



Mental Imagery Technique for Enhancing Quality of Life in Educators During Covid -19 Pandemic

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ABSTRACT

Background: Stress is a natural physical response to perception of stimuli, when stressor is perceived by body it responds with flight or fight response.

Aim: Aim of the study is to create awareness about effectiveness of mental imagery technique on relieving stress.

Method: Pre and Post experimental study was used to find the effectiveness of mental imagery technique on relieving stress in Educators. 5 female subject age between 25-35 yrs were selected. Data collected by using hassle scale.

Result: The mean score of pre test was 62.2 and post test was 36 and the mean difference is significant 26.2.

Conclusion: The finding of the study revealed that mental imagery technique was effective in enhancing Quality of life in Educators.

Key words: Mental imagery technique, Hassle scale, Educators.

1 INTRODUCTION

STRESS is a natural physical response to the perception of stimuli. When a stressor (triggers or stimuli that produces stress) is perceived by the body it Responds with the flight or fight reaction. The pituitary gland releases Adrenocorticotrophic hormone (ACTH) hormone into the bloodstream, which Stimulates the adrenaline (epinephrine), noradrenaline (norepinephrine) and Cortisol, collectively known as 'stress hormone' these hormones enable us to stay sharp and focused, speed up the reaction time and temporarily boosts An individual's strength. Common causes of stress in college students. Mental imagery is cognitively reproducing or visualizing an object, Scene or sensation as though it was occurring in overt, physical reality. Where you use your imagination to picture a person, place, or time that makes you feel relaxed, peaceful and happy. Imagery is slightly different from other stress management techniques, in that it relies on the use of all of your senses. For instance, in your imagination you hear the sound of birds chirping, you see the drops of dew on the grass, you feel the breeze on your skin, you smell the wildflowers, and you taste the cold drink. In imagery, using all of your senses is what creates such a powerfully relaxing experience, and this is why it's so useful in managing stress and coping with difficult situations. There are several other ways that you can use imagery to help you relax. Studies suggested that imagery techniques can reduce stress by elevating the immune system thus inducing relaxation. Although few studies are available to reduce stress, they have incorporated various techniques. By using HASSEL'S scale and slides.

2 AIM AND OBJECTIVES

AIM

The study aims to find out, the Effectiveness of the Mental Imagery Technique in enhancing Quality of Life in Educators.

OBJECTIVES

To find the effectiveness of Mental Imagery technique in enhancing Quality of Life in Educators. by using Hassle's scale.

3 NEED FOR THE STUDY

Stress is a natural physical response to perception of stimuli. When a stressor is perceived by the body it responds with the flight or fight reaction. During the Covid 19 Quality of Life of Educators are affected due to online education. Common causes of stress in Educators include; greater academic demands, on line education, co-workers, peer pressure, changes in family relations and one's social life, making the individual more vulnerable to depression. Stress can cause immediate effects like increased heart rate & blood pressure, anxiety panic attacks etc. Mental imagery is cognitively reproducing or visualizing an object, scene or sensation as though it were occurring in overt , physical reality studies suggested that imagery techniques can reduce stress by elevating the immune system thus inducing relaxation

4 MATERIALS AND METHODOLOGY**MATERIALS**

- Slides
- Flowers
- Ice cube
- Lemon
- Coffee cup
- Sphygmomanometer
- Hassel's scale
- Pen / Pencil

METHODOLOGY

Study design: - A pre & post experimented study design

Study setting: - The study was conducted at outpatients department of Thanthai Roever Campus Perambalur..

Sampling method: - Purposive sampling method.

Study sample: - A total number of 5 patients who are diagnosed as having stress.

Study duration: - 1 month.

INCLUSION CRITERIA AGE

- Between 25-35yrs
- Sex : female
- Educators with stress level more than 40 score

EXCLUSION CRITERIA

- BMI less than 20kgs/meter square
- Mental disorder
- Any pre existing or acute medical condition.

TECHNIQUE - MENTAL IMAGERY**Process of Mental Imagery**

There are two models that are used most frequently in the process of mental imagery.

In the first model, the applied model, accomplish cognitive, effective, and behavioral outcomes. It includes three factors: the sport situation, types of imagery, and imagery ability to contribute to its effectiveness. In other words, what you imagine is what the intended outcome is. There are several types of imagery within this model such as cognitive specific, cognitive general, motivational specific, motivational general arousal, motivational general master, and many more.

The second model, the PETTLEP, is based on the notion that brain structures are activated during imagery. It is this neural component that modulates motor and sports performance.

PETTLEP stands for physical, environment, task, timing, learning, emotion, and perspective. The imagery used should incorporate each factor

stated previously and be as realistic as possible.

TYPES FIVE SENSES

- ❖ Visual - What you see
- ❖ Auditory - What you hear
- ❖ Kinesthetic - What you feel
- ❖ Olfactory - What you smell
- ❖ Gustatory - What you taste

VISUAL SENSE

- ❖ A Field of bright yellow flowers lay beautifully in front of me.
- ❖ She ran through the dark, gloomy passage until she could see the exit.

AUDITORY SENSE

- ❖ Here, auditory imagery breaks silence with the beautiful sound of piano keys.
- ❖ The wind blowing through the trees.

OLFACORY SENSE

- ❖ The scent of hibiscus helps describe a scene which is relaxing, warm, and welcoming.
- ❖ Sweet smelling roses
- ❖ Freshly brewed coffee

GUSTATORY SENSE

- ❖ The warm, sweet chocolate drink made her happy on that winter day.
- ❖ Sugar
- ❖ Lemon

KINESTHETIC SENSE

Touch:

- ❖ Standing barefoot on a sandy beach
- ❖ Holding a smooth pebble

Temperature:

- ❖ Sunlight falling over your are
- ❖ Holding an ice cube

Movement:

- ❖ Swimming
- ❖ Running on grass
- ❖ Throwing a ball

Feeling:

- ❖ Peaceful
- ❖ Angry
- ❖ Happy
- ❖ Sad

5 DATA ANALYSIS AND INTERPRETATION

TABLE 1 REPRESENTING PRE AND POST SCORE OF BLOOD PESSURE, PULSE AND HASSLE'S SCALE

SERIAL NO	Blood pressure				Pulse / min		Hassle's scale questionnaire (Severity) level	
	Systolic mm/hg		Diastolic mm/hg		PRE	POST	PRE	POST
	PRE	POST	PRE	POST				
1	124	120	84	80	82	71	80	52
2	130	122	86	82	84	73	62	44
3	132	124	90	84	85	74	73	32
4	136	128	82	78	87	75	42	28
5	138	130	88	86	89	76	54	24
MEAN VALUE	132	124.8	86	82	85.4	73.6	62.2	36
MEAN .D	7.2		4		11.8		26.2	

GRAPHICAL PRESENTATION

FIGURE 1 REPRESENTING PRE&POST SCORE OF BLOOD PRESSURE

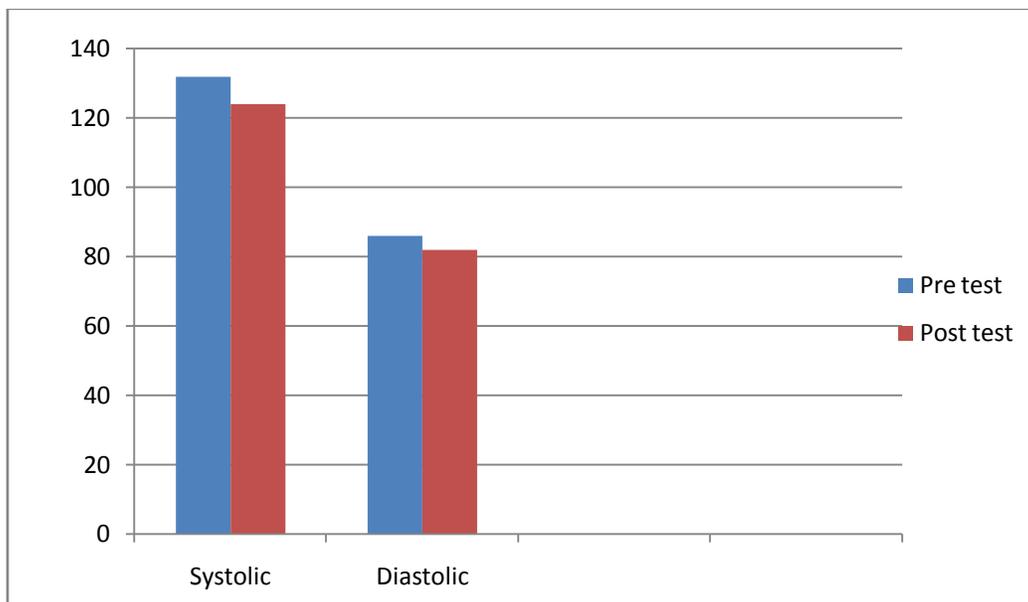


FIGURE 2:- REPRESENTING PRE&POST SCORE OF PULSE RATE

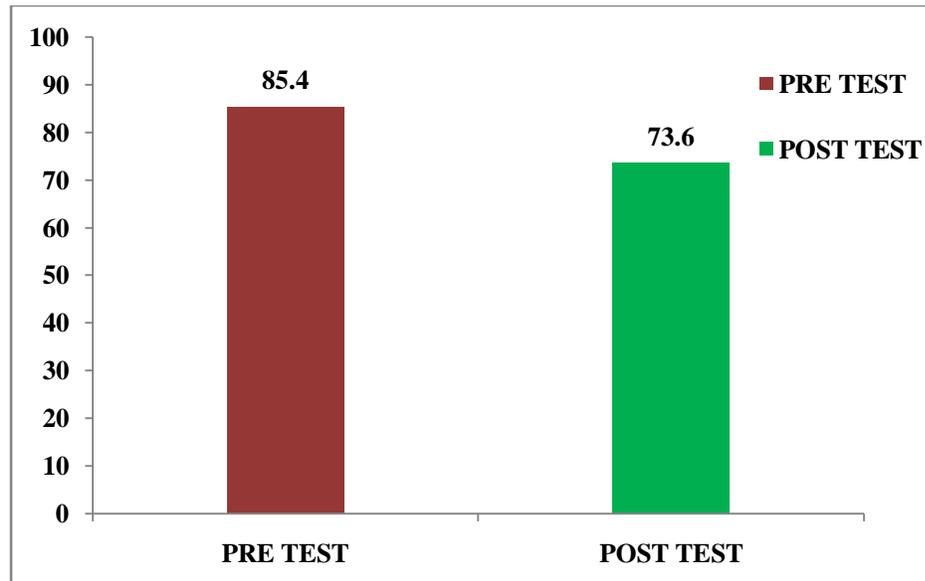
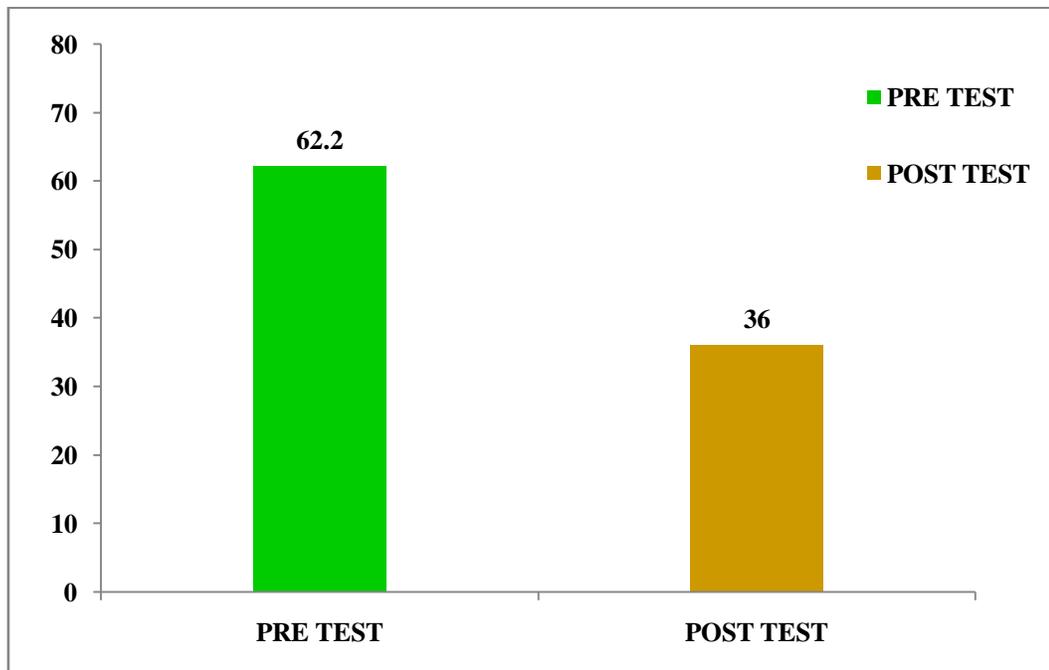


FIGURE 3 :- REPRESENTING PRE&POST SCORE OF HASSLE'S SCALE



6 RESULT

Result shows that mental Imagery technique is effective in the management of Blood pressure, Pulse and stress by using Hassle's scale. The mental Imagery technique showed a significant difference in the pre test & post test values before and after application of mental Imagery technique.

7 DISCUSSION

The mental imagery changes were also noted in stress levels, blood pressure, pulse rate and hassles scale In MI, there is increase in cerebral metabolic rate leading to increased cerebral blood flow and oxygen supply and inducing relaxation. It also helps in keeping the neuroanatomical circuits functional. In mental imagery participant relaxed in his or her comfortable position throughout the session, with positive instruction which contributed to maximizes the relaxation.

8 CONCLUSION

The mental imagery technique is proved to be more effective in enhancing quality of life in Educators during Covid 19 pandemic. .

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