Effectiveness of Progressive Muscle Relaxation Technique on Reducing Social Anxiety among Early Adolescents at Selected Orphanage, Trivandrum District.

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A B S T R A C T

As adolescents are strength of society and further citizens of the world. WHO refers adolescents as a person between the age group of 10-19 years. Adolescent is the transitional period between childhood and adult. Basically adolescents face problems related to their self, home, school and society. Most of healthy adolescents are facing tremendous pressure to perform well in the society leading to several psychological disorders in the future. Every year an estimated one million adolescent live mostly through accidents, surveillance, violence, pregnancy etc those are either preventable or treatable. Anxiety is one of the most common psychological disorders in adolescent. An average rate of 80% anxiety is associated with sustained negative effect on children's social, emotional and academic success. Social anxiety also called social phobia is an anxiety disorder in which a person has excessive and unreasonable fear of social situations. The investigator had taken this study to prevent social anxiety. The aim of the study is to assess the effectiveness of progressive muscle relaxation technique on reducing social anxiety among adolescents at selected orphanage, Trivandrum district. Research approach used was quantitative and pre experimental research design was used. The study was conducted in Sree Chithra Poor Home Pazhavangadi, Trivandrum district. The orphanage have 300 populations, were 30 samples were selected for collecting data based on the inclusion criteria. The level of social anxiety was measured by standardized Liebowitz Social Anxiety scale. The muscle relaxation technique was explained and demonstrated to the study samples for 30 days. Then post test was conducted for the samples to assess the level of social anxiety using standardized Liebowitz Social Anxiety scale. Analysis of data showed that, for the level of social anxiety, the mean and standard deviation value of social anxiety 44 and 2 were higher in post test than mean and standard deviation value in pre test. The obtained ""t"" value 17 was significant at P<0.005 level. It inferred that progressive muscle relaxation technique was highly effective in relieving social anxiety among early adolescents.

Keywords: progressive muscle relaxation technique, social anxiety.

Statement of the problem

A pre experimental study to assess the effectiveness of progressive muscle relaxation technique on reducing social anxiety among early adolescents at selected orphanage, Trivandrum district.

Objectives of the study

1. To assess the pre test and post test level of social anxiety among early adolescents.

2. To demonstrate progressive muscle relaxation technique on reducing social anxiety among early adolescents.

3. To evaluate the effectiveness of progressive muscle relaxation technique in reducing social anxiety among adolescents.

4. To determine the association between the level of social anxiety among early adolescents with their selected demographic variables

Hypotheses

H1: There will be a significant difference between pre test and post test level of social anxiety.

H2: There will be a significant association between the levels of social anxiety among early adolescents with their selected

demographic variables.

Materials and methods

Research approach: Quantitative research approach. **Research design:** pre experimental research design was used. **Dependent variables:** level of social anxiety among adolescents. **Independent variables:** progressive muscle relaxation technique on social anxiety among adolescents. **Settings of the study:** the study was conducted at Sree Chithra Poor Home Pazhavangadi, Trivandrum district. **Samples**: 30 early adolescents of age between 11-14 years with social anxiety.

Tools and techniques of data collection

Data was collected from the selected samples who satisfy inclusion criteria. After obtaining oral consent from the study samples the demographic data and level of social anxiety were assessed by using standardized Leibowitz Social Anxiety Scale. The duration of obtaining data from each samples has been taken 30 minutes, then the progressive muscle relaxation therapy was explained and the demonstrated to the study samples. The therapy was performed one time a day for 30 days. On 30th day post test was conducted for the samples to assess the level of social anxiety by using standardized leibowitz social anxiety scale.

RESULTS

Section A: data on assessment of demographic variables

With regard to age 3(10%) were belongs to 11 years of age, 10(33%) were belongs to 12 years, 11(37%) were belongs to 13 years and 6(20%) were belongs to14 years of age. With regard to sex 3(10%) of them were males and 27(90%) of them were females. With regard to religion 13(43%) of them were Christian, 17(57%) of them Hindu and no one was Muslim. With regard to pattern dietary 2(7%) them were said vegetarian and 28(93%) of them were non vegetarian. With regard to supportive person 12(40%) of them were friends, 1(3%) of them were by teachers 14(47%) of them were by parents and 3(10%) of them were by guardian. With regard to year of studying, 6(20%) of them were in 6th standard, 11(37%) of them were in 7^{nth} standard, 10(33%) of them were in 8th standard and 3(10%) of them were in 9th standard. With regard to academic performance 4(13%) of them were above 90%. 6(20%) were above 80%, 4(13%) were above 70% and 16(54%) were below 70%. With regard to feeling burden during study 4(13%) due to stress, 6(20%) due to anxiety and 20(67%) due to others. With regard to reason for residing at orphanage 1(3%) were orphans 26(89%) were financially unhealthy and 3(10%) were healthy but no to case. With regard to medication history 2(77%) were taking anti anxiety drugs, 1(3%) of them were interested in singing, 7(24%) were interested in drawing and 1(3%) were not interested in any type of extracurricular activities. With regard to anxiety history no one had general anxiety, 7(23%) had social anxiety, 2(7%) had separation anxiety and 21(70%) had no anxiety.

Section B: data on assessment of level of social anxiety among early adolescents.

In pre test 14(47%) of them had severe social anxiety, 16(53%) of them had moderate social anxiety and no one had mild social anxiety. In post test 17(57%) of them had mild social anxiety, 13(43%) of them had moderate social anxiety and no one had severe social anxiety.

Section C: data on assessment of effectiveness of progressive muscle relaxation technique on reducing social anxiety among early adolescents

DISCUSSION

The present study findings revealed that among early adolescents, 14(47%) of them had severe social anxiety, 16(53%) of them had moderate social anxiety and no one had mild social anxiety in pre test. But in post test 17(57%) of them had mild social anxiety, 13(47%) of them had moderate social anxiety and no one had severe social anxiety. The post test mean and standard deviation, social anxiety score is 44 and 2. The obtained 't' value 17 was significant at $p \leq 0.05$ level. It inferred that progressive muscle relaxation technique can reduce the level of social anxiety among early adolescents. The present study was supported by **G S Taks Maheswari** (2016) conducted a quasi experimental study to assess the social anxiety among early adolescents. 60 samples were selected by using a convenience sampling technique. Hamilton anxiety scale was used to measure level of social anxiety. The result of study reveals that 86% students have reduced social anxiety.

CONCLUSION

The present study concluded that there was significant change in level of social anxiety among early adolescents after effective progressive muscle relaxation technique. Most of them had reduced the level of social anxiety and few of them got completely relief from social anxiety. A healthy and safe life can prevent social anxiety. Thus prevention is better than cure.

NURSING IMPLICATIONS.

The study finding helps the student nurses to develop skills in practicing progressive muscle relaxation technique while caring the person with social anxiety in the clinical and community settings. The study also helps the health administration to create awareness program among early adolescents.

Student nurses can also conduct drill a different orphanage as a part of their studies. Findings of present study will help for evidence based practice to all nursing college.

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