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Study to assess the effectiveness of relaxation therapy on stress among adolescents in selected school of Jabalpur city, Madhya Pradesh

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Abstract
Stress is an imbalance between environmental demands and adolescence's coping resources that disrupts the equilibrium of the adolescence. In view the objective of the present study was quantitative, pre- experimental evaluative research approach (pre-experimental one group pre-test and post-test). In the present study the target population consists of adolescent children age 14-17 years. The sample size was 100. The investigator adopted the purposive sampling technique. Assessment of pre-test perceived level of stress among adolescent was 0 (0%) adolescent had no stress, 6(6%) adolescents had mild stress, 73(73%) had moderate stress and 21 (21%) had severe stress. Assessment of post-test perceived level of stress among adolescent was 6(6%) adolescents had no stress, 79(79%) adolescents had mild stress, 11(11%) had moderate stress and 4 (4%) had severe stress. The mean score of pre-test perceived level of stress among adolescent was 43.92. The mean score of post-test perceived level of stress among adolescent was 28.04. The mean difference of perceived level of stress in pre-test and post-test was 15.88 with standard deviation in pre-test was 13.76 and post-test was 12.19 and calculated t-value was 1.92 Hence above finding concluded that relaxation therapy is effective in reducing perceived level of stress among adolescents.

Keywords: Effectiveness, relaxation therapy, stress

Introduction
Stress is a natural part of every adolescent's life. Adolescence is known as a period of stress and strain. Student's stress is usually related to everyday experiences, worries and challenges at school, home, in the community and within their peer group. While each student will respond to and resolve stress differently, the impact of ongoing and unresolved stress can lead to feelings of stress, anxiety, depression, irritability, poor concentration, aggression, physical illness, fatigue, sleep disturbance and poor coping skills such as tobacco, drug or alcohol use.

Binu U, Jose S, and Joseph S (2015) a study in Mangalore to determine the "perceived level of stress and coping behaviour among adolescents in selected schools". There were about 40 samples taken by simple random technique. The study tool consisted of Socio demographic variable, perceived stress scale and coping check list. The study found that 55% of the sample experienced severe stress, 12.5% experienced moderate level of stress and 32.5% mild level of stress. The study concluded that stress may arouse from heavy educational programme.

Objectives
Assess the perceived level of stress before administering relaxation therapy among adolescents in selected schools.
Assess the perceived level of stress after administering relaxation therapy among adolescents in selected schools.
Evaluate the effectiveness of relaxation therapy on stress among adolescents in selected schools.
Find out association between perceived stress levels of adolescent with selected demographic variables.

Hypothesis
H1: There will be significant difference between mean pre-test and post-test perceived level of stress after administering relaxation therapy among adolescents.

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H2: There will be a significant association between the pre-test perceived levels of stress among adolescents with selected demographic variables.

Materials and Methods

In this study quantitative, pre- experimental evaluative research approach, one group pre-test and post-test was used. In the present study the accessible population consists of 100 adolescent children age 14-17 years. The investigator adopted the purposive sampling technique.

Result & Discussion

Table 1: Association between pretest perceived level of stress with selected demographic variables

S. No.	Variables	Mild	Moderate	Severe	Total	df	Chi-value	P-value
1	Age							
	14-15 yr.	3	22	7	32			
	16-17 yr.	3	51	14	68	2	50	0
2	Medium of instruction							
	Hindi	0	49	49	98			
	English	0	2	0	2	2	30.08	0
3	Education							
	10th Standard	2	13	7	22			
	11th Standard	2	20	3	25	4	20.3	0.000038
	12th Standard	2	40	11	53			
4	Residence							
	Home	4	22	10	36			
	Hostel	2	51	11	64	2	14.02	0.0640
5	Area of living							
	Rural	5	50	11	66			
	Urban	1	23	10	34	2	24.24	0.00001
6	Type of family							
	Nuclear	3	44	4	51			
	Joint	2	16	7	25	4	30.44	0
	Extended	1	13	10	24			
7	Total monthly family income							
	<than 1001-5000/-	4	11	12	27			
	5001-10,000/-	1	49	9	59	4	13.2	0.0845
	> 10,000/-	1	13	0	14			
8	Educational qualification of father							
	Illiterate	3	11	5	19			
	UG	3	52	5	60			
	Graduate	0	5	6	11	6	18.4	
	PG	0	5	5	10			
9	Educational qualification of mother							
	Illiterate	6	46	11	63			
	UG	0	18	5	23			
	Graduate	0	4	5	9	6	27.63	0.000004
	PG	0	5	0	5			
10	Occupation of father							
	Govt. employee	4	7	2	13			
	Private	2	9	9	20			
	Self Employed	0	56	9	65	6	21.03	0.000027
	Unemployed	0	0	2	2			
11	Occupation of mother							
	Govt. employee	2	5	2	9			
	Private	2	1	7	10			
	Self Employed	1	22	2	25	6	16.71	0.000808
	Housdewife	1	45	10	56			
12	Performance in previous classes							
	Good	3	13	10	26			
	Average	3	55	10	68	4	19.22	0.000067
	Poor	0	5	1	6			
13	Number of siblings							
	Zero	2	19	4	25			
	One	2	15	3	20			
	Two	2	24	14	40	6	43.01	0
14	Conveyance of going to school							
	Going to school with parents	4	20	2	26			
	Going to school with school bus	2	0	4	6	4	22.14	0.000016
	Going to school by own	0	53	15	68			

Analysis of Data Related to comparison between pre-test and post-test perceived level of stress.

The comparison between pre-test and post-test perceived level of stress indicates that in pre-test score the perceived stress level was 0 had no stress but in post-test score 6 had no stress, 6 had mild stress but in post-test 79 had mild stress, 73 had moderate stress but in post-test 11 had moderate stress and 21 had severe stress but in post-test 4 had severe stress.
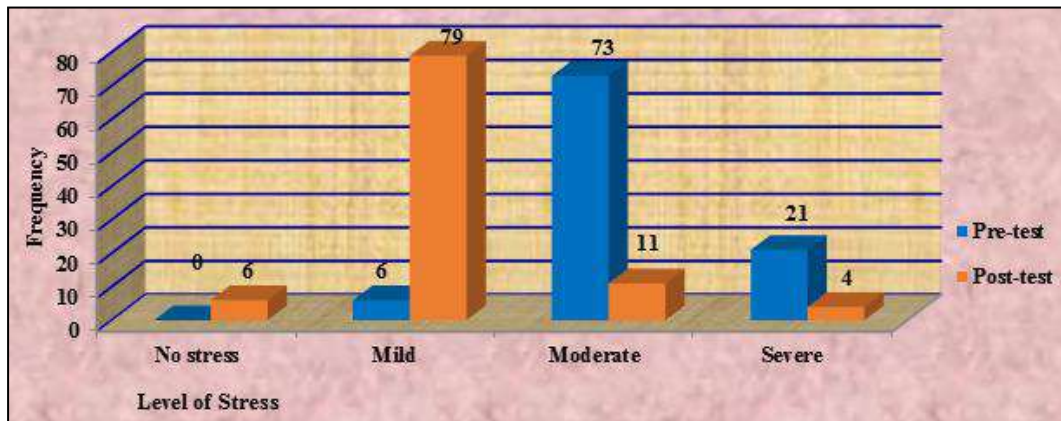

Fig 1: Show the comparison between pre-test and post-test perceived level of stress

The comparison between pre-test and post-test perceived level of stress made by t-test fulfills objective 3. The pre-test and post-test stress was statistically tested by applying t-test method at the level of 0.05% and the t- value was 1.92. In this case the calculated value of 't' is less than the table value (1.98), the hypothesis is accepted.

Significance Difference Between pre-test and post-test perceived level of stress by using 't' Test N=100

S.no.	Stress	Mean	Sd	Mean difference	t value
1	Pre test	43.92	13.76	15.88	1.92
2	Post test	28.04	12.19		

Association between perceived stress levels of adolescent with selected demographic variables

The findings of the study reveals that demographic variables like education, area of living, educational qualification of father, educational qualification of mother, occupation of father, performance in previous class and conveyance of going to school are significantly associated with the pre-test scores.

Conclusion

The study concluded that the relaxation therapy on perceived stress level was an effective method for providing moderate to adequate knowledge to adolescent age group (14-17 years) to enhance their knowledge regarding reducing stress through relaxation therapy.

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