

Effectiveness of Guided Imagery on Level of Stress among Old Age People

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Abstract

A experimental study was conducted to evaluate the effectiveness of level of stress among nursing students at Kanyakumari district. While assessing the pre test level of stress among old age people, none of them were low stress, 23(46%) of them were moderate stress and 27(54%) were with high stress. While assessing the post test score of stress among old age people, 29(58%) of them were low stress, 21(42%) of them were moderate stress and none of them were with high stress. While revealing effectiveness, at a significant level of $p < 0.05$, the mean pretest value was 21.78 with the standard deviation 4.19. The mean post test value was 10.48 with the standard deviation 2.41 and the calculated 't' value was 29.62*. The calculated' value was greater than the table value, so there was a significant difference between pretest and post test score. There was a significant association between the pretest level of stress among old age people with demographic variables such as age, sex, religion, education, previous occupation, previous income, present income. Hence the research hypothesis (H_2) is accepted. As per the study the investigator concluded that the level of stress among nursing students.

Keywords: *Effectiveness, Guded Imagery, Level of stress.*

Introduction

¹Stress is the body's way of responding to any kind of demand or threat. When sense danger whether it's real or imagined, the body's defences kick into high gear in a rapid, automatic process known as "fight-or-flight" reaction or the "stress response". The stress response is the body's way of protecting the persons. When working properly, it helps to stay focused, energetic, and alert. In emergency situations, stress can save life giving extra strength to defend. Worldwide the life expectancy is increasing.² Currently about 10% of population is made up of older adults (aged 60 years and above). Unfortunately old age has now become a prevalent social problem in our society. In modern society, where money is the scale of everything, old age people are measured as an economic liability and a social load. In addition the old age is unavoidable, problem-ridden stage of life that one individual compelled to live, marking time until our final exit from life itself. Guided imagery has a direct relationship with well being of an individual. That is both physical and physiological wellbeing.¹⁰ Guided imagery helps to improve health, to increase wellbeing

and to promote peace in the world through personal transformation. It is non-religious, non-sectarian and non-political.

Statement of Problem: A Pre Experimental Study to Evaluate the Effectiveness of Guided Imagery on Level of Stress among Old age people in a selected old age home at Kanyakumari district.

Objectives:

- To assess the pretest and posttest level of stress among old age people.
- To evaluate the effectiveness of guided imagery on level of stress among old age people.
- To find out the association between pre test level of stress among the old age people with their selected demographic variables.

Hypotheses:

H₁: There is a significant difference between pretest and posttestlevel of stress among the old age people.

H₂: There is a significant association between the pretest level of stress among the old age people with their selected demographic variables.

Research Methodology

Research approach: Quantitative research approach was used for the study.

Research design: Pre experimental one group pre-testpost test research design was used in this study.

Research setting: The study was conducted at Rojavanam old age home in South Thamarakulam at Kanyakumari district.

Population: All the old age people with stress

Sample: Patient with stress at the age group of above 66 years.

Sample size: Sample size consisted of 50 old age people.

Sample technique: Purposive sampling technique

Description of Tool: The tool used in this study consisted of two parts

Part-1: A Structured interview schedule to collect the demographic variables like age, sex, marital status, previous occupation, educational status, source of income, previous type of family, number of children,

duration of stay at old age home, reason for joining in old age home and medical illness.

Part-2: Sheldon Cohen’s Perceived Stress Scale (1983) was used as the data collection tool. It is a 5 point rating scale with 10 items.

Scoring interpretation of Perceived Stress Scale:

Score	Level of Stress
0-13	Low
14-26	Moderate
27-40	High

Method of data collection:

Phase 1 Pre test: After obtaining formal permission from the Principal of St.Xavier’s Catholic College of nursing and Mr. Gopi, director of Rojavanam old age home. The investigator obtained oral consent from each sample and proceeded with data collection. The data was collected from the selected participants and the Sheldon Cohen’s perceived stress scale was used to assess the level of stress.

Phase 2 Intervention: Guided imagery was provided for the old age people with low and moderate and severe stress for 20 minutes once a day for 25days.

Phase 3 Post test: The post test was conducted on 25th day with Sheldon Cohen’s perceived stress scale.

Results

Table I: Frequency and Percentage distribution of level of stress among old age people

S.No.	Level of stress	Pre test		Post test	
		f	%	f	%
1.	Low stress	0	0	29	58
2.	Moderate stress	23	46.00	21	42
3.	High stress	27	54.00	0	0

Table II: Comparison of mean, standard deviation, and paired ‘t’ test value of pre-test and post-test level of stress among old age people. n=50

S.No.	Variables	Mean	SD	Paired ‘t’ test	Table value
1.	Pretest	21.78	4.19	29.62*	1.68
2.	Posttest	10.48	2.41		

*significant at p<0.05

Discussion

The aim of the study was to assess the effectiveness of guided imagery on level of stress among old age people. A review of related literature enabled the researcher to develop the conceptual framework and methodology for the study. The conceptual framework adopted by King's goal attainment theory. Quantitative research approach was used; pre experimental one group pre-test post-test design was adopted to evaluate the effectiveness of guided imagery on level of stress among old age people. The study was conducted in rojavanam old age home. Purposive sampling technique was used to select 50 old age people. Data collection was done by using demographic data perceived stress scale. Guided imagery was given to old age people who were low stress, moderate and high stress. Post-test was done. The data gathered were analysed by descriptive and inferential statistics method and interpretation were done on the basis of the objectives of the study. The level of significance was assessed at $p < 0.05$ to test the hypothesis. The pre test mean score among old age people was 21.78 with standard deviation 4.19 and in the post test mean score was 10.48 with standard deviation 2.41. The paired 't' value was 29.62* which is significant at $p \leq 0.05$. It shows that Guided Imagery was effective in reducing the level of stress. Hence the research hypotheses (H_1) is accepted. The calculated value of selected demographic variables such as age, sex, religion, education, previous income, present income, previous type of family, marital status, numbers of children, duration of stay at old age home, and reason for joining old age home is greater than the table value. Hence, the research hypothesis (H_2) is accepted.

Conclusion

The study concluded that guided imagery therapy was very effective in reducing the level of stress among elderly peoples.

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Ethical Clearance: The proposed study was conducted after the approval of the dissertation committee of st. Xavier's catholic college of nursing. Permission was obtained from Administrator of both hospitals. Oral consent was obtained from each participants before starting the data collection. Assurance was given to the study participants regarding the confidentiality of the data collection.

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