

# Effectiveness of Relaxation Technique to Reduce Stress among Drivers

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**Abstract:** ***Background:** Bus drivers frequently report tension, mental overload, fatigue and sleeping problems. Bus drivers also have more frequent absences from work and of longer duration than workers in other occupations. A large proportion of the work absences are attributable to stress-related disorders such as digestive problems and anxiety and stress. **Aim:** The aim of the study is to evaluate the effectiveness of relaxation technique in reducing stress among drivers. **Objectives:** To evaluate the effectiveness of relaxation technique in reducing stress among drivers. **Methodology:** A total of 30 drivers were selected by using non probability convenience sampling method. Pretest was conducted and music therapy was given for 15 minutes each day for next five consecutive days. After that post test stress score was assessed after seven days. The data were analyzed by using descriptive and inferential statistics. **Result:** Out of 30 samples in pre test 14(47%) are suffering from moderate stress and 14(47%) are suffering from mild stress and 2(6%) are normal. Out of 30 samples 4(13%) are suffering from mild stress and 26(87%) are normal. The pre test mean value was 38.03 with 6.63 SD and post test mean value of 20.86 with 3.339 SD.*

**Keywords:** relaxation technique, stress, drivers

## 1. Introduction

Health is a resource for life, not the object of living. It is a positive concept emphasizing social and personal resources, as well as physical capacities. All communities have high variable. Unique strengths and health need is a common theme in most cultures. Health is multi dimensional and is the condition of being sound in body, mind or spirit especially freedom from physical disease or pain. Health is the outcome of a large number of determinants. The list of health determinants is quite long. The factors affecting health may be classified as agent, host and environment. The presence and interaction of these factors initiate the disease process in man.

Bus drivers frequently report tension, mental overload, fatigue and sleeping problems. Bus drivers also have more frequent absences from work and of longer duration than workers in other occupations. A large proportion of the work absences are attributable to stress-related disorders such as digestive problems and anxiety. The main health problems leading to disability are related to the back, tendons and joints, mental illness, and heart and blood vessel disease.

## 2. Need for the Study

Most employees agree that a reasonable amount of stress is okay. In fact, there is such a good thing as good stress. Just like there is good cholesterol, there is also good stress. It is called "eustress." Eustress is the amount of positive energy that excites and moves a person to achieve a goal. Eustress invigorates, motivates and drives people's internal engines to get things done.

Music has always enchanted humanity. When one is tired and down, music can be uplifting. It can calm the strained nerves, soothe the depressed, comfort the lonely, delight the young and lull a child to sleep. Researchers working in the field believe that, in the near future, music can be

scientifically planned and composed not only to create any desired mood, emotion or pattern of behavior, but also to control our physical processes and various types of diseases.

**Williamson A.M, fever A.M, Friswell.R(2012)** conducted a study on 27 professional Australian bus drivers completed a 12 hours , 900 kilometer trip under each of three driving regimes-a relay (staged) trip, a working hours regulated one way (single) trip, and a one way flexible trip with no working hours constraints. The result indicates that none of the driving regimes prevented fatigue and stress and that the pattern of fatigue is experienced during the trip appear to be related to pre trip fatigue and stress level.

**Barber and Hahn (2011)** conducted a study on progressive muscle relaxation technique is effective in producing relaxation among bus drivers than the simple instruction to sit quietly . There were two conditions , twelve subjects were assigned to a progressive muscle relaxation condition , on the remaining 36 subjects were assigned to three control groups. They were placed in a semi recumbent position and given the simple instruction to sit quietly. Result shown that PMRT was effective in producing relaxation as indicated by physiological measures among bus drivers.

## 3. Problem Statement

A study to assess the effectiveness of relaxation technique to reduce stress among drivers working in saveetha university.

## 4. Objectives of the Study

- To determine the level of job stress among drivers using perceived stress scale before administration of relaxation techniques (pre-test)
- To determine the level of job stress among drivers using perceived stress scale after administration of relaxation technique (post-test)

- To evaluate the effectiveness of relaxation technique in reducing stress among drivers working in Saveetha University.

## 5. Hypothesis

There will be a significant reduction in level of stress after receiving relaxation technique among drivers.

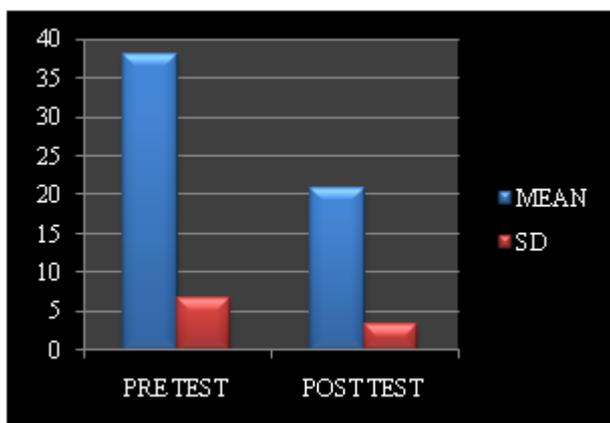
## 6. Material and Methods

The research approach used in the study was quantitative approach by using quasi experimental research design. The study was conducted at saveetha university with 30 samples. The sample were identified and selected by using non probability convenience sampling method. Demographic variables were collected from the sample. Pretest was conducted and music therapy was given for 15 minutes each day for next five consecutive days. After that post test stress score was assessed after seven days. The data were analyzed by using descriptive and inferential statistics.

## 7. Result

Out of 30 samples in pre test 14(47%) are suffering from moderate stress and 14(47%) are suffering from mild stress and 2(6%) are normal.

Out of 30 samples 4(13%) are suffering from mild stress and 26(87%) are normal. The pre test mean value was 38.03 with 6.63 SD and post test mean value of 20.86 with 3.339 SD. The paired-t test reveals that there is effectiveness of relaxation technique on stress reduction among drivers at the level of  $P < 0.05$ .



## 8. Conclusion

The study conducted that the relaxation technique (music therapy) is used for reduction of stress among drivers, which can reduce the need of pharmacological intervention. The relaxation technique is a cheap and simple way to relieve stress, anxiety, and fatigue. The study finding reveals that relaxation technique helps to reduce the stress level among bus drivers. The study also reveals that there is association selected demographic variables such as educational status, marital status, type of family and place of living and no association with age, sex, religion and monthly income.

## 9. Recommendation

- 1) Provide opportunities for nursing students to get exposure in stress management.
- 2) In-service education programme on stress management for nurses can be conducted.
- 3) Other educational need of the nurse can be identified and studied.
- 4) Other methods of teaching can be used to find its effectiveness.

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