

## **Effect of Muscle Relaxation Technique on Reducing Anxiety Level of Elderly at Geriatric Home**

ملخص البحث باللغة الانجليزية:

### **Introduction**

Geriatric home is very stressful for elder and their families, with the potential for interrupting the developmental processes and causing negative behavior outcomes. Geriatric home disrupt the elder's normal routine, which can increase the elder's vulnerability and decrease coping ability. Elders are the most susceptible to distress following Geriatric home.

Relaxation is to relax body muscle groups systematically and to focus calmly on mental images that produce psychological relief of body tensions and stress. Relaxation technique works best in a quiet, non-distracting setting with the person lying down or sitting on calm or comfortable furniture using a short phrase or word and a detached attitude

A major role of geriatric nurse is to minimize the stress of geriatric home, through providing support to elder and their families before, during and after stay in Geriatric home. Nursing intervention begins with recognition of the signs and symptoms of anxiety, causes and coping skills the elder used in the past. Intervention strategies can be divided into preventive and management strategies and can be used with patients and family members in a variety of setting. Nurses are instrumental in helping elder to learn or regain highly effective coping strategies and avoid ineffective or destructive strategies, including most of the defense mechanisms.

### **Subjects and methods:**

The aim of the study was to evaluate effect of muscle relaxation technique in reducing anxiety level of elders on geriatric home.

**Design:** A quasi- experimental was used to achieve the aim of this study.

### **Sampling:**

A purposive sample of 70 elders who admitted on geriatric home at Tanta governorate from the first of January to the end of April 2014 was included in this study. Control group and study group (70 elder for each). The study group received the progressive

deep muscle relaxation exercise, while the control group received the geriatric home routine care, and their ranged from 65-92 years both sexes.

### **Tools:**

Three tools were used to select the required data:-

1- An Assessment Questionnaire sheet to collect biosocial data including age, sex, birth order, residence and level of education...act.

2- An Anxiety Scale:- (Arabic version of Elder Manifest to Anxiety Scale) (EMAS), It was composed of 36 statements and it measures all the following aspects of anxiety in elder; Somatic feature, Physiological feature, Motor feature, Emotional feature, Mental feature, and Social feature.

### **3- Progressive Deep Muscle Relaxation Exercise:-**

Progressive deep muscle relaxation exercise was developed by Edmund Jacobson to combat tension and anxiety. It included several phases, in each phase instructions were given to the patient to tense and relax a group of various muscles of the body systematically with deep breathing exercise. Between each phase, the elder was relaxed for five seconds.

### **Methods**

Permission was obtained from the director of geriatric home at Tanta. The questionnaire sheet was developed after reviewing of the related literature. Data were collected over a period of four months started from first January to end April 2014.

Doctors, nurses and elders in the geriatric home were informed about the role of the researcher to gain their cooperation and secure proper communication.

A pilot study was carried out before starting the data collection. It was done on 10 elder to verify the applicability, feasibility and test the clarity of the questions and estimate the time required for each interview.

Every elderly was interviewed for 20 to 30 minute. Anxiety level was estimated on admission day for both groups (study and control). For study group progressive deep muscle relaxation exercise was conducted for 15 minutes twice daily starting from the first day of admission (First time at morning shift and the other at afternoon shift with 3-6 hours apart) for 4 consecutive days. The technique instructions were given to participant individually, and then the participant was performing the relaxation technique.

Anxiety level was re-estimated at fourth day of admission for both groups (study and control). Anxiety level was measured for the third time on the discharge day for both groups (study and control).

### **Result**

Eighty five percent of the study group had no severe anxiety, while 97.1% the control group had severe anxiety level. There were significant differences in the anxiety levels among the study group and the control group in both sexes respectively at the fourth day of admission to the geriatric home. Regarding the changes of the anxiety level from admission till the fourth month of admission,

it was observed that the majority of the study group (94.3%) showed improvement in their anxiety level compared to 62.9% in the control group with significant differences between them.

### **Conclusion:-**

From the present study it can be concluded that the anxiety level of elders were improved after application of progressive muscle relaxation technique. Muscle relaxation techniques help in decreasing level of anxiety of elders and increase the cooperation during their admission and stayed.

### **Recommendations:-**

Daily practice of muscle relaxation technique can help restore physical, psychological balance and reduce tense feelings that include being jumpy, irritable and nervy. Nurses should provide emotional support; explain the purpose of treatments and relaxation technique for the elders.