

Effectiveness of Structured Teaching Program on Knowledge regarding Progressive Muscle Relaxation Techniques among Staff Nurses in Selected Hospital, Bengaluru

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Abstract: A descriptive study to assess the effectiveness of a structured teaching program on knowledge regarding pmrt among staff nurses in selected hospital, Bengaluru. **Objectives:** To assess the existing knowledge regarding pmrt among staff nurses in selected hospital, Bengaluru. To evaluate the effectiveness of structured teaching program regarding pmrt among staff nurses in selected hospital, Bengaluru. To find out an association between pre test knowledge scores and selected demographic variables among staff nurses regarding pmrt. **Methodology:** In this study descriptive approach was used. purposive sampling technique is used to select 35 based on sample selected by purposive sampling techniques type of non – probability sampling criteria. Data from the samples were collected through structured teaching program. Data was analysed using spss = 16 version. Both descriptive and inferential statistics were used. **Result:** the study findings reveal that in the pre – test, the majority of participants, 35 members (100%), had inadequate knowledge, none of them had moderately adequate knowledge, and none of them had adequate knowledge. Where as post - test knowledge score was found that 40% respondents had moderately adequate knowledge and 60% had adequate knowledge regarding pmrt. Pre test knowledge of the staff nurses was 12.91% and mean post test knowledge was 22.94% and calculated ‘t’ value (15.647) was greater than the table at 0.05 level of significance. **Conclusion:** The findings reveal that a structured teaching program was an effective method for pmrt among staff nurse.

Keywords: PMRT, staff nurses, muscles, stress

1. Introduction

Muscle tissue is composed of cells that are specialized to shorten in length by contraction. this contraction results in movements of muscles. muscle tissue is made up of cells called myocytes or muscle fibres, there are 3 types of muscles; skeletal muscles, cardiac muscle, smooth muscle · skeletal muscle is present in the limbs and body wall. because of its close relationship to the bony skeleton, this variety is called skeletal muscle, they form about 40% of the total body weight, cardiac muscle it is present exclusively in the heart and in the beginning of large vessels arising from it. it is involuntary, striated. smooth muscle is present in relation to the walls of hollow viscera like stomach, intestine etc and in the walls of blood vessels ¹Muscle stress is the emotional and physical strain caused as a result of our response to what happens around us.

Stress is a multi dimensional phenomenon which is focused on dynamic relationship between the individual and the environment. it is also defined as a stressor, individuals response to the stimuli and interaction between the individuals and the environment. it should be noted that some degree of stress can be effective on increasing and improving individual performance. evidences indicate that most of the human successes are created in stress full conditions; but high rate of stress would followed by numerous consequences, including mental and physical illnesses, sleep disorders, restlessness, irritability, forget fullness, abnormal fatigue, reduced individuals resistance and recurrent infections,

headaches, poor concentration, memory impairment and reduce in problem solving ability ²

Studies indicated that medical professionals such as medical students, nurses and nursing students experience many stressor agents ³ nurses and nursing students are influenced by the various stressor agents in addition to the stress caused by theoretical training environment. Hospitals are considered as one of the most stressful work environment because there, it is the matter of humans’ death and life and the stress which is resulted from environment can affect the way their personality develops and also cause the incidence of many undesirable behaviours in individuals ⁴

2. Need for the study

The investigator has come across the work load of staffs, job stress, there are many team work so she have to fallow and insufficiency of staffing during clinical posting, relaxation techniques may enhance the knowledge and it gives the relaxation among staff nurses with the help of structured teaching program, and also the researcher felt the need to study regarding progressive muscle relaxation technique and update the knowledge regarding progressive muscle relaxation techniques among staff nurses that would help them to face future challenges and that could improve the quality of nurse’s performance

Statement of the problem

“Effectiveness of structured teaching programme on knowledge regarding progressive muscle relaxation

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techniques among staff nurses in selected hospital, Bengaluru.”

Objectives

- 1) To assess the existing knowledge regarding progressive muscle relaxation techniques among staff nurses in selected Hospitals, Bengaluru.
- 2) To evaluate the effectiveness of structured teaching program regarding progressive muscle relaxation techniques among staff nurses in selected Hospitals, Bengaluru.
- 3) To find out an association between pre- test knowledge scores and selected demographic variables among staff nurses regarding progressive muscle relaxation techniques.

3. Methods and Materials

Hypothesis

H₁: There will be significantly higher than their pre- test knowledge scores among staff nurses regarding progressive muscle relaxation techniques in selected hospital, Bengaluru.

- Research approach: A descriptive approach was adopted by the investigator for the present study.
- Research design: - The research design selected for the study was a pre - experimental one group pre–test post–test design.
- Research setting: The present study was conducted among staff nurses working in Victoria hospital fort, Bengaluru.
- Population: - The accessible population of the present study consists of staff nurses
- Sample and Sample Size: - The sample for the present study is 35 staff nurses.
- Sampling technique: - The present study samples were selected by purposive sampling technique which is type of non - probability approach, adopted for the study.

Sampling criteria:

Inclusion criteria:

- Male and female staff nurses who are registered, and licensed nurses.
- Staff nurses who are willing to participate in the study.
- Staff nurses working in different areas of Victoria Hospital

Exclusion criteria:

- Staff nurses who are not available during data collection
- Staff nurses who are sick
- Staff nurses who are on leave

Data collection techniques and instruments:

The tool was developed through the following steps:

- Review of literature to provide adequate content area and information.
- Consultation and discussion with experts from MSN, yoga

master, and psychiatrist.

- Reviewing of textbooks
- Discussion and consultation with the statistician.
- The final tool was prepared with guidance and suggestions from the guide.

Description of the tool:

Part 1: consists of demographic characteristics of participants seeking information such as age, gender, marital status, religion, educational qualification, monthly salary, area of working, hours of working per day, habits, distance of working place, are you doing any exercise if so what is the duration.

Part 2: consists of 30 items pertaining to knowledge regarding progressive muscle relaxation technique.

It has 2 sub sections as mentioned below.

- **Section A:** Questions related to the anatomy and physiology of musculoskeletal system.
- **Section B:** Questions related to management of progressive muscle relaxation technique.

To find out the association with the selected demographic variables and knowledge scores, respondents are categorized into three groups.

- Adequate knowledge score: 23 & above (75 - 100%)
- Moderate knowledge score: 16 - 22 (50 - 74%)
- Inadequate knowledge score: <15 (below)

Content validity:

The tool was given to 10 experts in nursing field, 1 statistician and 1 yoga asana master to establish content validity. there was 100% agreement by all experts. However, there were few suggestions to modify some questions and they were incorporated in the final draft.

Reliability:

The reliability was established through the split half method by administering it to 35 staff nurses Co efficient co - relation was 0.70. hence the tool was found to be reliable.

Procedure for the data collection:

Permission for conducting the study was obtained from consent authority. To obtain the free and true response, the subjects were explained about the purpose and usefulness of the study and assurance about the confidentiality of the responses was also provided. an informed consent was obtained from each subject to indicate their willingness to participate in the study.

4. Results

Section 1: Association between socio demographic variables and pre test knowledge level of participants on knowledge regarding progressive muscle relaxation technique.

Characteristics	Group	Median and Less	More Than Median	Chi Square Value	P
Age	20 TO 30 years	4	4	1.108	0.775 NS Df=3
	31 TO 40 years	3	2		
	41 TO 50 years	7	3		
	51 TO 60 years	6	6		
Gender	Male	11	8	0.010	0.922 NS DF=1
	Female	9	7		
Religion	Hindu	9	2	5.270	0.153 NS Df=3
	Muslim	8	10		
	Christian	3	2		
	Others	0	1		
Educational Qualification	GNM	5	4	0.551	0.908 NS DF=3
	BSC	2	2		
	PB BSC	9	5		
	MSC	4	4		
Marital Status	Single	5	3	0.122	0.727 NS Df=1
	Married	15	12		
Income	25000 to 34000	3	4	1.867	0.601 NS Df=3
	35000 to 44000	3	2		
	45000 to 54000	12	6		
	55000 to 64000	2	3		
Area of Working	ICU	4	5	1.718	0.633 NS Df=3
	ward	5	2		
	OT	6	3		
	Post Op	5	5		
Working Hours	6 to 8 hours	19	13	0.760	0.383 NS DF=1
	9 to 11 hours	1	2		
Habits	walking	1	2	2.167	0.538 NS Df=3
	meditation	11	5		
	yoga	4	3		
	others	4	5		
Distance of Working Place	10 to 19 km	4	3	0.001	0.999 Df=3
	20 to 29 km	4	3		
	30 to 39 km	8	6		
	40 to 49 km	4	3		
Exercise Duration	20 to 29 min	6	7	1.077	0.584 NS DF=2
	30 to 39 min	8	5		
	40 to 49 min	6	3		

Section 2: Classification of participants on pre test and post test knowledge scores regarding progressive muscle relaxation technique

Knowledge Level	Category	PRE TEST		POST TEST	
		Number	Percentage	Number	Percentage
Inadequate	<50% Score	35	100.0	00	0.0
Moderately Adequate	50 - 75% Score	0	0.0	14	40.0
Adequate	>75% Score	0	0.0	21	60.0
Total		35	100.0	35	100.0

Section 3: Overall pre test and post test mean knowledge on progressive muscle relaxation technique

Knowledge	Mean	Sd	Paired 'T'
Pre	12.91	2.17	15.647
Post	22.94	2.70	
Enhancement	10.029	3.321 (0.56)	

*Significant At 0.05 Level, T (0.05, 34df) =

5. Nursing Implication

Nursing Practice

The nurses must have adequate knowledge regarding progressive muscle relaxation technique. In order to achieve this, it is very essential for the staff nurses to acquire. Staff nurses have to be provided information so as to render better care to the staff nurses themselves.

Nursing Education

- 1) There should be some specialized training or course to improve the knowledge of staff nurses to managing with busy schedule
- 2) The study can be extended for educating the staff nurses.
- 3) This study stresses the need for education for the nursing personnel in order to provide effective relaxation technique during initial distress of staff nurses

Nursing Administration

- 1) The Nursing administrator take part in developing protocols, standing order in teaching measures in educating progressive muscle relaxation technique.
- 2) The Nursing administrator can plan for division of work force in wards to reducing the stress
- 3) The nurse administrator can plan and organize training programme, to keep pace with the latest trends in progressive muscle relaxation technique.

Nursing Research

- 1) The study will motivate the beginning researchers to conduct same study with different variables on a larger scale.
- 2) The findings will help the nurses to plan teaching programmes on different hospitals and health care setting to provide information regarding progressive muscle relaxation technique.

6. Limitations of the study

- 1) The study is limited to the staff nurses working in Victoria hospital, Bengaluru
- 2) The study did not include any control group.
- 3) The sample for the study was limited to 35 staff nurses
- 4) The small number of the samples and purposive sampling technique limits the generalization of the study
- 5) The study is limited to those who are willing to participate.

7. Conclusion

It was concluded that staff nurses were having moderate knowledge regarding pmrt. The study finding also emphasizes that there is no significant association between the level of knowledge with their personnel demographic variables.

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