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Effect of Group Based Guided Imagery to Reduce Stress among Women in Small Scale Industries

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ABSTRACT

Stress is your body 's response to anything that requires attention or action . Everyone experiences stress to some degree. The way you respond to stress, however , makes a big difference to your overall well- being . Stress responses help your body adjusts to new situations. Stress can be positive, keeping us alert and motivated ready to avoid danger. A total of sixty (60) populations were selected according to the inclusion criteria. The women stress level was measured first by using the screening tool Bergen burnout inventory (BBI) and 30 people were selected. The scale used by Perceived stress scale (PSS). The samples were divided into fifteen (15) samples in experimental group and fifteen (15) samples in control group. The intervention is given to the sample that has moderate to severe stress. The pre-test and post-test were collected from both experimental and control group. The experimental group receives guided imagery technique intervention whereas the control group does not receives guided imagery technique intervention.

Key Words: Stress, Guided Imagery, Small scale industries, Women

INTRODUCTION

Remember that stress does not come from what's going on your life; It comes from your thoughts about what's going on your life" So, "Don't stress; Do your Best; Forget the Rest"

Mental Health is a state of well-being in which a person understands his or her own abilities. It affects the person think, feel, and act as of cope with life. It determines to handle stress and make other choices. Mental health is important at every stage of Life, from childhood and adolescence through adulthood and aging. Mental health is important because it can help you to cope with the stressors of life, Physically healthy, Good relationships, Meaningful contributions to community, Work productivity and Realize your full potential.

Mental health affects by biological factors such as genes or brain Chemistry, Life experiences such as abuse or trauma and your lifestyle such as Diet, Physical activity. Mental Disorders are serious conditions which can affect your Thinking, Mood and Behavior, that may be occasional or long-lasting and also affects day to day life.

The six factors of mental health are Autonomy, Environmental mastery, Personal growth, Positive relations with others, Purpose in Life and Self acceptance.

AIM of the study

To determine the effect of group based guided imagery to reduce stress among women in small scale industries.

Objectives:

To screen the women who have stress in small scale industries by Perceived stress scale (PSS).

To find out the effect of conventional occupational therapy to reduce stress in control group.

To find out the effect of group based imagery to reduce stress among women in small scale industries.

To compare the effect of conventional occupational therapy and group based guided imagery between control group and experimental group.

RESEARCH HYPOTHESIS

There is a significant improvement in reducing stress among women in small scale industries.

Research Design

Quasi-experimental type with quantitative method of study was used to determine the effect of group-based guided imagery to reduce stress among women in small scale industries.

Sampling Technique

The convenient sampling technique was adopted.

Sample Size

The sample setting were fifteen (15) were in experimental group and fifteen (15) were in control group.

Sample Setting

The sample settings were in D.D Enterprises at vengal, Tiruvallur.

Variables

INDEPENDENT VARIABLES:
Group based guided imagery

DEPENDENT VARIABLES:
Stress

Selection Criteria
Inclusion Criteria
Gender: Female
Women between the age of 20 – 40.
Women working in small scale industries
Women with work and personal stress

Exclusion Criteria
Below the age of 20
Children are excluded
Super visor are excluded
Housekeeping person are not involved
Women who has physical illness

Tools Used
Screening Tool
Bergen burnout inventory

Scale
Perceived stress scale

Duration
Three months and two sessions per week totally twenty four (24) sessions for forty five (45) minutes

Procedure

A total of sixty (60) populations were selected according to the inclusion criteria. The women stress level was measured first by using the screening tool Bergen burnout inventory (BBI) and 30 people were selected. The scale used by

Perceived stress scale (PSS). The samples were divided into fifteen (15) samples in experimental group and fifteen (15) samples in control group. The intervention is given to the sample that has moderate to severe stress. The pre-test and post-test were collected from both experimental and control group. The experimental group receives guided imagery technique intervention whereas the control group does not receives guided imagery technique intervention.

INTERVENTION PROTOCOL

Activity based strategies

Warm - up	Action	Wind - down
Sharing positive/negative dream	Snow fall scenario	Ice painting
Discussion about hobbies	Forest scenario	Leaf art
Singing	Rainy scenario	Making miniatures with wet sand

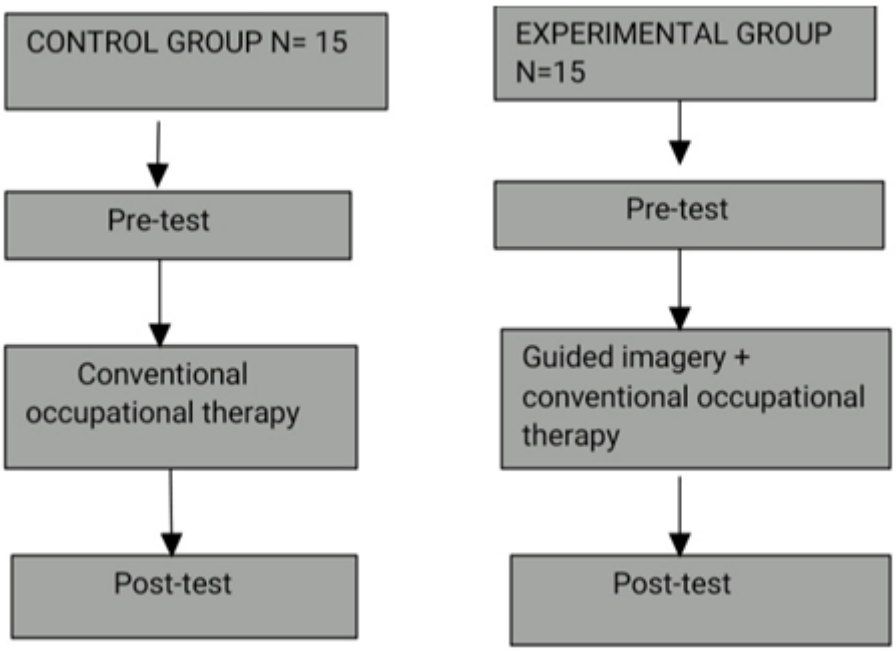

Table1.Statistical analysis of pre-test and post-test of PSS in control group

	Mean	**N**	**Z value**	**p value**
Cntr_Pre	29.0667	15	-3.472	0.002*
Cntr_Post	26.3333	15		

*Significant at 5% alpha level

Since the p value of 0.002 is lesser than 0.05, alternate hypothesis (1) is accepted. Hence, there is statistically significant difference between pre- test and post test scores in the Control Group of the scale. This suggests that the intervention received by the control group had significant improvement .As because of they received relaxation techniques intervention.

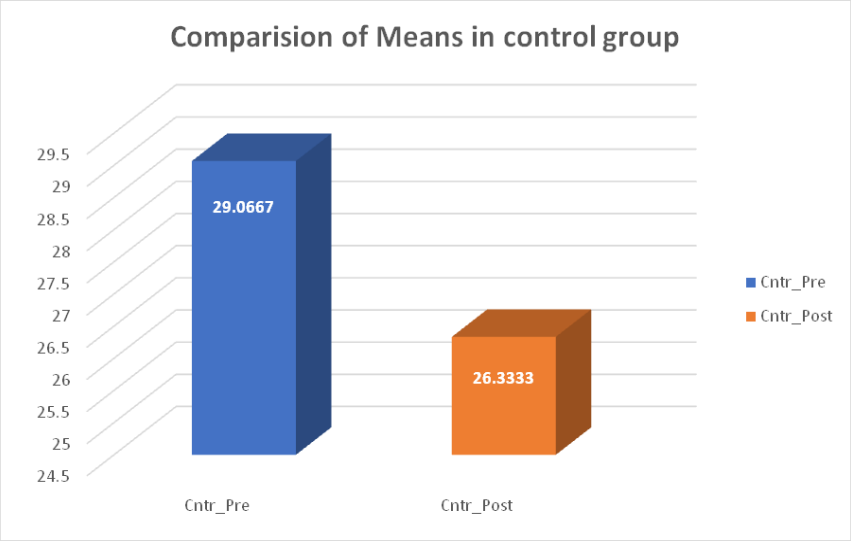

Figure - 1

Table 2.Statistical analysis of pre-test and post-test of PSS in Experimental group

	Mean	**N**	**Z value**	**p value**
Expt_Pre	29.6667	15	-3.438	0.001*
Expt_Post	20.4667	15		

* Significant at 5% alpha level

In the Experimental group, since the p value of 0.001 is less than 0.05, alternate hypothesis (2) is accepted. Hence, there is statistically significant difference in Experimental Group between pre-test and post test scores of the scale. This suggests that the intervention received by the experimental group had significant improvement. As because of they received guided imagery techniques intervention.

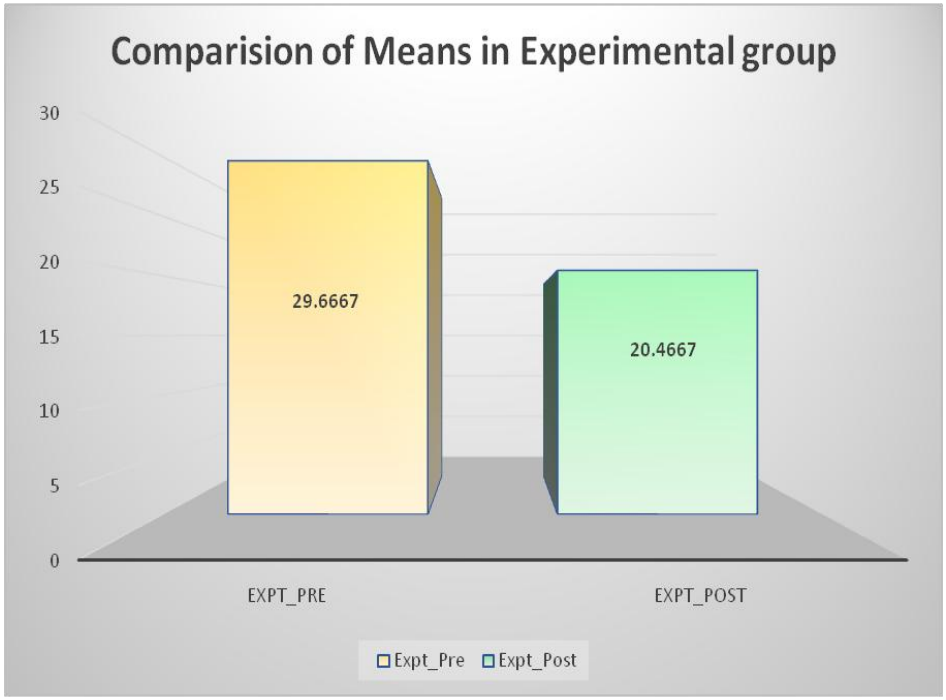

Figure - 2

DIFFERENCE BETWEEN CONTROL AND EXPERIMENTAL GROUP

Table 3. Statistical analysis of post-test of PSS in control and Experimental group

	Mean	N	Z value	p value
Expt_Post	20.4667	15	-4.60407	0.000*
Cntr_Post	26.3333	15		

*Significant at 5% alpha level

Since the p value of 0.000 is lesser than 0.05, alternate hypothesis (3) is accepted. Hence, there is statistically significant difference in post test scores between Experimental and Control Group of the scale. This suggests that the intervention received by the experimental group had more improvement when compared to the control group. As indicated that experimental group has significant improvement than the control group after receiving guided imagery techniques intervention.

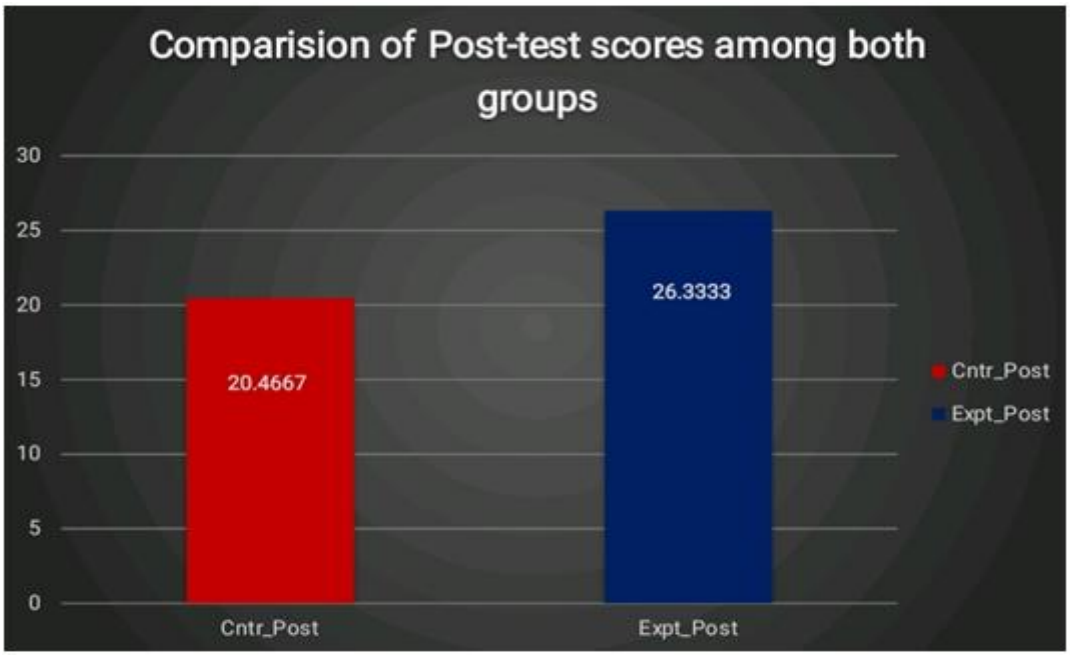

Figure - 3

DISCUSSION

The study aims to determine the effect of group based guided imagery to reduce stress among women in small scale industries. The study was conducted for an intervention period of 3 months for women with stress whom working in small scale industries. A total of thirty(30) stressed women were selected using the selection criteria described in the methodology and randomly allocated to the experimental and control group in each fifteen(15) samples. The age of selected samples ranged between 20 to 40 years women.

Both the control and experimental group patients were measured with screening tool Bergen Burnout Inventory (BBI) and scales used to assess by Perceived Stress Scale (PSS).The women who working in Small Scale Industries. The experimental group undergoes the guided imagery technique for a period of 3 months with two sessions per week lasted for forty five (45) minutes, whereas no intervention given for control group except conventional occupational therapy. After 3 months of intervention the post-test evaluation was done for both experimental and control group and scores were calculated and results analyzed.

Table 1 and figure 1 showed the statistical analysis of the pre-test and post-test of Perceived Stress Scale in control group. Since the p value of 0.002 is less than 0.05, alternate hypothesis (1) is accepted. Hence, there is significant

improvement in control group on the application of the conventional occupational therapy intervention between pre-test and post-test scores of Perceived Stress scale.This study has been accordance with another study reviewed by **Shu-Fen Chen, Hsiu-ho wang, berlinchung:** This study aimed to evaluate the effect of relaxation with guided imagery on patients with breast cancer. Sample Methods: A two-group, pretest and posttest, quasi-experimental design with randomized controlled trial was conducted. Sixtyfive (65) breast cancer patients from one medical center in Taiwan were enrolled in the study. These patients were randomly assigned to the experimental group (n = 32) or to the control group (n = 33). Both groups received chemotherapy self-care education, but the experimental group also received relaxation with guided imagery training. The training on relaxation with guided imagery was conducted before chemotherapy and the patients were supplied with a compact disc detailing the performance of relaxation with guided imagery for 20 minutes daily at home for 7 days after chemotherapy. The experimental group showed significant decreases in insomnia, pain, anxiety, and depression between pretest and the posttest. Comparing the two groups, statistically significant differences were found in the overall symptom distress, insomnia and numbness in physical symptoms as well as in anxiety and depression in psychological distress. One week of relaxation with guided imagery can significantly improve the overall symptoms of distress, insomnia, depression, physical symptoms, and anxiety also decrease psychological distress. The study concluded that Relaxation with guided imagery had a positive effect on mediating anxiety and depression in breast cancer patients.

Table2 and figure2 showed that the statistical analysis of the pre-test and post-test of Perceived Stress Scale in experimental group. Since the p value of 0.001 is less than 0.05, alternate hypothesis (2) is accepted. Hence, there is statistical improvement on the experimental group on the application of guided imagery technique intervention between pre-test and post-test scores of Perceived Stress Scale. This study has been accordance with another study reviewed by **Joao Luis Alves Apostolo:** This study describes the efficacy of Guided imagery intervention for decreasing depression, anxiety, stress, and increasing comfort in psychiatric inpatients with depressive disorder. A quasi-experimental sample design was among sixty (60) short term hospitalized depressive patients selected. The scale used by Depression, Anxiety and Stress Scale (DASS-21) was self administered at two time points prior to intervention (T1) and 10 days later (T2). The experimental group listened to Guided imagery once a day for 10 days. Then, comfort and DASS-21 were also assessed in the usual group at T1 and T2. Then they concluded that the experimental group had significant improvement in comfort and decreased depression, anxiety and stress over time.

Table 3 and figure 3 showed the statistical analysis of post test of PSS in control and experimental group. Since the p value of 0.000 is lesser than 0.05, alternate hypothesis (3) is accepted. Hence, there is statistically significant difference in post-test scores between control and the experimental group of Perceived Stress Scale after the application of both conventional occupational therapy as well as guided imagery intervention. This study has been accordance with another study reviewed by **BirgittaOjala , HeiniHuhtula (2019)** This study was conducted on work is changing and so are work-related occupational hazards. To evaluate psychological well- being they used Bergen Burnout Inventory and Utrecht work Engagement Scale (UWES) for measurement . Total participants of 779 , 594 took part in experimental group and 185 in control group and nine months follow up . And this study suggests that a cognitive behavioural intervention achieved significant improvements in several measures of mental health.

CONCLUSION

The study was conducted over an intervention period of three (3) months. Totally thirty (30) stressed women were selected for the study, fifteen (15) populations in experimental and fifteen (15) population in control group. Pretest and posttest were conducted for both the groups using scale by Perceived Stress Scale. The experimental group undergoes guided imagery technique whereas control group received only conventional occupational therapy.

The result showed that there was a high significant difference between the post scores of control and experimental group. It indicated that there in a high significant improvement in experimental group as because of guided imagery techniques to reduce stress.

From this study, the result suggests that guided imagery techniques can be incorporated into Occupational therapy management for other conditions to reduce stress.

LIMITATIONS AND RECOMMENDATIONS

LIMITATIONS

The duration of the study was shorter.
Study was done on a small sample size.

As this study has done in the same small scale industry, gathering women in time and place was little inconvenience.

RECOMMENDATIONS

The study can be carried out for longer duration.
The study can be done with a larger sample.
The study can be done with above 40 age groups.
The study can be done for other psychiatric conditions including depression, anxiety and sleep disorders.

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