning of them and changing and modifying thoughts can help stressful situations become manageable. Norman (2002) carried study on schizophrenic patients who obtained the stress management program did have fewer hospital admissions but it did not reduce schizophrenia symptom level. The author's hypotheses that stress management training may provide people with coping skills that

reduce the likelihood of acute irritation of symptoms reducing hospitalization. Frederic Luskin (2002) conducted a study on geriatric with Congestive Heart Failure about finding the effect of stress management training quality of life, functional capacity, and heart rate difference in elderly patients with New York Association Class I-III Congestive Heart Failure(CHF).

METHODOLOGY

Need for the Study: To test scientifically the utility of Jacobsen's techniques, meditation and yoga etc., need more in minimizing the level of stress than the need of study. In recent days, elderly population face quite a lot of stress due to their physical ailments, lack of social and emotional support, reduced production, lack of proper income and negligence from family. Hence a need arises to rule out ways and means for the management of this stress in elderly population. This study is conducted with the motion to relieve elderly people from their stress level as much as possible. **Method and Participants:** The study was done in the geriatric homes and the total participants are 121 with the age group of 60 and above, all are men. The study design is a single group pre and post, experimental design. No standard questionnaire like Perceived Rate of Stress Scale is used, or questionnaires which previously done in our University. This Stress questionnaire asked the participants with the help of center staffs and the caretakers as a pre-assessment after getting priority permission from the center manager and the patients. Then the purposes of doing stress-management programs are explained and introduced the stress-management techniques like aerobic exercises, auto-genic training, and music with dancing, laughter, meditation and yoga. This could be done at least from 8 to 12 weeks after admission. Stress questionnaire Score interpretations are 0 -17 low stress, 18 – 35 moderate stress, and 36 – 52 high stress. None of the subjects had a history of severe long-term physical illness, stroke, or other neuro psychiatric conditions. All procedures were thoroughly explained to the study group and informed consent was received from all subjects. Programs start with aerobic exercise to meditation for short term study up to 12 weeks.

RESULTS

Above sixty aged elderly patients (mean age 60.97 years men, SD 2.07). Their low level of stress was one in the pre test and sixteen in the post test. These stresses are not related to work, may be related to various reasons. In high level stress maximum is reduced from seventy-six to sixteen whereas, in moderate level it is increased. It may be hired from the high range level of stress.

Table -1: The distribution of stress category among the elderly patients before and after the intervention

Range	Pre-test	Posttest
0-17	1	16
18-35	44	89
36-52	76	16

Paired't' test was used to find whether, a significant difference was seen between the pre and post-test. The results showed that there was a significant difference (23.9 if p value is 0.000) between the both tests. The results of the present study show that there is a significant improvement in reducing the level of stress among the geriatric patients with psychiatric illness.

Table -2: Values of Mean, Standard Deviation and't'

Intervention	Participants	Mean	Standard Deviation	't' - value	p - value
Before	121	37.96	6.9	23.9	0.00
After	121	28.9	7.4		
p = 0.000					

DISCUSSION

Older adults might not be suffering from work-related stress, but their stress levels can be high. Even though the events and situations that because stress may be different for the elderly, the techniques that one can use are similar. On the basis of analysis of the results the alternate hypothesis stating that implementing the stress-management techniques are effective and affective among these patients in their daily life. If compared with previous study which was about the effectiveness of stress management techniques on alcoholic patients that using all the techniques such as aerobics, Jacobsen's, mediation, laughter, communication skills, autogenic training, time management, and verbalization shows the better results. Here, these technics may not be applicable and cannot be done by elderly people because aged people have less capacity, slowness of motion to do all these while compared with the alcoholic people. Pre-score of all the tables show that the level of stress which ranges from low to high but not the number of patients in the study. After the intervention post score of all shows the changes in the level of stress, that means those are having high level of stress can be reduced in to medium level and those are having medium level of stress can be stepped in to low level. The result of the study has not revealed that how many participants are prone to the different level of stress; only the mean value indicates the difference between the pre and posttests so it should be assumed that there is a significant improvement in reducing the level of stress among the geriatric patients with psychiatric illness. In this study 't' value is 23.9 if p value is 0.00 which shows that significance between the before and after interventions. There are such studies that have proved that the effectiveness of stress-management techniques on various conditions except geriatric. This study is carried out to decide the effectiveness of stress management techniques on elderly patients in geriatric homes.

CONCLUSION

Based on the result of findings that the level of stress is being reduced after the influence of stress-management techniques among the elderly people. The stress management techniques selected for the present study are Jacobsen's, meditation and yoga performed with better results. The results concluded that stress has an influence on life events and that a few stress management programs helped for reducing the level of stress on the elderly patients.

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