Effectiveness of Laughter Therapy on Stress among School Teachers

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Abstract: *Life is stressful and represents a contrast, dynamic exchange of energy between people and their environment. The human organism uses innate processes to maintain and restore homeostasis under stressful conditions. Teachers stress may be caused by a complex set of reasons.* Aim: *to assess the effectiveness of laughter therapy on the level of stress among school teachers.* Material & Methods: *one group pre test and post test design was chosen. Purposive technique was used. Middle school Teachers were the sample.* Results: *In the pre test, the overall mean of level of stress was 80.56 with SD of 8.48.In the post test, the overall mean of level of stress was 48.56 with SD of 9.25.The paired "t" test value is significant at 24.59.It was statistically significant at p< 0.05 level. It indicates the level of stress has been reduced.* Conclusion: *Laughter therapy has significant impact in reducing the stress among Teachers.*

Keywords: laughter Therapy, Stress, School Teachers

1. Introduction

Every working women and men are faced with stress in their work place daily they never knew how to cope up and deal with the stressors and sources of stress. Stress reduction techniques were not aware to them. A study shows that the number of times a person laughs reduces from 400 times to 17 times between a preschool age and adulthood. The various research studies conducted on laughter therapy have supported the investigator to involve in this study. In the present study the investigators has implemented laughter therapy to reduce the stress level among school teachers and enhance their well being.

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Laughter lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. Laughter is beneficial for one's health.

2. Background

Teacher stress is detrimental and has been associated with factors such as burnout, teacher quality, self-efficacy, demographic characteristics ,heavy workload, large student discipline difficulties, and student interaction problems. (Davidson, 2009; Russel, Altmaier, & Velzen, 1986)

Teacher quality has been associated with higher levels of student achievement in secondary classrooms (Allen et al., 2013).Despite evidence of an association between teacher stress and a number of other factors, little is known about the relationships between teacher reported stress and observed measures of teacher quality.

Teacher's stress and teachers quality has an unpleasant relationship. Stress reduced environment improves the quality in teaching and increase the quality of life.

2.1 Statement of Problem

A pre experimental study to assess the effectiveness of laughter therapy on the level of stress among school teachers

2.2 Objectives

- To assess the pre-test level of stress among the school teachers.
- To determine the effectiveness of laughter therapy on the level of stress among the school teachers.
- To assess the post-test level of stress among the school teachers.
- To associate the level of stress with their selected demographic variables.

2.3 Methodology

Study Approach & Design
Quantitative- Evaluative approach was adopted for the study. Pre experimental one group pre test and post test design was chosen for this study.

One Group Pre Test Post Test Design

Pre test (01)	Intervention (X)	Post test(02)
Level of stress before giving laughter therapy	Administration of laughter therapy	Level of stress after giving laugher therapy

01-Level of stress before giving laughter therapy
X - administration of laughter therapy (milk shake laugh, lion laugh, one meter laugh, greeting laugh, cellphone laugh, appreciaion laugh.)
02- Level of stress after giving laughter therapy

Research Setting
The setting of the study was conducted in selected panchayat union middle school, Thiruvallur district.

Population
Target population for study was all the school teachers. The accessible populations are school teachers handling 1st-5th standard in selected middle school.

Sample
School teachers of selected union middle school, Tiruvallur district, who fulfilled the inclusive sampling criteria.

Sample Size: 30

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Sampling Technique: Non-probability - Purposive sampling technique.

Development of data collection and instrument

The tool was developed doing extensive literature review. Modified Teachers stress scale (TSS)was developed .The tool as validated by nursing experts'. Demographic characteristics such as, gender, age, marital status, type of family, education, income, level of students, transport facility, working hours, number of students you teach, experience, peers support are included.

The instrument used was modified scale of teachers stress test which is open public tool. "the tool contribute four domain

Part – 1
Background variables

Part – 2
The level of stress was assessed by modified teachers stress scale under four domain

1) Frequency and percentage distribution of demographic and self structure questionnaire
2) Frequency and percentage distribution of pre and post test level of stress among school teachers.
3) Mean and standard deviation of pre test and post test level of stress among school teachers.
4) Association of level of stress in relation to the demographic data.

The Tool for Data Analysis:

The tools measured the pre test and post test level of stress on the laughter therapy using self structured questionnaire.
SECTION A: Demographic variables.
SECTION B: Teachers stress scale.

Procedure for data collection

Totally 30 samples (who met the inclusive criteria)were selected by purposive sampling technique. Written and oral consent from participant was obtained. After a brief self – introduction and explanation about the study .The investigator proceeds with the main study. Pre test data was collected by using self structured questionnaires to collect demographic variables and stress was assessed by using Teachers stress scale (TSS).Questionnaire by written test was assessed directly by the investigators for about 10 minutes.

The samples were divided into three groups and demonstrated with explanation of laughter therapy for about 30 minutes. The samples were encouraged to practice the same. They were comfortable with the procedure and time was adequate.

Post test was assessed by using Teachers stress scale (TSS).

Data analysis
Data was analyzed using both descriptive and inferential statistics

3. Results

Table 1: Frequency and percentage distribution of pre and post test level of stress among school teachers.

Level of stress	Non noticeable 1		Barely noticeable 2		Moderately noticeable 3		Very noticeable 4		Extremely noticeable 5	
	No	%	No	%	No	%	No	%	No	%
Pre test	0	0	1	3.33	10	33.33	19	63.33	0	0
Post test	0	0	4	13.33	12	40	14	46.66	0	0

Table 2: shows that in the pre test level of stress among teachers were Non noticeable 0 (0%), Barely noticeable 0(0%)

Moderately noticeable 1 (3.33%) Very noticeable 10(33.33%)and Extremely noticeable19(63.33%).

In the post test stress Non noticeable 4(13.33%),Barely noticeable 12(40%) Moderately noticeable 14 (46.66%) Very noticeable 0(0%) and Extremely noticeable 0(0%) ,

Table 3: Mean and standard deviation of pre test and post test level of stress among school teachers.

Variables	Pre test		Post test		"t" value
	Mean	S.D	Mean	S.D	
Level of stress	80.56%	8.48%	48.56%	9.25%	24.59%

* p = < 0.05

Table3:Indicates that in the pre test, the overall mean of level of stress was 80.56 with SD of 8.48.In the post test, the overall mean of level of stress was 48.56 with SD of 9.25.The paired "t" test value is significant at 24.59.It was

statistically significant at $p < 0.05$ level. It indicates the level of stress has been reduced.

4. Discussion

Over all findings of the shows that laughter therapy in the pre test stress No noticeable(0),Barely noticeable(0) Moderately noticeable (1) Very noticeable(10)and Extremely noticeable(19)and adequate control over stress implying the necessity of laughter therapy on Reducing the level of stress for school teachers. As similar to the findings of Stein & Reeder et al. (2009) conducted study on laughing at oneself for beginning nursing students Convenience sample of nine female BSN students from the University of Colorado, Denver, Health Sciences Center. The students'' ages were between 23 and 51 years old Qualitative Face-to-face interview Husserl's phenomenological methodology (1990). Detailed approach Four-column analysis grid Using the experience of laughing at oneself in the nursing profession provided the nursing students with tools that they could use successfully with the challenges that they would face in their nursing career.

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The analysis of pre test level of stress revealed that the overall pre test mean score was (80.56) with S.D of (8.48) and the post test mean score was (48.56) with S.D of (9.247) and t value of (24.59) which had high statistical significance. This indicated that the level of control over stress had significantly increased after the training. As similar to the findings of **Fabiola. M. Mathew et al. (2003)** conducted a study to assess the value of humour in current nursing practice. Using of laughter therapy in nursing practice helps to relive the work stress that associated with low pay offered, intermittent shortages of nurses, high staff turnover work overload and additional stresses associated at workplace.

After laughter therapy in the post test stress No noticeable(4),Barely noticeable(12) Moderately noticeable (14) Very noticeable(0)and Extremely noticeable(0) , as similar to the findings of **Klatt M.D et al. (2009)** conducted a qualitative study among 50 individuals employed in various occupations in Iran. Individuals are divided as 15 workers, 15 managers, 9 guardians, 5 dentists, 6 teachers. Provided laugh for 30 minutes and after each session asked to continue in work environment. The result showed that there was a great relief from the stress after laughter therapy.

This findings revealed that there was significant association of the level of stress with age, interpersonal, educational status, monthly income, type of family, parenting style study findings was similar with the study of Kyriako et al.(2001) Stress levels among practicing teachers are high reported that 37% of teachers were stressed.

5. Conclusion

The present study assessed the effectiveness of laughter therapy on level of stress among school teachers. The investigators concluded that information, education, practice and communication package on laughter therapy was an effective method to reduce the level of stress among school teachers. This study finding highlights the needs for laughter therapy to reduce the level of stress.

6. Implications

Nursing practice
The nurse develops a self instructional module aimed at imparting knowledge on laughter therapy on reduction of stress among school teachers. The nurse should create awareness among school teachers regarding laughter therapy to the level of stress.

Nursing Administration
Nursing administrators can formulate policies which include all nursing staff to be actively involved in health education programme especially through information, education , communication. They should involve designing and distributing health education materials like flash cards and other audio visual aids.

Nursing Education
During the course of study, student nurses will able to understand the effectiveness of laughter therapy exercise among school teachers. It helps to understand that increase in stress level may lead to several health problems.

Nursing Research
This study can be used as an access to further studies .One of the aims of nursing research is to expand and the scope of nursing and providing evidence based practice in the setting.

7. Recommendations

- The study findings could be disseminated to the authorities in the study setting and introduced as a component of laughter therapy exercise.
- A similar study can be conducted on a large scale for better generalization.
- A similar study can be carried out in different settings.

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