



A study to assess the effectiveness of progressive muscle relaxation therapy in decreasing anxiety among aging people residing in the selected old age home at Trivandrum district Kerala

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Abstract

The elderly number in the middle of homes of nursing is suspected to develop widely in separate by the population ageing. Evidence-based analysis has performed of mental health care for the elderly in India. This project is to address the progressive effectiveness muscle therapy of relaxation in decreasing the issues of anxiety between the aged residing in the middle of elected old age houses at Trivandrum of Kerala district. This study assesses the level of anxiety before and after progressive muscle relaxation technique among elderly. It will focus on the discover of the alliance among anxiety of post-exam stage using their elected demographic components.

Keywords: Muscle therapy, anxiety, elderly people, older people, effectiveness of the muscle therapy of relaxation, relaxation

1. Introduction

In Growing old is unavoidable, universal, and social along with scientific limitations mankind confronts. Additionally, all organisms arise, age by period along with then decomposed. In addition, there is no person who could not develop in the old position. All being upon the inevitably of earth obey the cycle and are considered through an environment that grabs her/him by the childhood phases, adulthood and maturity, and adolescence.

Psychological movements in the middle of simple aging involve self-esteem loss, physical changes non-acceptance, coping by personal loss and information processing dismissed as well as anxiety possibility (Mathuranath et al, 2010). Additionally, at this time, techniques regarding relaxation are a capability that is validated repeatedly through medical, nursing, researchers and psychology as an intervention of support that is important for a huge clinical range of conditions. In other words, anxiety is a random human problem that all experience at periods. Lots of the public suffer from the side of nervousness, and anxiety in the time sphere of suffering through issues at work. Along with that, anxiety may be famed for the relaxation of fear can be deployed through nurses as well as patients to offset the negative stress effects, surgery and illness in the time of upgrading healing. Apart from that,

techniques of relaxation such as visualization, deep breathing and muscle relaxation of progressive, yoga supports and mediation response of relaxation.

Inspire regular use of utilities, physical activity, and social interaction. Relaxing pastimes and interests can also be influenced. Grossberg (2009) observed that "some older people are faithful to fishing, art, gardening, music." While the majority of people experience anxiety in their early to mid-20s, some don't develop symptoms until around age 60. Anxiety can develop in the elderly as a result of autonomic nervous system instability after exposure to a significant stressor. 2 Anxiety can be avoided with age. Anxiety disorders are more common in the elderly due to a combination of biological, psychological, and social variables.

Five-and-a-half percent of respondents have experienced unpleasant changes in their way of life since moving into an old age home, while nearly four-in-ten (9%) have not noticed any shifts at all.

Evidence-based analysis has performed of mental health care for the elderly in India. The prevalence of mental health illness among the elderly was 20.5%. Out of India's total population of 83.58 million people, 17.13 million are 65 and up and suffering from mental illness. Geriatric mental health is an area that needs further research and development in India.

The institutionalized elderly faced a lot of anxiety compared to the noninstitutionalized. As the older in the facilities suffered a variety of challenges and there was evidence that the psychological problems could be relieved by simple relaxation techniques

1.1 Problem statement

A study to assess the effectiveness of progressive muscle relaxation therapy in decreasing anxiety among aging people residing in the selected old age home at Trivandrum district Kerala.

1.2 Significance of this study

Health care personnel working in geriatric settings must be familiar with the various relaxation techniques that can be helpful for the elderly in a geriatric setting. Old age home settings should implement proper interventions to manage psychological problems facing the elderly.

The people numbers who are belonged to the year 60 is to be addressed in all 49 cores within the world. In addition, this number will be met around 140 cores by the year 2040. As well as anxiety related to late life has a major effect in health terms core amounts and behind the reason of it is co-morbid by physical issues for adults and triggering several hospitalization and investigations.

Due to insufficient evidence, medical helpers often believe of this disorder is a scare in the middle of the elderly. In addition, that is a simple aspect of aging, therefore, they could not treat anxiety or diagnose patients. Besides it, anxiety is one of the simple and random issues for aged persons and it can be able to impact seriously on life quality. On the other hand, the widely spreading earth's population about aged public has triggered an improving requirement to concentrate the examiner's attention on the top of issues of psychological in the middle of late existence. The elderly number in the middle of homes of nursing is suspected to develop widely in separate by the population ageing. Aging is not recognized as

a challenging factor in favor of the problems of anxiety yet rather than a shielding one. But, various biological, and social challenges factors and psychological in favor of disorders of anxiety have been detected in favor of older persons.

“Studies have presented that disorder related to anxiety is more random in the middle of high people that is impacting around 7 per cent about seniors than the issues of depression. That impact of 3 per cent about elders and circumstances there is a small study that has been completed on the top of this problem within the elderly” (Lenze). Loneliness about emotional as well as isolation from society is a vital issue in the time sphere of old age. Expressing loneliness is not connected by the frequency of contact through friends and children yet rather by satisfaction and expectations of these connections. Apart from that, the most vital loneliness detector was existing in the middle of depression, alone and stressed, and unfulfilled expectations about contact by their friends.

Some people have no trouble adapting, but others have a far more difficult time. Depression, anxiety, stress, a feeling of insecurity, loneliness, behavioral disorders, social isolation, and low self-esteem are only some of the mental health issues that are more common among the elderly who reside in institutions. A decline in health, as well as the associated mental and physical issues, might result from an inability to adjust to new circumstances. Avdesh Sharma (2010) claims that senior citizens who spend their later years in an assisted living facility often feel lonely since they have fewer possibilities to interact with other residents.

1.3 Objectives of the study

- ❖ To assess the level of anxiety before and after progressive muscle relaxation technique among elderly
- ❖ To determine the effectiveness of progressive muscle relaxation technique on anxiety among elderly.
- ❖ To discover the alliance among anxiety of post-exam stage using their elected demographic components.

1.4 Hypotheses

There will be a major constraint in the middle of anxiety stage between the high edge after and before progressive muscle technique of relaxation.

1.5 Operational definitions

Usefulness

Thus, defines launching the outcome of intended and from this paper, usefulness suggests to decreasing within anxiety level as considered through major contrast in the middle of post and pre-test results between elderly.

Aged

This is denoted as public who are aged and from this paper aged person suggest to public in the middle of group about age about upper 55 years.

Old age house

Suggests to residential benefits in the middle of which elders were enlisted to exist.

Progressive muscle Relaxation Technique

In the form of this paper, the therapy of progressive muscle relaxation defines progressive exercise muscle technique of relaxation once a period in favor of a 1-month time.

1.6 Assumptions

- Stage of anxiety may belong from one person to another.
- Muscle of progressive relaxation exercises may decrease the problems of anxiety for the elderly.

1.7 Delimitation

- ❖ This project is determined to elder age of public who are suffering in the middle of elected age homes of old.
- ❖ Study is delimited to elderly people who are available at the time of data collection
- ❖ Study design adopted is Single group post - pretest design of examine.

2. Review of literature

A review of literature is a text body that focuses to examine the crucial current points of knowledge involving findings substantive along with methodological and theoretical services to a specific subject. Additionally, a literature review is accurate in favor of improving a big conceptual chapter into study issues. The literature review is a major aspect of the method of research. This aims to put the examiner in the middle of the research information plan and situation of the paper. It concerns the middle of connecting the paper study to the outcomes about alternative examinations. In support of this, the literature review is denoted as a crucial research summary on top of an interesting topic often made to input a study issue in the middle of a contest (Polit and Beck, 2006).

The literature review within this study is generated below the mentioning headings.

Section A: papers connected to older age home

Section B: A paper associated with the issues of anxiety in the middle of a big aged patient.

2.1 Section A: papers related to Anxiety in old age people

Manipur's Retirement Communities, a Research Report by Gaitri Rajkumari (2021). The bulk of the women who live at these facilities are rural, economically independent, and either never married or have been widowed. The most common reasons for moving a senior into a care facility were verbal abuse from a son or other family member, financial difficulties, the absence of a caretaker, verbal abuse from a daughter-in-law, physical abuse, a loss of dignity, and illness. The vast majority of the institute's patrons are pleased with their experience.

Older adults in residential care facilities and family homes were the focus of Lalitha Kumara's (2017) research. Researchers looked at people over the age of 60 who lived in metropolitan areas. Thirty were adopted by families, and the same number arrived from residential facilities. House to house interviews and observations were used to get information from family members. Twenty-seven percent of people who responded to the survey said they felt abandoned by their families, but that they stayed busy by watching their grandchildren or doing light housework. Only 3.3% of people polled reported that their sons completely ignored them while their daughters-in-law made fun of them. According to respondents, their children appreciated and soothed them, as is customary in our society, and 70% of elderly women living in households were cared for by family members. However, among elderly women who were homebound, 63.3% had family members visit them. In many ways, their kids bailed them out: monetarily, socially, and emotionally.

Anxiety and depression in the elderly were compared between those living in old age homes and those living with their families by Rajashree Kapure and Sujata Mujumdar (2019). The mental health of the two groups of seniors was compared in this study. A Beck Mania Sixty retirees were given examples of the inventory to fill out. The average age of a city dweller in Nashik was 60+. Both state and trait anxiety ($t= 2.39$) and depression ($t= 4.11$) were significantly different between those living in an assisted living facility and those living at home with relatives. To learn more about the lives of the elderly and the study's impact on mental health characteristics, future research should concentrate on rehabilitating the sample appropriately.

The ageing population of Pune was analyzed by Priyankajanbandhu, Santosh Phad, and Dhananjay Bansod (2022). 500 seniors from 23 different Pune retirement communities participated in the study. The sample was chosen using a multistage random sampling process. The interviews were not completely freeform. Over half (56%) of those surveyed have experienced being neglected by relatives. In short, they long for homecoming. Despite the fact that nearly half of seniors who took the survey expected to pass away at a care facility for the elderly. Half of those surveyed couldn't say how long they planned to stay, while 3% were certain they'd be back. The majority of retirees are satisfied with the services offered by retirement communities. Discomfort, isolation, and other undesirable feelings are experienced by some respondents. The absence of loved ones is a major contributor to these feelings.

2.2 Studies of Worry in Older Adults B

Anxiety levels among residents aged 60–70 in a New Delhi retirement community were measured before and after practicing Jacobson's Progressive Relaxation Method, according to research by Pauline Sharmila¹ and R Sree Raja Kumar (2020). In this quantitative study, pre- and post-tests were used to measure progress. Residents of a New Delhi nursing home were surveyed for the study. A total of sixty people were included in the study. For this study, the Hamilton Anxiety Scale was utilized. Care was taken in selecting the samples. That's why 90% of the elderly experienced severe anxiety before using the relaxation technique, but only 30% did afterward. Jacobson found that using incremental muscular relaxation to help calm elderly anxiety was effective.

Anxiety Symptoms and Experience of Loss in an Elderly Population-Based Cohort Sample. (Franziska D. Welzel, et al., 2019). Eight hundred ninety-seven people above the age of 82 were tested. For this purpose, we administered the Geriatric Anxiety Inventory-Short. The methods employed included logistic regression and descriptive statistics. This is the first study to report prevalence rates of anxiety symptoms and risk factors among a large population-based sample of older adults seeking primary care. Worry rates significantly increase beyond age 82. Concern grows among the elderly as they face these negative life changes. Based on our findings, it is important to take into account the patient's recent loss while diagnosing and treating geriatric anxiety.

Anxiety among the elderly who use age-related services was investigated by Thomson M. Richardson, Adam Simning, and Yeates Conwell. The interviews were done by a coalition of academics and members of the community concerned with ageing and mental health. Clients

of the ASN in Monroe County, New York, who were 60 and older and had in-home care management assessments were included in the study. Several important factors in the care of the elderly were measured by various instruments; these included anxiety (using the Goldberg Anxiety Scale), mental health, physical health and disability, social support, unpleasant life experiences, and so on. Anxiety was clinically significant for 27% of the sample size of 378. Anxious people require treatment that addresses their psychological, physiological, and social needs all at once. Reason being: carers for the elderly tend to deal with the root causes of worry.

Kaur Manpreet's (2021) descriptive study of senior stress and anxiety in Ludhiana is illuminating. Anxiety and stress in the elderly were the focus of this investigation. We relied on observational studies rather than actual experiments. The elderly population of Ludhiana was questioned. Information was gathered through the use of a convenient sampling method. The DASS 21 measured stress and anxiety among seniors. Concern and anxiety were lowest among the elderly. This means that 96.6% of seniors were concerned and 91.6% were stressed. The connection between stress and anxiety was a healthy 0.90.

3. Conceptual framework

The conceptual framework for this study is based on an updated version of Roy's adaptability model. When applied to the idea of widespread dissemination, this paradigm excels. The notion of holistic nursing emphasizes the interconnectedness of the patient, their health, and their surrounding environment. Roy stated that the public's range standard for the range of stimuli to which one might respond with a response that may be ineffective or adaptable is characterized by randomly varying points concerning local, residual, and contextual elements.

3.1 Input

The individual's adaptive system takes the data in and makes the necessary adjustments. Factors such as age, sex, education, occupation, marriage, hobbies, religion, and time spent in a retirement home are examples of input for this study.

3.2 Methods of Control

Understanding the individual is the link between the regulator and the cognator, as proposed by Roy. In this paper, we use the term "control process" to explain how people in some retirement homes in the Thiruvananthapuram district of Kerala deal with anxiety.

3.3 Effectors

Effectors are the coping mechanisms that include regulator and cognator activity. Seniors from retirement villages in the Thiruvananthapuram region of Kerala who underwent Progressive Muscle Relaxation therapy are referred to as "effectors" in this investigation.

3.4 Output

The output would be the patient's conduct pattern. It might arise within or externally. Subjective observation, measurement, and reporting of such patterns are all doable. The feedback it receives allows the system to improve. Roy divides the system's reactions into two groups: successful and unsuccessful. The large reduction in anxiety felt by the experimental group is indicative of the efficacy of the reactions studied here. The response fails in the control group because there is a lesser reduction in anxiety.

3.5 Conclusion

The larger, on Callista-based theoretical framework Roy's Adaptation Model predicts that the experimental group will have greater success with Progressive Muscle Relaxation therapy for anxiety reduction.

4. Method of data collection and analysis

Before conducting the study, the researcher obtained permission from the concerned authorities. Informed consent obtained from study participants. Purpose of conducting the study explained to the study participants. Data collected by using self-administered questionnaire. Confidentiality was maintained. The data stored and used only for this research purpose. The data was collected from the Old Age homes at Malayinkeezhu sadhu dennisprasangiyarvayodhanakendram, another old age home named Anbunilayam. Data was collected for a period of 1 week by using Convenience sampling technique. Following days of progressive relaxation therapy was administered for 1 month. Then the post test was conducted after 2 weeks.

4.1 Statistical analysis

Descriptive Statistics

- The frequency distribution and the percentage distribution were used in the analysis of the demographic characteristics and the degrees of anxiety.
- The effects of progressive muscle relaxation on anxiety were evaluated by calculating the mean and standard deviation of the results.

Inferential Statistics

- To ascertain if the Progressive Muscle Relaxation Technique was successful in reducing generalized anxiety, the paired-t test was used.
- The participants' reported demographic characteristics and anxiety levels were analyzed using the chi-square test. The data and information gathered through research should be presented and organized in a readily and meaningful comprehensible way for facilitating the statistical analysis. The data gathered through elderly people are analyzed and hereby tabulated utilizing a sufficient interference and appropriate statistical procedure for gaining the actual meaning beside the core context of gathered data. In order to achieve the overall outcome, the gathered information and data should be analyzed and processed among a particular order or a specific pattern, yet a particular relationship or a pattern could be discerned. However, this particular chapter deals interpretation and analysis of gathered data through sixty samples of the elderly people subject attending the home for the old people at district of Trivandrum, Kerala.

4.3 Study objectives

- ❖ To evaluate the anxiety level after and before ascertain technique which is progressive muscle relaxation within the elder people?
- ❖ To determine the effectiveness of progressive muscle relaxation technique on anxiety among elderly.
- ❖ To find out the association between posttest anxiety level with their selected

For the next examine and analysis, the information and data are properly represented in the following portion

Section I: Demographic variables of the elderly people

- ❖ Section II: Assessment on the post-test level and pre-test level of anxiety within the elderly people
- ❖ Section III: Overall Effectiveness and impact of Progressive muscle relaxation on depletion of anxiety level within elderly people
- ❖ Section IV: Association among the post-test level of anxiety within their chosen demographic variables.

4.4 Section I: Elderly people's Demographic variables

Frequency and percentage distribution of demographic variables of elderly people

SL NO	Demographic variables	Frequency	percentage
1	AGE		
	a) 60-69yrs	20	32
	b) 70-79yrs	24	40
	c) 80-89yrs	16	26
2	GENDER		
	a) Male	25	48
	b) Female	30	52
3	RELIGION		
	a) Hindu	40	65
	b) Muslim	4	6
	c) Christian	18	29
4	EDUCATION		
	a) Noformal Education	46	74
	b) Primary Education	15	23
	c) Higher Education	1	2
5	OCCUPATIONAL STATUS		
	a) Unemployed	27	43
	b) Coolie	31	48
	c) Business	1	2 3
	d) Government Job	3	6
6	MARITAL STATUS		

7	a) Unmarried	b)		
	Married			
	C) Divorced		1	2
	D) Separated		38	57
			10	15
	TYPE OF FAMILY		9	10
	a) Nuclear Family			
	b) Joint Family		25	44
	SOURCE OF INCOME		35	54
8	a) Pension			
	b) Family Support			
	c) Others		4	5
			20	20
			45	60

Table 1 elaborates that, this research study samples based on demographic variables.

- Sample distribution according to the, 32 % of the sample mainly fall into of 60-69 years group of age, 40 % of the sample fall into 70 - 79 years group age, 26 % of the sample main falls into the 80-89 group of age.
- According to gender 48% of the sample was the male beside 52 % of the samples was the female. Sample Distribution according to Religion, 65% of samples were Hindu, 6% of samples were Muslims and 29% of samples were Christian.
- According to Education 74% were no formal education, 23% of the samples were primary education beside 2 % of the samples was the higher education.
- Marital status distribution, 2 % of the samples were unmarried, 57 % of samples were married, 15 % of samples were divorced and 10 % of samples were separated.
- Distribution of samples according to occupational status, 43 % of samples were unemployed, 48 % of samples were coolie, 23 % of samples were business.

	Mean	Standard Deviation	Mean Difference	T value	significance
Pre test	17.63	2.35	8.31	21.613	P<0.05
Post test	8.32	1.67			

- Sample distribution based on the kinds of family ,44% after sales werethe nuclear family besides, 54% were joint family. Distribution of samples according to source of income, 5 % of samples were pension, 20 % of samples were family support, and 20 % of samples were others.

- Sample distribution based on the time period of old age home stay, 35 percent of the sample was mainly less than a 1 year, 36.6 percent of the sample was mainly beyond 3 years, and 28.3 percent of the sample were between 1 to 3 years.

4.5 SECTION B: Assessment of the Pre and Post Test Level of Stress Among Old Age

Table 2: Frequency and Percentage Distribution of Pretest Scores and Post Test Scores of Old Age People with Level of Stress N= 60

SL NO	LEVEL OF ANXIETY	PRE-TEST		POST TEST	
		Frequency	Percentage	Frequency	Percentage
1	Mild	12	16.7%	2	3.34%
2	Moderate	38	63.4%	52	86.6%
3	Severe	12	20%	6	10%

Frequency and Percentage Distribution of Pretest Scores and Post Test Scores of Old Age People with Level of Anxiety

The table 2 discover the percentage and frequency of anxieties pretest level within the elderly people, the anxiety's pretest level 12(16.7%) among them, they had themild anxiety,38 (63.4%) of them has the medium anxiety level alongside12(20%) among them, they have the severe anxiety. The anxiety's posttest level among elderly people ,2(3.34%) had mild anxiety ,52(86.6%) of them had moderate anxiety and 6(10%) of them has the severe anxiety.

4.6 Section iii: effectiveness of progressive muscle relaxation technique on reduction of anxiety level among elderly people

The level of anxiety among decreased after giving progressive muscle relaxation. To test the significance in the mean difference, paired,, t" test is used at each individual level for analysis.

The upper table discovers the pretest mean of the anxiety and the standard deviation is 2.35. Hence, the difference of mean for anxiety score was the 21.613. The crucial key among the mean difference was primarily examined and analyzed through utilizing the paired t" test. In the period of measured t" value is much beyond than this table value on level of 0.05, there would be major difference among the pretest beside the score of posttests within the sample at the p<0.05, which is acceptable. Thus, this majorly proves the progressive muscle relaxation procedure was much more impactful for decreasing the anxiety level among the elderly people.

4.7 SECTION IV: Association within the post test anxiety level within elderly people along side their demographic variables.

Association among posttest of anxiety level within the senior people alongside the demographic variable, which are evaluated utilizing the χ^2 test.

TABLE 3: Frequency, percentage distribution of anxiety level among elderly people

SL NO	DEMOGRAPHIC VARIABLES	NORMAL		MILD		MODERATE		SEVERE		χ^2
		N	%	N	%	N	%	N	%	
	AGE									
	a) 60-69yrs	10	32.1	6	23	1	50	0	0	6.74
	b) 70-79yrs	11	30.1	12	59	1	50	0	0	
	c) 80-89yrs	12	33.3	2	11.2	1	50	0	0	
	GENDER									1.78
	a) Male		18	53.5	8	36.5	1	50	0	0
	b) Female		14	42.5	14	61.5	1	50	0	0
	RELIGION									1.523
	a) Hindu		22	64.4						
	b) Muslim		2	5.6	12	56.3	1	50	0	0
	c) Christian		10	26.8	2	8.3	2	100	0	0
	EDUCATION				8	31.1	0	0	0	0
	a) Noformal Education		26	74						
	b) Primary Education		8	20	16	68	1	50	0	0
	c) Higher Education		4	3.7						1.412
	OCCUPATIONAL STATUS				6	15	1	50	0	0
	a) Unemployed		10	30.5	0	0	0	0	0	0
	b) Coolie1		20	60						
	c) Business		0	0						
	d) Government Job		22	2.8	14	58.4	0	0	0	0
	MARITAL STATUS	a)	6		7	32.4	1	50	0	0
	Unmarried	b) Married			0	0	0	0	0	0
	C) Divorced		5	0	2	8.3	0	0	0	0
	D) Separated		20	65.4						
	TYPE OF FAMILY		20	18						4.52
	a) Nuclear Family		31	13	1	4.2	0	0	0	0
	b) Joint Family				16	69.4	0	0	0	0
	SOURCE OF INCOME				0	1	4.3	0	0	0
	a) Pension		4	70	8	33.2	15.2	0	0	0
	b) Family Support		0	70						
	c) Others									5.49
	MODE OF ENTRY TO OLD AGE HOME		20	88.4	5	24	2	100	0	0
	a) Voluntary		12	10.2	17	74	0	0	0	0
	b) Brought by others		20	0						4.71
	PERIOD OF STAY IN OLD AGE HOME				20	86.2	2	0	0	0

a) Up to 5 years			2	8.2	0	0	0	0	
b)6-10years	10	56	1	4.3	0	0	0	0	
c) above 10 years	2	40							0.124
	25	63.3	12	52.6	1	50	0	0	
	15	30.2	10	40.4	1	50	0	0	
	5	4.1							3.26
			15	69.1	1	50	0	0	
			5	21.2	0	0	0	0	
			0	0	0	0	0	0	

The association within the post test of level of anxiety alongside chosen demographic variable of the elderly people as entry mode among old age, time period of staying within old age home, income source, marital status, religion education, occupational status, gender and age were analyzed and examined utilizing Chi-square (χ^2) test. The posttest anxiety level within association with

At the 0.05 level of significance, the value of 6.74 on the age table is less than the value of 2, which indicates that the difference is statistically significant.

When comparing the sexes, the value of 1.78 is much lower than the value of 2.

- The figure discovered in the table is far higher than the number that can be found in the field of religious studies, which claims that the number 2 1.523 is significantly lower.

According to research conducted on education, the 2 value of 1.25 is lower than the value presented in the table when compared at a significance level of =0.05.

The value of 2 for Profession is less than the value that is shown in the table when significance is set at the 0.05 level.

- At the 0.05 level of statistical significance, there is a difference between the 2 values for marital status (4.52) and the 2-table value (4.52) This difference is statistically significant.

- The significance level of 0.05 reveals that the value of 5.49 for family type 2 is higher than the value of 5 for table 2.

- When we look at the data from Income Source, we discover that 4.71 is less than the value of the table, which is 2, at the 0.05 level of significance.

- At the 0.05 level of significance, the 2 value of 3.26 for the amount of time spent in a retirement home is less than the 2-table value.

- The technique of admittance into an elderly care facility has a value of 2 that is 0.124, which is much lower than the value of 0.05 that is found in the 2 table, indicating that the method possesses statistical significance.

As a result, it was found that the type of family that an elderly person originates from has a considerable impact on the level of anxiety that can be evaluated after undergoing progressive muscle relaxation therapy. There is no correlation between any of the other sociodemographic factors and anxiety levels in the senior population.

5. Methodologies

Methodology is the process that makes an effective impact on the entire research work with its general pattern. It also provides the understandable way out for gathering data as well. On the other hand, this process also participates in development of research work with modern research technique and tool (polit, 1998). Accordingly, this chapter will further discuss with research approach, research design, tool development, tool description, process of data gathering, planning, data analysis, validity of content, pilot study and many more essential matters.

5.1 Research approach

Quantitative approach has chosen for the research work.

5.2 Research design

In this particular research project, a controlled group pretest-posttest design was utilized as the research methodology. An experimental group was utilized so that the effectiveness of Progressive Muscle Relaxation Therapy could be evaluated.

The researchers here utilized a post-test control group design with a randomly chosen experimental group so that they could determine the efficacy of Progressive Muscle Relaxation Therapy (PMRT).

5.3 Variables under study

1. Dependent variable: - It is the change in the Anxiety level among aged people in chosen old age homes
2. Independent variables: - Progressive muscle Relaxation technique on reduction of anxiety level.

5.4 Study setting

The study performed in chosen old age homes Trivandrum District Kerala.

5.5 Population

In the study, population refers old individual residing in chosen old age homes TVM District Kerala and those who fulfilled inclusion criteria.

5.6 Sample size

This paper has selected 60 aged people who are living in old age home and who are also suffering from significant anxiety level

5.7 Sampling technique

Convenience sampling technique is the sample technique for this study.

5.8 Criteria of sampling

Inclusion Criteria

- Old age people and their age group is 60-70years.

- Old age people who are able to speak and understand English and Malayalam
- Both male and female were selected as sample for research.
- Aged people who have moderate, mild, and severe anxiety.

Exclusion Criteria

- People who are not willing to participate.
- Those people who are physically and mentally impaired
- Who are having of fracture and pain

5.9 Research tool

Tool description: The tool that is mainly utilized among this research study involves two major phase,

Part-I: Organized questionnaire was primarily utilized among this study for gathering those demographic data. It mainly involves marital status, age, sex, education, duration of stay, previous occupation, source of income

Part-II : The Modified Zungself rating Anxiety Scale is used to assess the level of Anxiety. The total score was converted into percentage and the result score was ranged as follows

Scoring and Interpretation

0-30 (0–33%) - MildAnxiety

31-60 (34–67%) - ModerateAnxiety

61-90 (68–100%) - SevereAnxiety

5.10 Reliability tool

The reliability of the tool was assessed by test-retest method. The obtained reliability coefficient was 'r' =0.988

5.11 Completeness and suitability of the tool

Five experts evaluated the reliability of the resource's data. The aim was to improve readability and accuracy by soliciting comments and ideas from experts. The final result is a reflection of how carefully we considered the advice of our subject-matter experts.

The Pilot's Study

A pilot study was conducted to ensure that the instrument could effectively elicit responses from respondents. The researcher introduced themselves, explained the purpose of the study, and received the participants' informed consent before beginning the investigation. Six people who scored low enough on the Zungself Rating Anxiety Scale to continue were selected using convenience sampling. The preconceived notion was put to the test. Then, an illustration of the Progressive Relaxation technique was provided. A second evaluation was performed after two weeks. The reliability and validity of the evaluation tool for Anxiety were tested in a pilot research, and the results were encouraging enough to move forward with the full study. The pilot study indicated that older residents of an assisted living home experienced lower levels of anxiety.

6. FINDINGS AND DISCUSSION

This study paper represents and undertaken for evaluating the overall impact of the “progressive muscle relaxation therapy” within the elder citizen in particular home of old age at the district of Thiruvananthapuram. This particular portion of this study mainly deals a detailed elaboration of major findings of this research study that interpreted through the

statistical analysis. The major findings have been explained basis on the objectives beside the hypothesis are contrasted, compared and formulated with those other kinds of similar studies, that is conducted among various settings. In order to obtain the evaluated approach, desired objectives have been adopted beside a general sampling procedure has been utilizing for choosing the samples. The findings were properly elaborated alongside the primary study objectives which is discussed under those subheadings. The data and information were gathered from 60 samples through utilizing the schedule of structured interview. Post anxiety was evaluated through the utilizing anxiety scale of Zung's self-rating...

- ❖ To assess the level of anxiety before and after progressive muscle relaxation technique among elderly
- ❖ To determine the effectiveness of progressive muscle relaxation technique on anxiety among elderly.
- ❖ To find out the association between posttest anxiety level with their selected demographic variables

6.1 To assess the level of anxiety before and after progressive muscle relaxation technique among elderly

The anxiety level within elderly people was evaluated after and before giving the progressive muscle relaxation therapy. The anxiety level was evaluated utilizing Zung's self-rating anxiety scale. The elderly people according to the anxiety level in pretest and posttest assessment. During pre-test it was evident that majority of elderly people had moderate level of anxiety i.e., 38(63.4%) while 12(16.7%) had mild level of anxiety and 12(20%) had severe level of anxiety. After giving progressive muscle relaxation it was found that a majority of 52(86.6%) were relieved anxiety, while 2(3.34%) had mild level of anxiety. The findings revealed that by giving progressive muscle relaxation therapy has influenced the change in level of anxiety among the elderly people.

6.2 To consider the overall effectiveness and impact of the progressive muscle relaxation technique on the anxiety within the aged people

Progressive muscle relaxation was mainly given towards the elderly people and comparativeness was properly done among posttest and pretest. The study findings conclude that, pretest mean of anxiety value was 17.63 with a standard deviation of 2.35 and posttest mean anxiety score was 8.32 with a standard deviation of 1.67. The mean categorization for depression was the 8.31. The importance among mean categorization was examined through utilizing the paired „t“ test. Due to the measured „t“ value is beyond than those table score at 0.05 significance level; it is mainly inferred that the overall hypothesis “H: Beside there would be an important categorization in posttest and pretest score within the samples at $P < 0.05$ ” is properly accepted. This finally proves that by giving progressive muscle relaxation Therapy was effective in reducing anxiety level of elderly people

6.3 To know the connection between posttest level of anxiety with the selected demographic variables

Connections between selected demographic variables and after test anxiety level among the aged individuals with their demographic variables can be assessed by X^2 test. The demographic variables of this test are gender, age, education, occupation, source of income,

type of family, religion, marital status, time period of staying old age home, mental condition of entry in old age home in first time, number of children.

7. Limitations and conclusion

7.1 Limitations

- The results of studies on a nationwide scale are available. Because of this, it became more challenging to get adequate data for analysis.
- We only had a month to collect the data, which is a huge constraint. Only 60 persons were included in the sample.
- Data collection and aggregation were difficult because of the study's focus on the elderly.

7.2 Conclusion

From this study it can be concluded that, the anxiety level can be high in old age and it can be put the effective impact on those who are living at old age home. That is why this people requires some intervention that helps to reduce the anxiety level. From this paper it also observed that, there is not any kind of association between anxiety level and demographic variables among the old age people. In this study, value of “t” was 21.631 that is higher than value of “p 0.05”. It demonstrates the reduction of level of anxiety after giving progressive reduction of muscles with relaxation therapy on the old age people. At last, it can be said that this is one of the effective intervention processes that is able to reduce the anxiety level of old age people.

8. Summary

The investigation will conclude with a summary and suggestions. We also considered nursing administration, research, education, practicing, and other areas.

8.1 Nurses Need

Researchers have drawn many conclusions about the study's implications for nursing practice, education, research, and leadership. An examination of Progressive muscle relaxation therapy's stress-reducing effects on the elderly can inform future study and practices. It promotes nursing and evidence-based healthcare.

Progressive muscle relaxation, which nurses practice, reduces stress, according to clinical investigations. Relaxation treatment helps nurses boost older patients' resilience.

Nurses can help build shared goals by planning mental patient care and helping people develop healthy coping mechanisms, self-esteem, and well-being. Nursing students can aid socially isolated patients and communities with this strategy.

Activity therapy is safe when delivered by qualified staff. Nursing interventions can reduce senior anxiety.

Clinical Nurses' Education • Nurse educators must motivate students and create a learning atmosphere. Another benefit is calming and focusing.

Nurse educators should teach and support exercise therapy to minimize senior anxiety.

- ❖ This study can inspire and motivate the nursing students to innovate and explore strategies for the reduction of anxiety and stress among the old age People.
- ❖ Nursing student can be trained for assessing the stress level of the patient and also their relatives.

- ❖ Student nurses can increase their level of education that helps to enhance self-esteem by using various technique of therapy. The nurse educators must be equipped and trained with proper and adequate knowledge on progressive muscle relaxation therapy.
- ❖ Nursing educators can arrange conferences session to promote and strengthen the curriculum that may consist education program and work shop as well. This process also encourages and motivates nurses to learn and gathered experiences about other various kinds of alternative therapies to decrease anxiety among old age people.

8.2 Nursing Administration

A Nurse administrator has the ability manages the process of client care and also deliver a specific nursing service through agency health care.

- Using progressive muscle relaxation therapy, the nurse manager is able to plan activities from both a preventative and therapeutic aspect for the aged population.
- It is possible for nursing administrators to make this service more accessible by instituting a training programmed that places an emphasis on the therapeutic efficacy of relaxation techniques and the effect these techniques have on the levels of stress experienced by nursing workers.
- Progressive muscle relaxation therapy is accepted by nurse administrators as a treatment that is both effective and economical in assisting in the reduction of anxiety experienced by older patients.

8.3 Nursing Research

- Research conducted in the field of nursing can assist in the identification of innovative methods for boosting resilience and reducing stress.
- The findings of this research make a contribution to the formation of the scientific foundation of expert knowledge that will be used in further research.
- The treatment known as progressive muscle relaxation can be investigated on a very large scale.
- Those who will work in nursing in the future can draw motivation from their instructors. As a result of this, they are able to do independent research on the same subject while yet keeping their professional autonomy and different fields of competence.

9. Recommendations

- It is possible to do research comparing two groups of older clients, one of women and the other of men, in a range of settings.
- Research with a large enough sample size can produce reliable and applicable findings.
- Because research can be done over relatively long periods of time, we learn valuable information on the senior population's quality of life.
- Research on old people in nursing facilities and at home with their family can be compared

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