



# A STUDY TO EVALUATE THE EFFECTIVENESS OF PROGRESSIVE MUSCLE RELAXATION TECHNIQUE ON LEVEL OF ANXIETY AMONG DE-ADDICTION PATIENTS ADMITTED IN SELECTED DE-ADDICTION CENTRE AT MEERUT.

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**Abstract:** This study has been undertaken to evaluate the effectiveness of Progressive muscle relaxation technique on level of anxiety among de-addiction patients admitted in selected de-addiction centre at Meerut. The independent variable was Progressive muscle relaxation technique and the dependent variable was Level of anxiety. 40 de-addiction patients, 20 in experimental group and 20 in control group selected in this study by non-probability purposive sampling technique. The mean post test score was 17.1 in experimental group and 43.1 was in control group. The calculated Unpaired “t- test” score was 19.07 for df 38 at 0.05 level of significance which was higher than the table value.

## I. INTRODUCTION

Anxiety is the body's natural response to stress. It's a feeling of fear or apprehension about what's to come. Anxiety has become a part of our daily life. The concepts of anxiety may differ according to the individual's state of mind and how one perceives the things and situations. It is acknowledged that some amount of anxiety is desirable, productive and can encourage the individuals to grow and to achieve their life goals but when the anxiety exceeds it disturbs the normal functions.

Progressive muscle relaxation is a deep relaxation technique which is effectively used to decrease anxiety, improve sleep quality, sleep disturbances, control stress, relieve insomnia, and reduce symptoms of certain types of chronic pain. Progressive muscle relaxation is based upon the simple practice of tensing, or tightening, one muscle group at a time followed by a relaxation phase with release of the tension.

Progressive muscle relaxation technique has a significant impact on persons psychological aspect and will help to identify the stimuli which is causing anxiety and also helps to deal with the urge of substance using.

## I. RESEARCH METHODOLOGY

The research methodology includes the steps undertaken to gathering and organizing the data collection that are research approach, research design, study setting, population undertaken study sample, sampling technique, criteria for selection of sample, development of demographic variable, description of tools for data collection and plan for data analysis.

### 3.1 Population and Sample

The target population of this study was de-addiction patients.

The samples were de-addiction patients admitted in Sanskriti de-addiction centre at Meerut.

### 3.2. Data and the Source of Data

Formal administrative permission was taken from The Incharge of the Sanskriti de-addiction centre, Meerut. Final data was done from 24/06/2020 to 21/07/2020. 40 de-addiction patients (20 experimental group and 20 control group) were selected from selected Sanskriti de-addiction centre by the purposive sampling technique.

### 3.3 Theoretical Framework

Variables of the study contains dependent and independent variables. The independent variable was Progressive muscle relaxation technique and the dependent variable was Level of anxiety.

### 3.4 Statistical tools and econometric models

The details of methodology is given as follow

#### 3.4.1 descriptive and Inferential Statistics

Score were planned to be organized tabulated and analyzed by using the frequency distribution with descriptive statistics ( mean, standard deviation and mean score percentage) and inferential statistics ( paired and unpaired t-test and chi square) which helped to find out the effectiveness of Progressive muscle relaxation technique among de-addiction patients.

## IV RESULT AND DISCUSSION

**Table 1: Mean and standard deviation of pre-test and post-test score of experimental group**

n=20

Beck anxiety inventory	Mean	Mean difference	SD	t- value (paired)	t- value (tab)	P value
Pre test	42.55	25.45	6.25	36.30*	2.09	0.00001*
Post test	17.1		4.35			

df= 19

**Data represented in table show -** The Mean of the pre-test and post-test score was 42.55 and 17.1 respectively and the Standard deviation of the pre-test and post-test score was 6.25 and 4.35 respectively. The Mean difference was 25.45 and the paired “t” test score was 36.30 that is more than the table value so that shows results were significant and Progressive Muscle Relaxation Technique helped to decrease level of anxiety of de-addiction patients. Hence the research hypothesis  $H_1$  was accepted and null hypothesis  $H_{01}$  was rejected at 0.05 level of significance.

**Table 2: Mean and standard deviation of pre-test and post-test score of control group**

n=20

Beck anxiety inventory	Mean	Mean difference	SD	t- value (paired)	t- value (tab)	P value
Pre test	45	1.9	5.73	1.83	2.09	0.082985
Post test	43.1		5.44			

df= 19

**Data represented in table show -** The Mean of the pre-test and post-test score was 45 and 43.1 respectively and the Standard deviation of the pre-test and post-test score was 5.73 and 5.44 respectively. The Mean difference was 1.9 and the paired “t” test score was 1.83 that is less than the table value. Hence it was not significant.

**Table 3: Compare the post test score of effectiveness of progressive muscle relaxation technique on level of anxiety in experimental and control group**

n=40

Experimental group	Mean post test	SD	Mean difference	t test (unpaired)	t test (tab)	P value
	17.1	4.35	26	19.07*	2.02	0.00001*
Control group	43.1	5.44				

df= 38

**Data represented in table shows-** The table value depicts the difference of mean post-test score was 17.1 in experimental group and 43.1 was in control group and the Standard deviation was 4.35 in experimental group and 5.44 in control group. The mean difference was 26. The calculated Unpaired “t-test” score was 19.07 for df 38 at 0.05 level of significance which was higher than the table value. So the Progressive Muscle Relaxation Technique on de-addiction patients was an effective method to decrease the level of anxiety.

Hence the research hypothesis  $H_2$  was accepted and null hypothesis  $H_{02}$  was rejected at 0.05 level of significance.

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