

EFFECTIVENESS OF GUIDED IMAGINARY TECHNIQUE ON STRESS AMONG SENIOR CITIZENS AT SELECTED OLD AGE HOMES IN THIRUVALLUR DISTRICT

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ABSTRACT

A pre-experimental study one-group pre-test and post-test design was undertaken to assess the effectiveness of guided imaginary technique on stress among senior citizens at selected old age homes in Thiruvallur district. A convenience sampling technique was used to select the 60 senior citizens. A structured standardized DASS questionnaire were used to assess the level of stress .after the intervention of guided imaginary technique among senior citizens in old age homes the effectiveness was assessed by descriptive analysis and inferential statistics the finding of the study revealed that, in the senior citizens, the pre-test stress score having more in stress (70.4%) and less score in depression (58.5%).Overall they having 64.43% of DASS score and the post-test stress score having moderate score in depression (32.4%) and less score in stress (30.0%), the difference between pre-test and post-test stress score was large and it was statically significant by using paired t-test $t=15.76$ at the level of significant ($p=00.001$) which indicated that there is significant difference between stress reduction score among senior citizens. Thus, the guided imaginary technique was significantly effective to decrease the stress among senior citizens with the paired t-test score.

Key words: Guided imaginary, stress, senior citizens.

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INTRODUCTION

Human development refers to the biological and psychological development of the human being through out the lifespan. It consists of the development from infancy, childhood, adolescence, adulthood and old age. Mental health is the important at every stage of human life. It includes our emotional, psychological and social well-being that enable people to cope with the stresses of life.

Old age population suffers both physical as well as mental changes in life stress in older adults, has many causes such as managing chronic illness, losing a spouse, being a care giver or adjusting to changes due to finances, retirement or separation from family and friends, all which contributes to mental health problems in elderly population. stress is more common in older adults. Globally, 15% of the ageing population is suffering from mental disorders and stress is one major mental health

problem influencing a substantial proportion (10-55%) of the old age population. The prevalence of stress among the old age population is moderately increasing and expected to reach double in the next one decade. According to statistics in January 2021, around 28% of senior citizens 50-80 years felt hopeless for several days, more over 44% reporting feeling stressed. The statistics display the percentage of older adults who felt stressed, depressed for several days. There is need to prevent stress in the starting stage itself, there are various techniques are available to relieve stress meditations, guided-imaginary, self-hypnosis, yoga, exercises, music therapy, laughter therapy, relaxation techniques.eg., head to relaxation, and relaxation through aerobic exercises, play with pet, curl up with a good book, work in garden, spend time in nature, watch comedy, go for a walk etc.,

Guided imaginary is a stress management technique, is the use of visualization, words, and/ or music



to evoke positive thinking, feeling relaxed, peaceful and happy. It is the process of using the connection between the body and mind to bring about positive changes in life. These relaxation techniques that involves dwelling on positive mental image or scene into a person's mind. This technique used to reduce stress and anxiety

OBJECTIVES

- To assess the pre-test level & post-test level of stress among senior citizens
- To assess the effectiveness of guided imagery technique among senior citizens by comparing pre-test & post test scores.
- To associate socio-demographic variables with the post-test level of stress on guided imagery technique among senior citizens.

RESEARCH METHODOLOGY

Modified Betty Neumann's Theory was adopted to explain to assess the effectiveness of guided imagery technique on reduction of stress among senior citizen. A pre-experimental one-group pre-test and post-test designs was adopted to accomplish the objectives of the study, a Non-probability convenience sampling technique was used to collect the data with selected old-age homes with the total 60 samples were divided into two groups each group consists of 30 members used to assess the effectiveness of guided imaginary technique on stress in old age with the use of structured DASS stress scale of 42 items were used assess the level of stress and the effectiveness of guided imaginary technique on stress among senior citizens, In addition to the intervention the guided imaginary (beach visualization) image with the help of script and sounds were prepared and administer by the researcher, techniques was demonstrated by step wise to the first group for 15-30 minutes, in the morning for first two weeks and the same was continue to the next 30 members in the same way. The guided imaginary techniques were given to all the 60samples. The post-test

was conducted with the same tool after 7 days at the same setting.

RESULTS

Distribution Of Senior Citizens Based On Their Pretest Level And Post Test Level Of Stress Among Senior Citizens.

Table shows each aspect wise pre-test stress scores among senior citizen at selected old age home. They were having more score in stress (70.4%) and less score in depression (58.5%). Over all, they were having 64.43% of DASS score.

Distribution Of Senior Citizens Based On Their Effectiveness Of The Guided Imagery Technique On Stress Among Senior Citizens By Comparing Pre-Test And Post-Test Score.

Considering Depression aspects, in pre-test, senior citizens were having 23.80 score where as in post-test they are having 14.03 score, so the difference is 9.77. This difference between pre-test and post-test was large and it was statistically significant.

Considering Anxiety aspects, in pre-test, senior citizens were having 26.19 score where as in post-test they were having 13.30 score, so the difference was 12.89. This difference between pre-test and post-test was large and it was statistically significant.

Considering Stress aspects, in pre-test, elders were having 28.57 score where as in post-test were having 12.61 score, so the difference was 15.96. This difference between pre-test and post-test was large and it was statistically significant.

Considering overall, in pre-test, senior citizens were having 78.56 score where as in post-test they were having 39.94 score, so the difference is 38.62.

The difference between pre-test and post-test stress score was large and it was statistically significant differences between pre-test and post-test stress was analyzed using paired t-test.

Table 1: Distribution of pre-test percentage of level of stress among senior citizens N=60

DASS Score on	No.of. question	Mean	SD	Mean Score
Depression	14	23.80	05.45	58.5%
Anxiety	14	26.19	06.04	64.4%
Stress	14	28.57	06.64	70.4%
Total	42	78.56	18.13	64.43%

Table 2: Distribution of comparison of mean stress score N=60

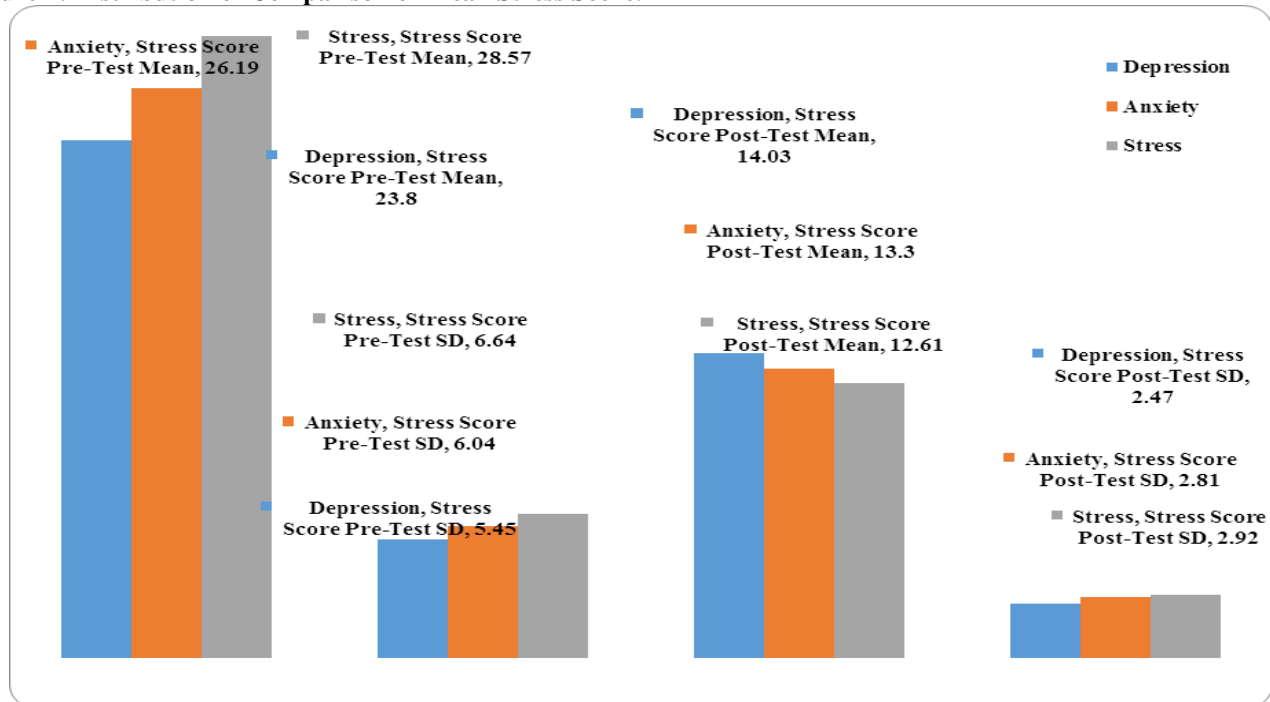
DASS Score on	Stress Score				Difference	Paired T-Test
	Pre-Test		Post-Test			
	Mean	SD	Mean	SD		
Depression	23.80	05.45	14.03	02.47	9.77	12.64
Anxiety	26.19	06.04	13.30	02.81	12.89	14.98
Stress	28.57	06.64	12.61	02.92	15.96	17.81



Table 3: Domain wise pretest and posttest percentage of stress score.

Aspects	Frequency	Mean ± SD	Difference	T-Test
Pre-test	60	78.56 ± 18.13	38.62	15.76
Post-test	60	39.94 ± 05.61		P=00.001

Figure 1: Distribution of Comparison of Mean Stress Score.



DISCUSSION

This chapter deals with the discussion of study with appropriate review literature, statistical analysis, and findings of the study based on the objective of the study. The main aim of the study was to evaluate the effectiveness of guided imaginary technique on stress among senior citizens at selected old-age homes in Thiruvallur district.

To assess the pretest level and posttest level of stress among senior citizens.

The findings of the study revealed that pretest score among senior citizen at selected old Age homes, they were having more score in stress 70.4 % and less score in depression 58.5%. Overall, they were having 64.43% DASS Score.

In post-test score among senior citizen at selected old age home they were having more score in depression 32.4 % and less score in stress 30.0 %. Overall, they were having 31.7 % of DASS score.

To assess the effectiveness of guided imaginary technique among senior citizens by comparing pre-test and posttest score.

The comparison of pre-test and post-test scores on the level of stress among senior citizens at selected old-age homes. Guided imaginary technique was demonstrated step wise to the both groups. Post-test was conducted by

using structured standardized DASS scale at the end of 1 weeks. It denotes that the guided imaginary technique was effective to reduce the stress.

In stress aspect the pre-test mean value was 28.57 with SD 06.64. And post-test mean value was 12.61 with SD 0.92, so the difference was 15.96. This difference between pre-test and post-test was large and it was statistically significant.

The findings revealed that the difference between pre-test and post-test stress score was large and it was statistically significant differences between pre-test and post-test stress was analyzed using paired t-test t=15.76 which indicatethere was significant at p<00.001. Hence hypothesis H1 is proved. Thus, it becomes evident that the guided imaginary technique is effective to reduce the stress among senior citizens in selected old age homes.

To associate socio demographic variable with the post-test level of stress on guided imaginary technique among senior citizens.

The association between mean level of stress reduction score with demographic variables. The results shows that there is no significant association found between age of study participate, number of children, mode of admission, relaxation activities, duration of stay of study. The results shows that there is no statistically significant association.



CONCLUSION

The study enlightening the importance of this research and given that the reduction in the level of stress among senior citizens was significantly improved.

Implications

- The findings of the study have implications for Nursing Education, Nursing Service, Nursing Administration and Nursing Research, Nursing Education
- This finding can be utilized by nursing students for gaining adequate knowledge and skills to do guided imagery technique and practice these skills with proper training on clinical placement, society and identify the stress level and help them who may at risk.

Nursing Practice

- Nurses are able to use this technique for effective way to deal with stress in clinical and community settings as well.
- All health care personnel such as Nursing educators, staff nurses and other staffs working in the hospital should be encouraged to practice and learn the guided imagery technique.

Nursing Research

- There is a need for extensive and intensive research in this area.
- One of the aims of nursing research is to expand and broaden the scope of nursing findings of this study

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will provide baseline data about the stress among senior citizens. it can be effectively utilized by emerging researchers. Further nursing research is to be done to encourage the stress management to adopt guided imagery technique.

- The findings of the study to find out the effectiveness of guided imagery technique for stress reduction among senior citizens.

Nursing Administration

- Nursing administrator can arrange In-service education programs and continuing education programs for directing and motivating staff nurses and nursing faculty to improve the knowledge regarding guided imagery technique is effective for all in stress.
- Nurse administrators have the responsibility to motivate the staff nurses and community nurses to provide adequate knowledge and skills on how to provide guided imagery technique for the patients.

Recommendations

- A comparative study can be conducted to assess the effectiveness of guided imagery technique on patients with depression in selected hospital.
- A comparative study can be conducted to assess the stress level among senior citizens between urban and rural community.
- A similar kind of study can be conducted to assess the effectiveness of guided imaginary technique among nurses to overcome from stress.

