A STUDY TO ASSESS THE EFFECTIVENESS OF AUTOGENIC RELAXATION ON DEPRESSION AMONG ELDERLY AT SELECTED OLD AGE HOME, PUDUCHERRY

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ABSTRACT

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 worries about finances after retirement, the fear of institutionalization etc. Relaxation Technique can help to relieve the symptoms of stress. The study was carried out to compare the level of depression before and after administration of autogenic relaxation among elderly. A pre experimental research design (one group pre test and post test design) was used and the conceptual framework of the study was based on Wiedenbach helping art clinical nursing theory was used for this study purposive sampling technique was used to select the samples. The total sample size was 60 elderly. The tool used for data collection had two parts, they are part one was demographic variables, and part two was geriatric depression scale. Autogenic Relaxation Technique was administered for all 60 samples. The mild level of depression reduced to normal among 34(54.7%) of elderly, mild level of depression among 26(43.3%) of elderly.
test level of depression mean (9.816) are significantly less than the pre test level of depression and the standard deviation score of post test was 3.072 by chi-square test (12.295) and there is significant effectiveness of autogenic relaxation at p-value is < 0.001. There was a significant association between post test level of depression and selected demographic variables like educational status, family support, any medical illness. It was revealed that autogenic relaxation was effective in reduction of depression among elderly. Hence the stated research hypothesis (H1) was accepted. There is a significant different in the level of depression before and after administration of Autogenic Relaxation Technique among elderly. Thus the study findings clearly reveals that autogenic relaxation was effective in reducing the level of depression among elderly. Elderly residing at old age home can practice autogenic relaxation technique it will be very supportive measure to overcome from depression among elderly.
I. INTRODUCTION

“*The mind is its own place and itself, can make a heaven and hell or hell and heaven*”

- John Milton.

Depression is a mood disorder that is characterized by persistent and pervasive sadness or low mood, changes in appetite, sleep, weight, activity and libido, that may or may not be accompanied by suicidal thoughts. 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 worries about finances after retirement, the fear of institutionalization etc. Relaxation Technique can help to relieve the symptoms of stress.

Although the cause of anxiety will not disappear, the person probably feels more able to deal with it once the tension in the body gets released. Depression is an illness in a scientific way, it is caused by biological factors. Serotonin hormones in the brain are required to regulate mood. A person with depression feels sad, hopeless and melancholy for a prolonged period of time. Depression has too many effects in life such as physical ailments, isolation and even suicide.

Autogenic relaxation was rooted in Germany, developed by psychiatrist Dr. Johannes Schultz (1884-1970) in the early 20th century. Schultz was influenced and supported by Freud. The term “Autogenic” comes from the Greek word “autos” meaning “self” and “genous” meaning “produced by”. Autogenic relaxation
technique is a powerful, successful, and healing technique that almost anyone can learn to practice it. It can successfully be taught and practiced individually or in a group and or less, but it is not recommended by Schultz and Luther for children under age 16. Autogenic relaxation technique focuses on promoting feelings of calmness and relaxation in your body to help reduce stress, anxiety and depression. The goal of autogenic training is to encourage the natural relaxation response in your body by slowing breathing, lowering the blood pressure and ultimately producing a feeling of increased wellbeing.

Conditions such as depression and generalized anxiety disorder can benefit from autogenic training. It helps in managing daily stress of the individual. The rationale of autogenic relaxation is to enable autonomic self-regulation by eliminating environmental distraction that accompanies the autonomic self-regulation through a structured set of specific exercises which is easy to learn and practice (Linden, 1994). It has demonstrated over time the capacity to bring forth a healthy balance between the sympathetic (flight or fight) and the parasympathetic (rest, renewal, repair) workings of the autonomic nervous system. Autogenic relaxation technique focuses on an observant and passive attitude towards one’s own cognitive, emotional and physical state, and through a series of taught exercises. Over a period of five to fifteen minutes a deep state of relaxation can be achieved. Once learned, autogenic relaxation technique can be used regularly without the need for any external human or material support.

It is considered to be one of a range of mind-body interventions recognized by the American Psychological Association (APA) (Kotecki et al, 2014), and consistent
with treatments recommended to treat anxiety depression (Carr, 2002), it focus on control and competence’ and ‘relaxation skills’.

STATEMENT OF THE PROBLEM:

“A Study to Assess the Effectiveness of Autogenic Relaxation on Depression among Elderly at selected Old Age Home, Puducherry”.

OBJECTIVES OF THE STUDY:

- To assess the level of depression among elderly
- To compare the level of depression before and after administration of autogenic relaxation among elderly
- To associate the level of depression among elderly with their selected demographic variable

HYPOTHESES:

H₁: There is a significant difference between the level of depression before and after administration of autogenic relaxation to elderly

H₂: There is a significant association in the level of depression among elderly with their selected demographic variables

MATERIALS AND METHODS:

A Pre experimental research design(one group pre test and post test design) was used and the conceptual frame work of the study was based on Wiedenbach helping art clinical nursing  theory was used for this study purposive sampling technique was
used to select the samples. The total sample size was 60 elderly. The tool used for data collection had two parts, they are part one was demographic variables, and part two was geriatric depression scale. Autogenic Relaxation Technique was administered for all 60 samples. The mild level of depression reduced to normal among 34 (54.7%) of elderly, mild level of depression among 26 (43.3%) of elderly. In post test level of depression mean (9.816) are significantly less than the pre test level of depression and the standard deviation score of post test was 3.072 by chi-square test (12.295) and there is significant effectiveness of autogenic relaxation at p-value is <0.001. There was a significant association between post test level of depression and selected demographic variables like educational status, family support, any medical illness. It was revealed that autogenic relaxation was effective in reduction of depression among elderly. Hence the stated research hypothesis (H1) was accepted. There is a significant different in the level of depression before and after administration of Autogenic Relaxation Technique among elderly.

**DATA COLLECTION TOOL:**

**Section A:** This section consists of 11 items seeking personal information such as age, gender, education, religion, marital status, number of children, marital status, source of income, type of family, mode of admission and any medical illness.

**Section –B:** This section consists of 30 items please choose the best answer for how you felt over the past week Present question verbally circle the answer given by the patients. Do not show the scale

**SCORING INTERPRETATION:**
**RATE OF DEPRESSION SCORE**

<table>
<thead>
<tr>
<th>Normal</th>
<th>0-9</th>
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<tbody>
<tr>
<td>Mild depression</td>
<td>10-19</td>
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<tr>
<td>Severe depression</td>
<td>20-30</td>
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</tbody>
</table>

**DATA COLLECTION PROCEDURE:**

Formal permission and IEC was obtained from the hospital authority

Sample was selected based on inclusion criteria through purposive sampling technique

Explained regarding the study and its benefits to the sample size 60 (elderly who are residing in old age home)

From day one -10 samples were collected each day by using purposive sampling technique

After administration of autogenic relaxation post test were conducted through interview method by using geriatric depression scale for same samples

The data variable was collected from the elderly who are residing in the old age home and providing intervention to the patient as autogenic relaxation. This was continued for 15-20 minutes in a day. Sample is reassessed to analyze the effectiveness of the intervention on depression.

**PLAN FOR DATA ANALYSIS:**

<table>
<thead>
<tr>
<th>DATA ANALYSIS</th>
<th>METHODS</th>
<th>REMARKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Descriptive statistics</td>
<td>Frequency, Percentage, Mean, Standard Deviation</td>
<td>To describe the demographic variables, to assess the level of depression with geriatric depression scale among elderly.</td>
</tr>
<tr>
<td>Inferential statistics</td>
<td>Paired ‘t’ test</td>
<td>To evaluate the effectiveness of autogenic relaxation technique by using geriatric depression Scale.</td>
</tr>
<tr>
<td></td>
<td>Chi square test</td>
<td>Analyzing the association of the level of depression among elderly with geriatric depression scale with</td>
</tr>
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Table 2: Distribution of effectiveness of Autogenic Relaxation on level of Depression among Elderly at selected old age home, Puducherry.

(N=60)

<table>
<thead>
<tr>
<th>SCORING INTERPRETATION</th>
<th>Pre-test</th>
<th>Post-test</th>
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<tbody>
<tr>
<td></td>
<td>N</td>
<td>%</td>
</tr>
<tr>
<td>Normal</td>
<td>00</td>
<td>00</td>
</tr>
<tr>
<td>Mild</td>
<td>60</td>
<td>100</td>
</tr>
</tbody>
</table>

The finding reveals that frequency and percentage-wise distribution of level of depression among elderly shows that out of 60 elderly, majority in pre-test 60(100%) were in mild level depression, 00% (0) of them in normal level of depression, 00% (0) of them in severe level of depression. In post-test 34(56.7%) elderly- In mild - level depression, 26(43%) of them in normal level of depression, 00% (0) of them in severe level of depression.
Figure 4: Percentage wise distribution of effectiveness of Autogenic Relaxation on level of Depression among Elderly at selected old age home, Puducherry
Table 3: Distribution of effectiveness of level of Depression among Elderly at selected old age home, Puducherry

(N=60)

<table>
<thead>
<tr>
<th></th>
<th>MEAN</th>
<th>STANDARD DEVIATION</th>
<th>‘t’ TEST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-test</td>
<td>15.416</td>
<td>2.416</td>
<td>12.295**</td>
</tr>
<tr>
<td>Post-test</td>
<td>9.816</td>
<td>3.072</td>
<td></td>
</tr>
</tbody>
</table>

*-p<0.05, significant and **p<0.001, highly significant

Table 3 reveals that the mean value of pre test level of depression score was 15.416 with standard deviation 2.416. The mean value of post-test level of depression score was 9.816 with the standard deviation 3.072. The t-test value is 12.295 was used to find out the effectiveness of autogenic relaxation among elderly found statically significant t-value is 12.295. The study reveals that there is an significant association on level of depression before and after administration of autogenic relaxation among elderly.
Table 3: Distribution of effectiveness of level of Depression among Elderly at selected old age home, Puducherry
SUMMARY:

A pre-experimental research design was chosen to evaluate the effectiveness of autogenic relaxation on depression among elderly in selected old age home at Puducherry. The investigator obtained formal permission from institutional ethical committee and written consents were obtained from the samples. The main study was conducted at hospice old age home, Puducherry. The period of data collection was 6 weeks. Totally 60 samples were selected by using purposive sampling technique, data was collected through interview method. The purpose of the study was explained to the elderly. The tool for the data collection was developed in two parts. Part I which comprises of demographic variables with 11 questions, part II consisting of geriatric depression scale. The same tool was used to collect the data during post test and the data collection period was 6 weeks. The content validity of the tool was evaluated by experts in nursing and research. The investigator got prior written consent from the old age home higher authority data was collected by using one to one basic with the help of standard tool geriatric depression scale by interview method. The data was analyzed through descriptive statistics (chi-square test).

MAJOR FINDINGS:

The present study reveals that, all the 60 elderly undergone assessment. After the autogenic relaxation for 28 days, the mild level of depression reduced to no depression among 34(54.7%) of elderly, mild level of depression among 26(43.3%) of elderly and non of them comes under severe level of depression.

The post test level of depression, mean (9.816) are significantly less than the pre test level of depression and the standard deviation score of post test was 3.072 by chi-square test (12.295) and there is significant effectiveness of autogenic relaxation at p-value is <0.001.
It was revealed that autogenic relaxation was effective in reduction of depression among elderly. Hence the stated research hypothesis (H1) was accepted there is a significant different in the level of depression before and after administration of autogenic relaxation among elderly.

CONCLUSION

Thus the study findings clearly reveal that autogenic relaxation was effective in reducing the level of depression among elderly. Elderly those residing at old age home can practice autogenic relaxation every month twice for (10days) intervention it will be very supportive measure to overcome from depression

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