

# EFFICACY OF SELECTED MUSCLE RELAXATION THERAPY AMONG THE ELDERLY PEOPLE IN SELECTED AGED CARE SETTINGS IN LUCKNOW .

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## Introduction

Late-life anxiety has an significant health cost effect Since it is also morbid for older people , leading to many reports and hospitalizations with physical disabilities. "Sometimes doctors believe the condition is uncommon in the world because of a lack of facts.

Anxiety is very common among older people and can have a significant effect on life's quality of life "(Lenze). Elderly or aged, but they don't diagnose or therapy anxiety in older people. The world population of aged people has risen steadily and has risen. Researchers need to concentrate attention on late-life psychological issues. The number of seniors who live in nursing homes should rapidly rise in accordance with population ageing

Researcher selected the sample, as among those residing in facilities like old-age homes and progressive muscle relaxation, the incidence of anxiety disorder amongst adults aged 65 and above is greater. I have thus tried to rule out the effect on the anxiety of the old-age residers of Progressive Muscle Relaxation Therapy.

## Methodology

A quasi experimental study has been conducted to examine the impact on of progressive muscle relaxation care among elder people living in selected old age homes of Mumbai. 80 elderly people who were nervous were chosen using a realistic methodology for sampling. Of the 80, 40 experimental groups and 40 in control groups were allocated to 40 samples. The Zung Self Rating anxiety scale was used to measure pretest anxiety. Progressive muscle relaxation treatment was used for the experimental community and the anxiety during the evaluation was measured by using the Zung Self Rating Scale.

## FINDINGS

As for age, the 55-59 age group accounted for 28.3 percent. In the 60-65 age group, 18% were in the 65-69 age group. 80% of the subjects were masculine in relation to sex, and 22% were female. Approximately 30.3% had primary education. Government workers accounted for 60% of former occupations, and only 16.7% were unemployed. Regarding marital status, 8.7% had been divorced, 11% single, 15.7% widowed and 60% widower. Eighty percent of the elderly is non-vegetarian. Just 82.1 percent had activities with regard to hobby. Most of them, the religion was Hindu in 86.7%. 86.4 percent had more than one year of stay with respect to the length of stays in old-age homes.

In the experimental classes, 40% of elderly people were mild to moderate and 60% had extreme anxieties before Progressive Muscle relaxation therapy. In the control group, 36.7% had mild to moderate anxiety and 63.03% had extreme anxiety. The statistically relevant difference between the two groups was not ( $P > 0.05$ ). Prior to initiation of Progressive Muscle Depletion Therapy, the mean apprehension of experimental and control groups was  $69.8 \pm 6.0$  and  $50.1 \pm 8.4$ . The methods did not vary greatly statistically. The findings of the anxiety assessment were similar for both groups ( $P > 0.05$ )

The assessment of anxiety between the experimental and control group after Progressive Muscle Relaxation therapy revealed that 16.3% elderly were having normal anxiety level, 85.8% were having mild to moderate level of anxiety and 10.09% were having severe degree of anxiety. But at the same time the control group elderly had anxiety level as mild to moderate 40% and as severe degree of anxiety 60%. The level of anxiety was considerably reduced among the experimental group than the control group

The mean anxiety of experimental group before relaxation therapy was  $79.2 \pm 8$  and the same after relaxation therapy was  $43.2 \pm 6.4$ . The anxiety that was reduced from before therapy to after therapy was statistically very highly significant ( $t=6.231, d.f=39$  and  $P < 0.001$ ). But in the control group the anxiety was  $70.2 \pm 3.1$  and  $70.1 \pm 4$  of pre test and post test respectively. The reduction of anxiety was not statistically significant ( $P > 0.05$ ). The significant reduction of anxiety among the experimental group attributed to the effectiveness of relaxation therapy.

## CONCLUSION

The study concluded that the mean anxiety in the experimental group was statistically highly significant after relaxation therapy. The selected demographic variables were not linked to anxiety.

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