

# IMPACT OF JACOBSON PROGRESSIVE MUSCULAR RELAXATION ON MENTAL WELLBEING OF INSTITUTIONALIZED WOMEN

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**Abstract-** Institution is a place where individuals are placed in closed spaces and these individuals have nobody to take care of them as they are abandoned by their families due to severity of various psychiatric illnesses such as depression, anxiety, various addiction disorders and schizophrenia. Keeping this in mind, this study was taken up to explore the effectiveness of various interventions such as relaxation training and positive motivation to help them to combat difficulties and adapt well in the society. For the study, purposive sampling technique was used and pre and post research design was used and individuals were ranging the age group of over 60 years and above. Tools used in this study were beck depression inventory and psychological wellbeing. Findings indicated clear support of relaxation and positive motivation in improving the level of depression and psychological wellbeing. Policy makers and mental health professionals can really emphasize the importance of this and apply it in their clinical settings as more and more people according to the statistics are gradually heading towards various mental health problems, also as there is a rapid decreased in mortality rates due to improvement in medical practices and facilities and thus people are living till the age of older adults.

**Keywords:** Institution, depression, anxiety, psychological wellbeing.

## 1. INTRODUCTION

Family is the social institution that is perhaps closest to us; we immediately see and feel its influence in our everyday lives. Everyone has an understanding from our personal experience of what is meant when we say the word 'family'. Yet there is some difficulty in coming to a social consensus on its definition. Most attention focuses on the concept of the family as the group socially responsible for bearing and rearing children, rather than on the family relationship that continues as an important organizing force throughout our lives. All the members of the family were well protected in the joint family system that existed in the early Indian society but by the beginning of the 20th century onwards it declined because of so many reasons like Family planning, Foreign Jobs, Women employment, Migration and Educational upward etc. As a result, the nuclear family structure came into being. Quite often the people who belong to the nuclear family structure do not get the protection and comfort that they deserve which leads to a lonely life. Loneliness, improper medical care, financial instability and emotional distancing from the other members of the family compel the people to lead an institutional life. Institutionalization of people continues to be a national problem. On the one hand, because of the low number of institutions which are capable to take over the increased number of people, and on the other hand due to lack of funds needed for adequate endowment of this institution. Well-being in institutionalized people also requires universal and equal access to a full continuum of health care services that are tailored to each community's needs and meet appropriate legal, regulatory, and professional standards. Regardless of location or cost, many Institutionalized adults cannot access services due to discriminatory attitudes and practices based on age, gender, race, ethnicity, language, sexual orientation, gender identity and expression, physical, psychological, or cognitive disability, or other diversity factors-or forego using available services that are not culturally appropriate or physically accessible.

Well-being has become an important focus for health and social policy in general, and in relation to older people in particular. Physical, social and emotional health's are all important aspects of our overall health and wellbeing. Keeping active in older age is vital for each of these aspects of our wellbeing. This may mean being physically or socially active or keeping the mind active. Everyone has different interests and activities they like to pursue, and these may change from time to time as circumstances change.

However, it is important that we continue to pursue things of interest that give purpose to our lives, regardless of our age or ability. This can help us feel positive and lift our mood when we are feeling flat or low. Old age can be broadly characterized by time-altered changes in an individual's biological, Psychological and health related capabilities and its implications for the consequent changes in the individual's role in the economy and the society (Irudaya Rajan and Misra, 1995).

## 2. REVIEW OF LITERATURE

Liu G et.al (2012) studied the psychological well-being of the institutionalized and community residing oldest old in china. The results indicated that results from a national sample of oldest-old adults in China showed that institutionalized adults had significantly better psychological health than their community-residing counterparts.

Srisailamaiah. M, Suresh.K et.al (2016) studied the depression and psychological well-being among living institutionalized and non-institutionalized elderly. The result revealed significant differences in depression and psychological well-being with respect to institutionalized and non-institutionalized elderly. While co-relation between depression and psychological well-being reveals -0.68, negative correlation

Kavitha S, Dr. Kumudini Achchi (2016) studied psycho-social problems of institutionalized elders, the study reveals that institutionalized elders are suffering from various psychological problems such as depression, anxiety, death anxiety, low self – esteem, stress and social problems such as social isolation, lack of social support system, loneliness, boredom etc., mainly due to the separation of family, urbanization, industrialization, status of women and spread of institutionalized services

## 3. OBJECTIVES

- To study the psychological well-being and depressive level of Institutionalized citizens
- To compare the impact of life-style interventions on psychological well-being of Institutionalized people pre and post interventions.
- To compare the impact of lifestyle interventions on the level of depression of Institutionalized people pre and post interventions.

## 4. HYPOTHESIS

- There will be significant differences on psychological well-being in post lifestyle interventions.
- There will be significant differences in the level of depression post lifestyle intervention.

## 5. METHOD

### 5.1 Sample

The sample of the present research consisted of 35 Institutionalized Women. The age ranges of the women were 60 years and above and purposive sampling technique was used for selecting the subjects.

### 5.2 Research Design

The current research employed pre-post Research design.

Phase I – Pre examination, the administration of questionnaire on all the research participants.

Phase II – Intervention

Phase III- Post examination, assessing the participants after intervention

### 5.3 Selection Criteria

#### 5.3.1 Inclusion Criteria

Women aged 60 years and above from all socio-economic classes and willing to participate in the study were included

#### 5.3.2 Exclusion Criteria

Women below the age of 60 years and came to Delhi just to spend holidays with their children at the time of data collection and were not the permanent residents of Delhi were excluded from the study. Also, those older people who were bedridden incapable of participating in the intervention program were excluded from the study. Also, older people who were unwilling to participate were excluded from study.

## 6. SELECTION OF TOOL

### 6.1 Beck Depression Inventory

The Beck Depression Inventory Second Edition (BDI-II) is a 21-item self-report instrument intended to assess the existence and severity of symptoms of depression as listed in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders. Each of the 21 items corresponding to a symptom of depression is summed to give a single score for the BDI-II. There is a four-point scale for each item ranging from 0 to 3. On two items (16 and 18) there are seven options to indicate either an increase or decrease of appetite and sleep. Cut score guidelines for the BDI-II are given with the recommendation that thresholds be adjusted based on the characteristics of the sample, and the purpose for use of the BDI-II. A total score of 0-13 is considered minimal range, 14-19 is mild, 20-28 is moderate, and 29-63 is severe.

## 6.2 Psychological Well Being Scale

Carol Ryff has conceptualized psychological well-being as consisting of 6 dimensions: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, self-acceptance. She has designed self-report scales to assess individual's well-being at a particular moment in time within each of these 6 dimensions. Three- to 12- item per scale validated versions exist of the measure for use in survey research or other data collection. Individuals respond to various statements and indicate on a 6-point Likert scale how true each statement is of them. Higher scores on each on scale indicate greater well-being on that dimension.

## 6.3 Statistical Analysis

Data for the study was analysed using the Statistical package for social science, SPSS version 20. Means, standard deviation, significance level and regression were done. The level of significance chosen for this study was  $p < .05$  at 95% confidence interval.

## 7. RESULT

The results displayed in table 7.1 clearly reveal that there is a significant difference between pre and post assessment score on psychological well-being ( $t = 5.46$ ,  $p < 0.05$ ). The mean score of post assessment on psychological well-being is 95.84 which is higher than the mean score of pre-assessment, as the mean score of pre assessment is 1.63.

**Table 7.1 Comparison between pre- and post-lifestyle intervention assessment of psychological well-being of institutionalized citizens**

Variable	Group	N	Mean	S. D	t	df	Sig.
PSW	Pre assessment	35	1.63	62.24	5.46	24	.000
	Post assessment	35	95.84	21.37			

Therefore, it can be predicted from the table that there is a difference between pre and post assessment score on psychological well-being and it lead to acceptance of hypothesis – 1 which states that there will be significant difference on psychological well-being of Institutionalized citizens post life style intervention.

**Table-7.2 Comparison between pre and post lifestyle intervention assessment on level of depression of institutionalized citizens**

Variable	Group	N	Mean	S.D	t	df	Sig.
Depression level	Pre assessment	25	19.84	5.23	6.55	24	.000
	Post assessment	25	29.12	5.70			

The results displayed in table 7.2 clearly reveal that there is a significant difference between pre and post assessment score on level of depression ( $t = 6.55$ ,  $p < 0.05$ ). The mean score of post assessment on depression is 29.12 which is higher than the mean score of pre assessment, as the mean score of pre assessment is 19.84. Therefore, it can be predicted from the table that there is a difference between pre and post assessment score on depression level and it lead to acceptance of hypothesis – 2 which states that there will be significant difference on level of depression of Institutionalized citizens post life style intervention.

## DISCUSSION

In present study, researcher found that there is a difference between pre and post life style intervention assessment on psychological well-being of institutionalized citizens, this is because people living in institutionalized places faces a lot of challenges and living away from family leads effect on well-being. Many of them usually develop psychological and biological diseases. When some change is brought in their life style, it eventually brings positive effect on biological and psychological issues they are facing. In the present study the exercise of moderate intensity were given to the inmates and all of them showed confidence in themselves through more active participation in leisure time activities.

According to table 7.2, level of depression was low in post life style intervention in institutionalized citizens. People in old age commonly suffer from depression because they are not contented within self and never realized transcending self; self-realization is accorded greater prominence than self-actualization. It is found that breathing exercises helps in calming ones anxieties and frustrations. When breathing exercises occupied a fixed place in daily routine helped them in having control of oneself. Since psychological well-being and depression are always negatively correlated, in the present study psychological wellbeing improved post life style intervention which lowered the depression level among institutionalized citizens.

## RECOMMENDATIONS AND SUGGESTION

Today's society is undergoing transformation in terms of family size, changing moral value system and rapid change in mind set up of people. Therefore, we should run moral education programs and spread them across the country via media and other public communication modes. At the same time we should develop more and more old age shelter homes in the country to give extended care to our older citizens who contributed in the development of this nation in their young age. Also we should improve the condition of living in unpaid old age homes make them more joyful and self-sustainable for older people who are going to spend lot many years of their life in old age homes therefore we should attempt to give them a life full of respect and love.

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