

# Effectiveness of Autogenic Relaxation on Depression Level - A Literature Review

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## Abstract

The Researcher aims to evaluate the effectiveness of autogenic relaxation on reducing level of depression among old age people in selected old age homes. Review of literature shows that depression is most common psychological problems among old age group. Autogenic relaxation is a effective non pharmacological, non invasive therapy to reduce the level of depression among elderly people in old age homes.

**Key words:** Autogenic relaxation, Level of depression, Old age people

## Introduction

Depression in old age is an emerging public health problem leading to morbidity and disability worldwide. Many people experience depression in old age, either as a result of living alone or due to lack of close family ties and reduced connections with their culture of origin, worries about finances after retirement, the fear of institutionalization etc. Relaxation can help to relieve the symptoms of stress. Although the cause of the anxiety will not disappear, but the person probably feels more able to deal with it once the tension in the body get released. <sup>[1]</sup>

Depression is among the most common psychiatric disorders among the elderly. The ever-increasing proportion of elderly population of India makes the burden of depression increase over time. Studies using different screening criterion have been conducted at various setups such as community, psychiatric clinics, outpatient departments, and old age homes (OAHs) to

gauge the prevalence of depression among the elderly. However, they have revealed a varying range of prevalence of depression throughout the country. Studies in similar geographical locations using the same set of tools to evaluate depression across multiple setups can provide comparative insights into the scenario of depression. <sup>[2]</sup>

Various relaxation programs regularly have effect on decreasing the elderly's depression. So it expected that various relaxation techniques such as Benson & Jacobson are used as effective practices & safe supplement & also as a non-medical treatment alongside other common treatments to reduce depression. According to the recent research findings & previous researches can be resulted that effectiveness of regular relaxation schedule is irrefutable to improve the elderly depression with using treatment methods. <sup>[4]</sup>

## Material Method and Findings

The literature reviewed was obtained through different database includes CINHALL (Cumulative index TO Nursing & Allied Health Literature), MEDLINE (Medical Literature Analysis & Retrieval System Online), Pub Med, Science Direct, Springer Link, Proquest & Google scholar.

## Review of Literature

1) Fahimeh Kashani, Sima Babae, Masoud Bahrami

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and Mahboobeh Valiani conducted a study on the effects of relaxation on reducing depression, anxiety and stress in women who underwent mastectomy for breast cancer in November 2010. This clinical trial was conducted at Isfahan Iran in a referral chemotherapy clinic of a teaching hospital. Through the simple random sampling method 48 breast cancer patients were selected. The participants were randomly divided into control group and experimental group. The control group received usual medical therapy, whereas the experimental group received combined medical and relaxation therapy. The validated tools depression, anxiety and stress scale and demographic questionnaire were used in this study. The scores in the experimental group improved significantly after the treatment ( $p < 0.05$ ). The improvement was not seen in the control group. The conclusion is relaxation therapy is effective in the decrease in level of depression, anxiety and stress.<sup>[3]</sup>

2) Somayeh Barati and Zahra Sarjuei conducted a research study on the effects of Benson & Jacobson combined relaxation techniques on the elderly's depression & quality of life in 2016. Through the random sampling method 30 elders are selected, who are taking care in nursing houses. There are 3 experimental groups. The Beck & Lippard Questionnaire was used to measure the depression and quality of life. The relaxation exercises did for 6 weeks & each week 3 sessions for 44 minutes. Finally, depression & life quality of these three groups are measured before & after relaxation intervention. Findings say that the mean score of depression and quality of life have significant difference before and after intervention. Also based on these data, there is no significant difference between Benson & Jacobson relaxation groups & combined Benson & Jacobson relaxation group has better results. Significant difference between pre-test & post-test ( $\text{Sig} \leq 0.05$ ) Conclusion regarding to the results, combined Benson & Jacobson relaxation has proper effects on the elderly's depression & quality of life.<sup>[4]</sup>

3) Sabah M. Ebrahim, Samah E. Masr conducted a study on Effect of relaxation therapy on depression, anxiety, stress and quality of life among diabetic patients in 2016. A quasi-experimental research design was used. 70 patients were selected by convenience sampling technique. There are two groups intervention group (Group A) and a control group (Group B). The study was conducted at Medical Outpatient Clinics in Menoufia Egypt. In this study structured interview

questionnaire is used for data collection. This tool included socio-demographic characteristics and clinical data. Depression, Anxiety and Stress Scale (DASS), and the World Health Organization Quality of Life (WHOQOL-BRIEF) was used. The findings say that anxiety level, stress, depression, and quality of life were improved in the intervention group with a statistically significant degree compared to the control group.<sup>[5]</sup>

4) Dina Adam, Ayiesah Rami and Suzana Shahar Sultan conducted a research on integrated effect of Dance and Relaxation Intervention on lowering Anxiety and Depression and Improving Quality of Life among the Cognitively Impaired Elderly. This quasi-experimental study was conducted between May and December 2013 in Peninsular Malaysia. The adults aged 60 years and more than 60 years with mild to severe cognitive function as assessed by the Mini-Mental State Examination were selected. Subjects were randomly divided into an intervention group and a control group. The combined *poco-poco* dance and relaxation intervention is used. This intervention is for two sessions per week for six weeks. Anxiety and depression were self-assessed using the Hospital Anxiety and Depression Scale and QOL was self-assessed using the Quality of Life in Alzheimer's disease questionnaire. The results suggest that a total of 84 elderly subjects were included in this study. 44 were in the intervention group and 40 were in the control group. When compared to control group with the intervention group it showed significantly decreased anxiety and depression levels as well as improved Quality of life and cognitive impairment. The results of this study conclude that this intervention was effective to reduce anxiety and depression.<sup>[6]</sup>

5) Abbasi, irani, hosseinzadeh, tabatabaei, haghghatmirzakhany and angootioshnari conducted a clinical trial on effect of relaxation techniques on the level of depression, anxiety and edema in post mastectomy lymphedema patients undergoing comprehensive decongestive therapy. Sometimes the lymph edema is associated with high degree of anxiety and depression. There are 31 samples are selected from this 15 cases received comprehensive decongestive therapy and 16 cases received relaxation plus comprehensive decongestive therapy. This intervention given to the samples for 6 months. There were significant difference between two groups in reduction in depression and anxiety. The conclusion says that the relaxation techniques are effective in lowering the level of anxiety

and depression and the volume of oedema in the patient of lymphedema.<sup>[7]</sup>

6) A research study conducted by Mrs. Sujitra the effectiveness of autogenic relaxation on depression in menopausal women in rural areas of Thiruvallur district. This is a true experimental study. The samples are menopausal women with mild and severe level of depression. There are total 60 samples. 30 samples in experimental group and 30 samples in control group. The level of depression is assessed by the Cornell dysthymia rating scale. Random sampling by the lottery method. The result says that depression in control group had mild and severe level of depression in pre-test and post test. Experimental group had mild and severe level of depression in pre test. In the post test level of depression was reduced. These study findings conclude that there is a positive relationship between the autogenic relaxation and depression in menopausal women.<sup>[8]</sup>

7) Wanda Scherrer De Araujo, Walckiria, Gracia Romero, Eliana Zandonade, Maria Helena, conducted a research on assessing the effect of relaxation on depression level in women having a high risk pregnancies. This is a randomized clinical trial in 2016. There are total 50 women with high risk pregnancy randomly selected as a sample. 25 samples in control group and 25 in experimental group. They give a Benson relaxation technique as an intervention for 5 days. Edinburgh postnatal depression scale was used to assess depression level in the women. The results are suggested that the depression levels reduced after intervention. The conclusion of this study is the relaxation was effective in lowering the level of depression.<sup>[9]</sup>

8) Farnaz Sadat Seyed Ahmadi Nejad, Nahid Golmakani, Negar Asghari Pour, Mohammad conducted a study in 2014 on effect of progressive muscle relaxation on depression, anxiety, and stress in primigravida women. This is a randomized clinical trial conducted on 66 primigravida women's. Samples are randomly divided in to two groups experimental and control group. The experimental group received progressive muscle relaxation for 2 week and this group was doing exercise at home for 4 weeks. The depression anxiety stress scale (DASS21) was used in this study. The results suggest that before the intervention two groups shows no significant difference in depression, anxiety and stress and after the intervention depression, anxiety, and stress of the pregnant women was significantly lower

in the intervention group than the control group. The conclusion of this study is the relaxation is effective on lowering depression, stress and anxiety in women during pregnancy.<sup>[10]</sup>

9) Prameelar Bommareddi, Blessy Prabha Valsaraj & Shalini conducted a study on effectiveness of Jacobson's progressive muscle relaxation training to reduce anxiety and depression among people living with HIV. The study conducted in 2014, one group pre test post test study design was used. 30 people living with HIV, admitted in ART centre was selected by purposive sampling technique. Anxiety and depression scale for people living with HIV was administered. The results say that there was a significance difference between mean difference of pre test and post test scores of anxiety and depression. The conclusion of this study is Jacobson's progressive muscle relaxation training is effective in lowering the anxiety and depression.<sup>[11]</sup>

10) Khadyga Sayed Abd, Ahmad Mohamaed Mamdouh conducted a research on the effect of relaxation exercise on post partum depression in 2015. 30 post partum female aged 20-35 was selected from OPD clinic. They were divided in to 2 groups in equal numbers. Group one received a relaxation exercise sessions in the form of meditation and physical relaxation for 45 minutes sessions, 3 times/week for 3 months. Group two received home instructions for doing deep breathing exercise in during stressful condition. The results says that statistically significant decrease in depression symptoms in group one percentage of improvement of depression scale index (26.63%) and in group two percentage of improvement (4.67%). These results are concluding that relaxation exercise are easy to perform, safe and no side effect in lowering postpartum depression.<sup>[12]</sup>

11) Rasha Mohamed Essa, Nemat Ismail Abdel Aziz Ismail, Nagia Ibrahim Hassan conducted a study on effect of progressive muscle relaxation technique on stress anxiety and depression after hysterectomy in 2014. This was a quasi experimental study design with pre test post test control group was used. There are 80 women were selected through purposive sampling technique who undergone abdominal hysterectomy. They were divided in to 2 groups experimental and control group. The depression anxiety and stress scale (DASS-21) was used in this study. Study results say that stress, anxiety and depression were statistically significantly decreased

in the study group after intervention. The study results conclude that women who received progressive muscle relaxation technique after hysterectomy lower the stress, anxiety and depression level than who received only the routine nursing care.<sup>[13]</sup>

12) Jayapriya R, Santhi S, And Sujatha V, conducted a study on effectiveness of progressive muscle relaxation and activity schedule on depression and activities of daily living among elderly patient in 2016. The quasi experimental pre test and post test with control group is used for this study. The elderly depression scale and ADL checklist was used as a tool in this study. The study result showed that the mean value of depression in the study group decreased and the mean value of ADL in the study group increased and in the control group there was no significant change in the mean score of depression and ADL. There was a significant change in the post-test mean score of level of depression and ADL between the study and control group. The results conclude that PMR was effective in lowering the level of depression and improving ADL in elderly patients.<sup>[14]</sup>

13) Heshmatifar, H. Sadeghi, A.Mahdavi, M.R. Shegarf Nakhaie, conducted a research on the effectiveness of Benson relaxation technique on depression in patients undergoing haemodialysis in 2015. This is a clinical trial performed on 65 haemodialysis patients. Samples are randomly selected and assigned in to the two groups. 32 samples in control group and 33 samples in experimental group. The experimental group performed Benson relaxation exercises twice a day for 20 minutes for one month. Beck depression scale was used before and after intervention. The control group received usual treatments. Before the intervention there was no significant difference between the groups. The mean score of depression in the intervention group lowering after the intervention. It concludes that benson relaxation technique is effective in lowering depression<sup>[15]</sup>

### Discussion

In this review of literature 13 reviews has been taken by various studies on old age persons, depression and autogenic relaxation therapy. Studies reveal that depression have been controlled by autogenic relaxation therapy.

### Conclusion

Researcher felt that autogenic relaxation can be

effective non pharmacological, non invasive therapy. So that the present study to evaluate the effectiveness of autogenic relaxation to reduce the level of depression among elderly people in old age homes is planned to assess more effective means to reduce depression among old age people.

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**Ethical Clearance:** The ethical clearance obtained from our institute.

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