



A STUDY TO ASSESS THE EFFECTIVENESS OF BENSON'S RELAXATION THERAPY IN ANXIETY BETWEEN PRE-TEST TO POST-TEST AMONG EXPERIMENTAL AND CONTROL GROUPS WITH HIGH-RISK ANTENATAL MOTHERS AT SELECTED HOSPITALS IN WARANGAL, TELANGANA

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ABSTRACT

In 2017, every day approximately 808 women died due to pregnancy complications. Most of the deaths occurred in low-resource countries. The primary causes of maternal deaths are hemorrhage, hypertension, infections, and indirect causes like accidental or incidental causes. Mostly due to interactions between medical conditions and pregnancy complications. A quantitative research approach was adopted for this study. The research design used for the present study was quasi experimental, non-equivalent group design. The population included in this study was high-risk antenatal mothers with anxiety at selected hospitals, in Warangal, Telangana. Government Maternity Hospital at Warangal, Telangana. Kalyani Nursing Home at Warangal, Telangana. Sri Laxmi Maternity Hospital, Warangal, Telangana. had been selected for undertaking this look at. Hospitals have nicely prepared and established specialized separate Obstetrics and Gynaecological department with close to 100 Outpatient go to in line with day, nearly general a hundred of inpatient bed satisfy through ordinary admission and nearly greater than 100 affected persons visit hospital for regular consultancy in OPD in line with day. The sample size consist of 500 high risk antenatal mothers with anxiety at selected hospitals, Warangal, Telangana. Non probability Convenience sampling technique was used for this study.

Key Words: High Risk Antenatal Mothers, Anxiety, Benson's Relaxation Therapy.

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INTRODUCTION

Relaxation techniques are powerful tools for coping with stress and promoting long term health in mothers with high-risk pregnancy by slowing down the body and quietening the mind. Benson's relaxation therapy is a meditative technique which was pioneered by the Physician Herbert Benson during 1970's and it is based on his observation that the relaxation therapy produces a single "relaxation response," characterized by diminished sympathetic arousal. It trains the individuals daily to enhance the relaxation by improving the mood, bringing down blood pressure and stressful events in life.

Pregnancies are normal life events. In this stage all women are exposed to stress, the reasons for unhappiness or related to poor economic conditions etc. many women's also feel unnecessarily anxiety because they did not know about the normal physiological, emotional changes and as well as adjustments essentials to the child bearing process. In this pregnancy period the mothers need people support, good environment and good health. The pregnancy depending upon coping mechanism, so according Benson's technique brings a healthier balance and have been used successful pregnancy. (Simi Paramban, Sireesh Pala. 2016)

A study have indicated that anxiety and depression during pregnancy affect fetal or neonatal outcome. During the study researcher have seen the antenatal mothers experiencing stress and facing complications such as low birth weight baby, premature rupture of membranes etc. In this study evaluate the stress among the primi mothers before and after the Benson's Relaxation technique reduces the level of stress. (J. Krishna Sowmya et al 2016)

REVIEW OF LITERATURE

High blood pressure during pregnancy can decrease the amount of blood flow to the placenta, which affects the baby supply of oxygen and nutrients. This may slow down the babies growth and increase the risk of pre term delivery and if left unmanaged, this may result in fetal and maternal mortality. Relaxation provides a decreased in sympathetic nervous system allowing the arteries to widen and increases blood supply to placenta. A study proved to access the effectiveness of the Bensons relaxation therapy on blood pressure among mothers with Pregnancy induced hypertension between 20-38 weeks of gestational age. The analysis revealed that the mean deference in post-test systolic blood pressure was 30.06 and 15.4 in post –test diastolic blood pressure with the calculated 't' value of 13.25 and 14.58 respectively which showed high statistical significance at $p < 0.001$ between group A and group B. The study concluded that there was a significant difference in the blood pressure level among mothers with PIH in the post-test after Benson's relaxation therapy. (Ramakrishnan J. 2017)

Pregnancy is a period of immense joy and excitement. Hospitalization leads to increased anxiety and decreased coping mechanism in antenatal women. Relaxation techniques are simple and cost-effective methods which helps in reducing anxiety and enhancing coping. A study proven that relaxation techniques in pregnant women for 3 weeks leads to considerable decrease in anxiety. This study shows that the mean levels of anxiety among antenatal women in experimental group and control group was 45.6 and 131.6 respectively with a mean difference of 86. Likewise the standard deviation of the experimental group and control group was 5.02 and 5.90 respectively. The calculated value was highly significant at 0.001 level. (Jemy Mercy, Thomas, 2016)

The findings of the present study is supported by a study conducted by Neethu MP and G.Sumathi (2014) to assess the effectiveness of Benson's relaxation therapy on anxiety and coping among mothers with high-risk pregnancy, with a sample size of 30 mothers with high-risk pregnancy. The results shows that during pretest 23(76.7%) had moderate level of anxiety and 7(23.3%) had severe level of anxiety, while in posttest 23(76.7) had mild symptoms of anxiety and 7(23.3%) had moderate level of anxiety. The findings of the study depicted the evidence of significant difference between pre and posttest values of anxiety and coping. When anxiety decreases coping among mothers with high-risk pregnancy increases. This highlight the effectiveness of Benson's relaxation therapy in reducing the level of anxiety and enhancing coping among mothers with high-risk pregnancy. The study was limited to sample size of the study was decreased due to fewer patients admitted at antenatal ward and antenatal mothers with high-risk pregnancy.

Sn the study, it was found that there was significant difference in the level of anxiety between pretest and post test scores after application of Benson's Relaxation Therapy. This shows that Benson's Relaxation Therapy if effective in reducing the anxiety among antenatal mothers with high-risk pregnancy. Hence, the researcher concludes that this intervention is simple, effective, has mind-body and spirit approach to reduce anxiety among

antenatal mothers with high-risk pregnancy. (C Traci M D Johnson, IP Journal of Pediatrics And Health Sciences, 07th August 2018.)

RESEARCH METHODOLOGY

Quantitative research approach was adopted for this study. The research design used for the present study was quasi experimental, nonequivalent groups design. The population included for this study was high risk antenatal mothers with anxiety at selected hospitals, Warangal, Telangana. Government Maternity Hospital at Warangal, Telangana. Kalyani Nursing Home at Warangal, Telangana. Sri Laxmi Maternity Hospital, Warangal, Telangana. had been selected for undertaking this look at. Hospitals have nicely prepared and established specialized separate Obstetrics and Gynaecological department with close to 100 Outpatient go to in line with day, nearly general a hundred of inpatient bed satisfy through ordinary admission and nearly greater than 100 affected persons visit hospital for regular consultancy in OPD in line with day. The sample size consist of 500 high risk antenatal mothers with anxiety at selected hospitals, Warangal, Telangana. Non probability Convenience sampling technique was used for this study

DATA ANALYSIS AND INTERPRETATION

Effectiveness of Benson's Relaxation Therapy In S scale between Pretest to Post test among experimental and control group. ($N_1=250$, $N_2=250$)

S SCALE	N	Pre test		Post test		Diff	t-cal	df	Sig. (2-tailed)	Table Value
		Mean	SD	Mean	SD					
Exp	250	63.96	4.651	43.27	8.923	20.696	28.127	249	0.000	1.964
Control	250	61.95	3.696	58.91	3.417	3.040	13.757	249	0.000	1.964

The above table shows that in the experimental group, pretest mean is 63.96 with 4.651 S.D and Post test mean is 43.27 with 8.923 S.D. The mean difference from pretest to post test is 20.696. From the Paired 't' test, calculated value 28.127 is higher than the table value (1.964) at 249 degrees of freedom at $p=0.000$. So there is a significant difference between the pretest to posttest seen, which means that Benson's Relaxation Therapy effectively implemented among the antenatal mothers in the S scale between Pretest to Post test among experimental group.

Similarly control group viewed that pretest mean is 61.95 with 3.696 S.D and Post test mean is 58.91 with 3.417 S.D. The mean difference from pretest to post test is 3.040. From the Paired 't' test, calculated value 13.757 is higher than the table value (1.964) at 249 degrees of freedom at $p=0.000$. So there is a significant difference between the pretest to posttest seen.

In experimental group mean difference is 20.696, whereas the control group mean difference is 3.040. Here in experimental group samples were undergone the Benson's therapy, so that their S Scale pain was more decreased. But in the control group samples were not gone any intervention, so that their pain was slightly decreased. From the above table we observed that based on the mean scores experimental group has better improvement than the control group, which means that Benson's Relaxation Therapy effectively implemented in experimental group among the antenatal mothers in the S scale.

Effectiveness of Benson's Relaxation Therapy In Anxiety between Pretest to Post test among experimental and control group. ($N_1=250$, $N_2=250$)

Anxiety	N	Pre test		Post test		Diff	t-cal	df	Sig. (2-tailed)	Table Value
		Mean	SD	Mean	SD					
Exp	250	135.62	7.750	93.71	7.791	41.910	30.390	249	0.000	1.964
Control	250	130.18	6.015	125.05	5.846	5.124	13.584	249	0.000	1.964

The above table shows that in the experimental group, pretest mean is 135.62 with 7.750 S.D and Post test mean is 93.71 with 7.791 S.D. The mean difference from pretest to post test is 41.910. From the Paired 't' test, calculated value 30.390 is higher than the table value (1.964) at 249 degrees of freedom at $p=0.000$. So there is a significant difference between the pretest to posttest seen, which means that anxiety was decreased due to Benson's Relaxation Therapy from Pretest to Post test among experimental group.

Similarly control group viewed that pretest mean is 130.18 with 6.015 S.D and Post test mean is 125.05 with 5.846 S.D. The mean difference from pretest to post test is 5.124. From the Paired 't' test, calculated value 13.584 is higher than the table value (1.964) at 249 degrees of freedom at $p=0.000$. So there is a significant



difference between the pretest to posttest seen.

In experimental group mean difference is 41.910, whereas the control group mean difference is 5.124. Here in experimental group samples anxiety was more decreased due to Benson's therapy. However in the control group samples anxiety was slightly decreased because they were not under gone any intervention.

From the above table we observed that based on the mean scores experimental group has better improvement than the control group, which means that Benson's Relaxation Therapy effectively implemented due to anxiety was more decreased in experimental group among the antenatal mothers.

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