



A STUDY TO EVALUATE THE EFFECT OF JACOBSON PROGRESSIVE MUSCLE RELAXATION TECHNIQUE ON STRESS AMONG TEACHING STAFFS WORKING IN WHITE MEMORIAL COLLEGE OF NURSING, ATTOOR, KANYAKUMARI DISTRICT.

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Abstract: This study aimed to assess the stress level of teaching staffs in white memorial college of nursing, Attoor. 30 samples were selected and Jacobson progressive muscle relaxation technique was implemented, the study findings revealed that 13 samples (43.3%) had Moderate level of stress and 17 samples (57%) were on mild level of stress. Hence it stated that Jacobson progressive muscle relaxation technique was effective on stress

Index Terms -. Stress, Teaching staffs, Jacobson progressive muscle relaxation technique

I. INTRODUCTION

“More smiling less worrying More comparison less judgement. More blessed less stressed more love less hate”.-Roy.T.Bennett

Stress is an unavoidable part of life. Every one is affected in one way or another. Because we live in an unpredictable world, no one is safe from it, and no one can prevent stress. Biological, developmental, socio cultural environmental influences are among them.

Teaching (teacher) is a stressful profession, providing learning activities, teaching the subject, giving academic activities and task, fulfilling the needs of students, etc.

The study is mainly focused to assess the stress and health problem among teaching staffs of nursing colleges. Many of the teaching staffs such as 45.6% had mild level of health problems and 42.9% had moderate health problems and 4.5% had severe health problems.

There are more than 850 nursing colleges are in India. More than 105 nursing colleges are in Tamil Nadu. Each of the nursing colleges, teaching staffs plays an essential role in taking lesson, teaching and demonstrating the clinical procedures, conducting studies and exams etc., In teaching field the stress rate is high among staffs due to increased work load, limited resources, students co-operations.

Increased work load among teaching staffs, growing occupational stress and inability to cope with it, lack of family and cope with it, lack of family and social support and declining job satisfaction or major concerns in teachers. A teacher needs to use a lot of energy in his/her daily chores in the classroom, along

with his/her family commitments. This trend which is a routine for a teachers forward a lot of stress to the teacher.

The teaching profession can be highly stressful, and this stress may leads to reduced job satisfaction, burnout, and poor work performance. Stress is a normal response to upsetting or threatening events and becomes pathology when chronic. Chronic stress can cause impact on day to day functioning and emotional balance, and it is a risk factor for developing other psychiatric illness such as anxiety and depression. Teachers with prolonged stress negatively correlates with job satisfaction and positively correlates with intending to leave the teaching profession.

Mean while, certain studies showed, that two – thirds of teacher perceived stress at work, at least 50% of the time. Teacher work load is one of the most common sourcer of stress, however, there is lack of systematic understanding about how stress is measured, its prevalence globally, what factors leads to stress Work related stress can damage person's physical and mental health and ultimately have a negative effect on job productivity by increasing stress levels..Stress is determined as a major cause of 80% of all occupational injuries and 40% of financial burden in the working place or institution according to American Institute of stress.Job stress leads to the decline of teacher physical and mental health status, and negatively affecting them.So this study helps to identify helps to identify the level of stress among teaching staffs

STATEMENT OF PROBLEM:

A study to evaluate the effect of Jacobson progressive muscle relaxation technique on stress among teaching staffs working in white Memorial College of Nursing, Attoor, Kanyakumari District.

OBJECTIVES:

To assess the level of stress among teaching staffs.

To evaluate the effect of Jacobson progressive muscle relaxation technique among teaching staffs

RESEARCH HYPOTHESIS:

There is a significant association between level of stress and demographic variables among teaching staffs working in white Memorial College of Nursing, Attoor, Kanyakumari District.

REVIEW OF LITERATURE

Ms Bhagawaty Kalikotay(2019)Assessment of Stress among Nursing Teachers of Different Colleges in Morang Among 108 respondents, 17 (15.7%) had low level of stress, 69 (63.9%) had medium level of stress and 24 (20.4%) had high level of stress. In relation with five areas of stress, 64.5% mentioned moderate stress in time management, 41.7% had moderate stress in work related stressors, 43.5% had mild stress in professional investment. The study found that stress was associated with age ($p=0.006$), experience ($p=0.03$), student guide number ($p=0.000$), Designation ($p=0.000$), education level ($p=0.03$), marital status ($p=0.000$) and duty shift ($p=0.025$) however working hours ($p=0.54$) and working areas ($p=0.13$) were not found associated with stress level

A study was conducted by Sharma &Kaur (2011) at private nursing institute situated in Punjab and among 37 first year students of general nursing and midwifery and found that 97% of nursing students have moderate stress and 3% have severe stress. Similarly another descriptive study conducted among 608 secondary school teachers selected from 42 school of India by Aftab & khatoon (2012) shows that the percentages of More, Moderate and Less Stressed groups of teachers are 11.35%, 40.95% and 47.70% respectively. Another Comparative study done at state of Georgia by Johannsen (2011) concluded from that teachers exhibit a moderate degree of occupational stress which supports with the findings of this study as this study revealed that 15.7% had Low stress level, 63.9% had Medium level of stress and 20.4% had High level of stress

Pei – Ling wa, Shao Mei Tseng, Ying – Chen Tseng (2021) was conducted the study on job stress & occupational turnout among chemical nursing teachers. This study investigated the current state & relationship between job stress & occupational burnout, as well as explore the significant predictors of occupational burnout among chemical nursing teachers.

Research approach

A quantative approach.

Research design

Pre experimental one group pretest posttest design

Variables:

Independent Variables

Jacobson progressive muscle relaxation technique

Dependent Variables

Level of stress

Setting of the study

The study will be conducted in the White Memorial College of Nursing run by White Memorial Educational Society, Attoor, Veeyannoor, Kanyakumari District, Tamil Nadu.

Population

The population includes total number of teaching staffs working in White Memorial College of Nursing with in the age group 21 – 45 years.

Sample size

A sample of 30 will be selected from the white memorial college of nursing

Analysis**Table-1****Frequency and percentage distribution of demographic variable**

S.No	Demographic Variables	Components of Variables	Sample	
			Frequency	Percentage
1.	Age	25-30 years	12	40%
		31-35 years	12	40%
		36-40 years	6	20%
2.	Sex	Male	1	3.33%
		Female	29	96.67%
3.	Religion	Hindu	2	6.67%
		Christian	28	93.33%
		Muslim	0	0
		Others	0	0
4.	Marital Status	Married	27	90%
		Unmarried	3	10%
		Widowed	0	0
		Divorced	0	0
		Separated	0	0
5.	Number of Children	One	12	40%
		Two	15	50%
		Three	0	0
		Above three	0	0
		No children	3	10
6.	Family Income	Less than 10000	4	13.33%
		11,000-20,000	15	50%
		21000-30000	8	26.67%
		Above 30000	3	10%
7.	Type of Department	Medical Surgical Nursing	11	36.67%
		CommunityHealth Nursing	4	13.33%
		Foundation	11	36.67%
		Child Health Nursing	4	13.33%

Table :2 Effectiveness of progressive muscle relaxation on level of stress

Level of stress	Mild level of stress		Moderate level		Severe stress		M	SD	“t”	df	P value
	F	%	F	%	F	%					
Pre test	0	0	12	40	18	60	50.57	7.72	27.34*	29	<0.00001*
Post test	17	57	13	43.3	0	0	27.47	9.28			

Table :3**Association between level of stress and demographic variable.**

S.No	Demographic Variables	Components of Variable	Sample		CHI Square Score
			Frequency	Percentage	
1.	Age	25-30 years	11	36.67%	4.2247 df=4 S
		31-35 years	14	46.66%	
		36-40 years	5	16.67%	
2.	Sex	Male	1	3.33%	0.7454 df=2 NS
		Female	29	96.67%	
3.	Religion	Hindu	2	6.67%	0.8865 df=6 NS
		Christian	28	93.33%	
		Muslim	0	0	
		Others	0	0	
4.	Marital Status	Married	27	90%	2.0148 df=8 NS
		Unmarried	3	10%	
		Widowed	0	0	
		Divorced	0	0	
		Separated	0	0	
5.	Number of Children	One	12	40%	3.2475 Df=6 S
		Two	15	50%	
		Three	0	0	
		Above three	0	0	
		No Children	3	10%	
6.	Family Income	Less than 1000	3	10	6.5172 df=6 S
		11,000-20,000	17	56.67	
		21,000-30000	7	23.33	
		Above 30000	3	10	
7.	Type of Department	Medical Surgical Nursing	11	36.67	2.404 df=6 NS
		Community Health Nursing	4	13.33	
		Foundation	11	36.67	
		Child Health Nursing	4	13.33	

Conclusion

The study findings revealed that there is reduction of stress level among nursing tutors after undergoing Jacobson progressive muscle relaxation technique.

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