

A Study to Evaluate the Effectiveness of Structured Teaching Programme on Knowledge Regarding Relaxation Therapy to Reduce Anxiety Level among Epilepsy Patients in Senthil Neuro Speciality Hospital, Erode, Tamilnadu

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Abstract:-

➤ Background

Epilepsy is a common and diverse set of chronic neurological disorders characterized by seizures or a paroxysmal brain dysfunction due to excessive neuronal discharge. Psychiatric and cognitive disturbances are relatively common in epilepsy, especially in refractory epilepsy. **Methods:** The aim of the study is to assess & reduce the anxiety level after administering structured teaching regarding relaxation therapy, among epilepsy patients at senthil neuro speciality hospital, erode. A sample of 30 epilepsy patients were selected based on convenient sampling technique. The objectives of the study were to assess the anxiety level before and after the administration of STP and knowledge on relaxation therapy. The data were collected by using Modified Liker't scale& semi structured Knowledge questionnaires. **Results:** The analysis reveals that, out of 30 epilepsy patients 6(20%) had mild level of anxiety, 8(27%) had moderate level of anxiety, 16(53%) had severe level of anxiety before administering structured teaching programme regarding relaxation therapy & among 30 epilepsy patients 6(53%) had mild level of anxiety, 8(27%) had moderate level of anxiety, 6(20%) had severe level of anxiety after administering structured teaching programme regarding relaxation therapy. Out of 30 epilepsy patients,18(60%) had inadequate knowledge level, 12(40%) had moderate knowledge level, none of them had adequate knowledge regarding relaxation therapy before administering structured teaching programme regarding relaxation therapy &20(67%) had adequate knowledge level, 10(33%) had moderate knowledge level, none of them had inadequate knowledge regarding relaxation therapy after administering structured teaching programme regarding relaxation therapy. There was significant relationship between level of knowledge score and selected demographic variables of epilepsy patients such as educational status, place of residence, and duration of illness. **Conclusion:** The findings of the study indicate that there is a lack of sufficient knowledge about relaxation therapy, the structured teaching programme found to be effective in improving

the knowledge regarding relaxation therapy and to reduce the anxiety level among epilepsy patients.

Keywords: - Anxiety, Relaxation Therapy, Epilepsy Patients

I. INTRODUCTION

➤ **Introduction:** “Whoever has learned to be anxious in the right way has learned the ultimate”

Health is related deeply to life style. Ideal health will however, always remains a mirage, because everything in our life is subject to change. Health may be described as an potentiality –the ability of an individual or a social group to modify himself or itself continually, in the face of changing condition of life not only, in order to function better in the present but also to prepare for the future.

Epilepsy can be profound physical, psychological & social consequences& its impact on person's quality of life can be greater than that of some other chronic conditions. The increased epileptic severity can have negative impact on a person quality of life, contributing to anxiety & socially avoidant behaviour.

Feelings of anxiety are so common in epilepsy patients that they are almost considered universal. The most effective option to reduce anxiety is Relaxation therapy.

Relaxation is not just about peace of mind or enjoying, a hobby. Relaxation is a that decrease effects of mind and body and helps to cope with everyday activities & various health problems.

Relaxation therapy can help the uncover underlying causes of worries & fears, learn how to relax, look at situations in new, less frightening ways, develop better coping and problem solving skill.

II. OBJECTIVES

- To assess the level of anxiety and knowledge level on relaxation therapy among epilepsy patients before the administration of structured teaching programme.
- To assess the effectiveness of structured teaching programme on relaxation therapy and anxiety level of epilepsy patients
- To compare the pre test and post test score of epilepsy patients on anxiety level & knowledge on relaxation therapy.
- To find out the association between pre test knowledge score with their selected demographic variables such as age, sex, religion, marital status, education, occupation, family income, type of family, place of residence and duration of illness.

III. MATERIALS AND METHODS

Quasi experimental one group pre test posttest research study was conducted to assess the anxiety level and knowledge level on relaxation therapy by administering structured teaching programme among epilepsy patients in senthil neuro speciality hospital,erode.The study was carried out after approval by Chief Medical Officer, Administrative officer. and informed consent from epilepsy patients. The study samples were selected by convenient sampling method.**Selection and Development of Tool:** Semi structured interview schedule was used as a research tool in this study to interview the epilepsy patients and modified anxiety likert’s scale was used to assess anxiety level of epilepsy patients participating in the study concerning socio-demographic features, current knowledge about skin banking.

The steps selected for the preparation of tool was:

- Review of related literature.
- Preparation of blue print.
- Consultation with experts

Since it was considered to be the most appropriate instrument to elicit the response from patients.**Pilot Study:**After obtainig permission from the concerned authority and the pilot study was conducted at Vivekanandha Medical care Hospital,Elayampalayam,Namakkal.Six epilepsy patients were assesed conveniently.Pre test was conducted with

semi structured interview schedule.Structured teaching was conducted on the same day.Post test was conducted on the next day.The mean post test scores were higher than the mean pre test scores.The results of the study revealed that the study is feasible.**Data collection Procedure:** Informed verbal consent was obtained from each subject following a detailed explanation of the objectives and protocol of the study. The epilepsy patients were assured that anonymity of each individual would be maintained. After obtain consent from epilepsy patients, Researcher assessed the anxiety level by using modified anxiety likert’s scale. Pre test was conducted with semi structured interview schedule for 2 epilepsy patients and administered structured teaching programme on relaxation therapy on the same day individually for 20 minutes. the post test was conducted after 7 days.

IV. REVIEW OF LITERATURE

Deepak Tan G, et al., (2009) conducted the study on the effectiveness of meditation among epilepsy patients.The sample was 120 adults suffering from drug resistant epilepsy were given meditation practice.All patients were on anti epileptic drugs and their serum levels were monitored regularly.Patients were given training in meditation,and they practiced it for 20 minutes a day for one year. The results showed that a 70% reduction in frequency of epilepsy and duration, 40% increase in the background EEG frequency, 60% reduction in mean spectral intensity of 0.7-7.7 Hz segment, 50% increase in mean spectral intensity in the 8-12 Hz segment of the ECG.All changes were statistically significant. The study concluded that continued meditation practice is of substancial help in improving the clinic –electrographic picture in drug resistant epilepsies.

Jade Dell et al.,(2005) conducted the study on the effect of sahajyoga meditation on epilepsy and EEG alteration in Newyork,cambagh university.The sample was 32patients with idiopathic epilepsy.The three groups practiced yoga for 6 months.The results revealed that subjects reported a 62% of decrease in frequency epilepsy at 3 months and further decrease of 86% at 6 months of intervention.The study concluded that meditation may modulate limbic system activity and the fundamental effect of stress reduction may be an important factor contributing.

V. RESULTS

LEVEL OF ANXIETY	Pre Test		Post Test	
	Respondents No.	Percentage%	Respondents No.	Percentage%
Mild (<35%)	6	20%	16	53%
Moderate(<35-70%)	8	27%	8	27%
Severe(>75%)	16	53%	6	20%
TOTAL	30	100%	30	100%

Table 1:- Distribution of Anxiety Level of Epilepsy Patients Before and After Structured Teaching Programme

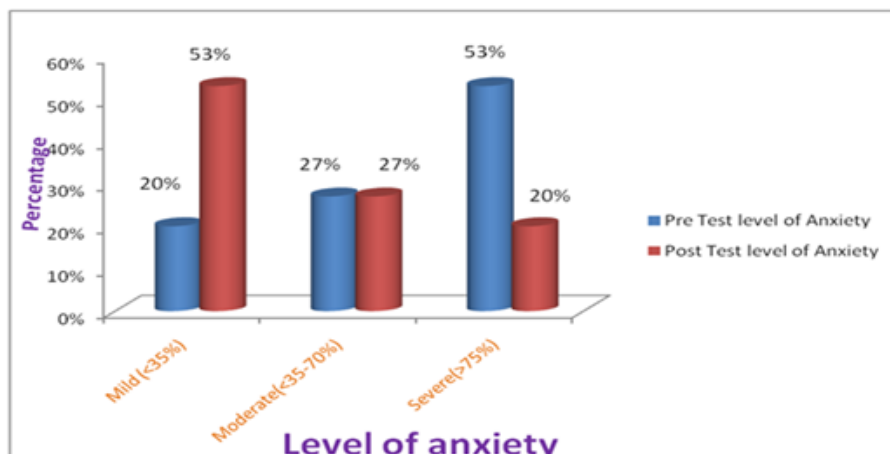


Fig 1:- Distribution of Anxiety Level of Epilepsy Patients Before and After Structured Teaching Programme.

Table 1 and Figure 1 shows the anxiety level of epilepsy patients before and after structured teaching programme. Among them 6(20%) had mild level of anxiety, 8(27%) had moderate level of anxiety, 16(53%) had severe level of anxiety before structured teaching

programme and among them 16(53%) had mild level of anxiety, 8(27%) had moderate level of anxiety, 6(20%) had severe level of anxiety after structured teaching programme.

LEVEL OF KNOWLEDGE	Pre test		Post test	
	Respondents No.	Percentage%	Respondents No.	Percentage%
Inadequate (<50%)	18	60%	0	0
Moderate (<50-75%)	12	40%	10	33%
Adequate (>75%)	0	0	20	67%
TOTAL	30	100%	30	100%

Table 2:- Distribution of Pre Test Knowledge Level on Relaxation Therapy among Epilepsy Patients Before and After Structured Teaching Programme

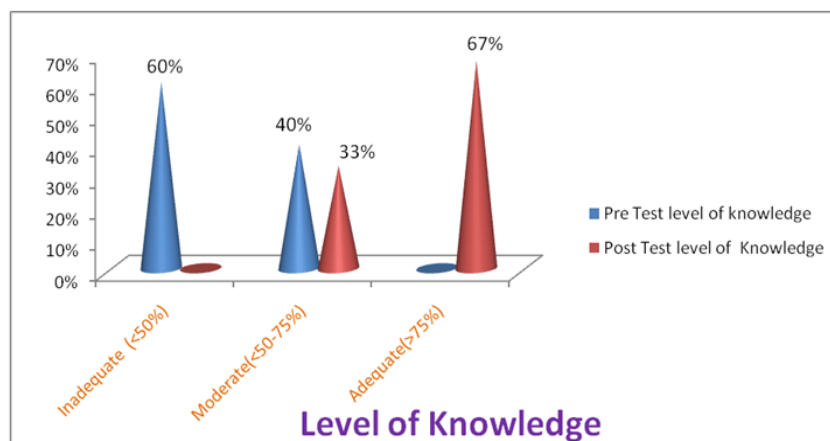


Fig 2:- Distribution of Pre Test Knowledge Level on Relaxation Therapy among Epilepsy Patients Before and After Structured Teaching Programme.

Table 2 and Figure 2 shows pre test knowledge level on relaxation therapy among epilepsy patients before and after structured teaching programme. Among them 18(60%) had inadequate level of knowledge, 12 (40%) had moderate level of knowledge and none of them had adequate level of knowledge regarding relaxation therapy

before structured teaching programme. Among them 20(67%) had inadequate level of knowledge, 10(33%) had moderate level of knowledge and none of them had inadequate level of knowledge regarding relaxation therapy after structured teaching programme.

	Level of anxiety			Level of knowledge		
	Mean	SD	Paired 't' Test	Mean	SD	Paired 't' Test
Pre test	42.8	12.66	5.29	46.9	15.77	5.29
Post test	61.04	14.25		67.06	13.75	

Table 3:- Mean Pre Test and Post Test Anxiety Level & Knowledge Score Regarding on Relaxation Therapy among Epilepsy Patients Before and After Structured Teaching Programme

Table 3 illustrates that the anxiety level of epilepsy patients before STP was found to be mean score 42.8 with SD value of 12.66 and the anxiety level of epilepsy patients after STP was found to be mean score 61.04 with SD value of 14.25. The pre test knowledge level on

relaxation therapy among epilepsy patients was found to be mean score 46.9 with SD value of 15.77 and the post test knowledge level on relaxation therapy among epilepsy patients was found to be mean score 67.06 with mean score percentage 67.06% with SD value of 13.75.

S.NO	DEMOGRAPHIC VARIABLES	CATEGORY	Inadequate		Moderate		X2 value
			No	%	No	%	
1.	Age	21-30 years	8	27	4	13%	1.43 NS
		31-40 years	6	20	6	20%	
		41-50 years	3	10	2	6.7%	
		Above 51 years	0	0	1	3.3%	
2.	Sex	Male	10	34%	9	30%	0.33 NS
		Female	7	23%	4	13%	
3.	Religion	Hindu	13	43.3%	9	30%	0.05 NS
		Christian	2	6.7%	3	10%	
		Muslim	2	6.7%	1	3.3	
		Others	0	0	0	0	
4.	Marital status	Married	10	34	3	10	3.81 Ns
		Unmarried	7	23.3	10	33.3	
5.	Educational status	Illiterate	3	10	1	3.3	6.917*
		Primary school	5	16.67	4	13.33	
		Higher secondary	6	20	7	23.3	
		Under graduate	3	10	1	3.3	
		Post graduate	0	0	0	0	
6.	Occupation	Unemployed	5	17	2	6.7	0.04 Ns
		Labourer	8	27	4	13	
		Private employee	4	13.3	4	13	
		Government employee	1	3.3	2	6.7	
7.	Monthly income	Less than Rs.3000/- month	10	33.33	6	20	3.24 Ns
		Rs.3001/- Rs.5000 month	3	10	6	20	
		Rs.5001/- Rs.7000 month	2	6.7	1	3.3	
		Above Rs.7001/- month	2	6.7	0	0	
8.	Type of family	Nuclear	12	40	10	33	0.12 Ns
		Joint	5	17	3	10	
9.	Place of residence	Rural	11	37	7	23	5.96*
		Urban	4	13	8	27	
10.	Duration of illness	3 months	3	10	1	3.3	12.91*
		6 months	2	6.7	1	3.3	
		8 months	6	20	2	6.7	
		More than 1 year	8	27	7	23	

Table 4:- Association of Level of Knowledge Score with Their Selected Demographic Variables Regarding Relaxation Therapy Among Epilepsy Patients.

Table 3 presents substantive summary of chi-square analysis which was used to bring out the association between the pre test knowledge score and the selected socio-demographic variables. The analysis reveals that there was significant association found with the demographic variables of educational status, place of residence, duration of illness and was no significant association found with the demographic variables of age,sex,religion, marital status, occupation, monthly income, type of family.

VI. RESULT AND DISCUSSION

Findings of the study was presented based on the objectives

A. To Assess the Anxiety Level of Epilepsy Patients Before and After Structured Teaching Programme among Epilepsy Patients.

The anxiety level among epilepsy patients was assessed by using modified anxiety likert's scale .out of 30 epilepsy patients 6(20%) had mild level of anxiety, 8(27%) had moderate level of anxiety, 16(53%) had severe level of anxiety before administering structured teaching programme regarding relaxation therapy & among 30 epilepsy patients 6(53%) had mild level of anxiety, 8(27%) had moderate level of anxiety, 6(20%) had severe level of anxiety after administering structured teaching programme regarding relaxation therapy.This study was supported by **M Lopez et al., (2008)** conducted a cross sectional survey to assess the anxiety among patients with epilepsy in Washington. The sample of 196 patients with active epilepsy with interictal anxiety to know which symptoms of anxiety were most frequently reported in patients with epilepsy and to analyse the factors associated with their presence. Patients were assessed with the Beck depression inventory and Hamilton anxiety scale(HAMA).The HAMA ratings revealed that 38.8% experienced significant anxiety symptoms , as defined by a rating above 18 points.The result was the symptoms related to higher scores on HAMA were 35% of anxious mood,20% of tension,20% of insomnia,12% of intellectual function ,8% of depressed mood,12% of cardiovascular and 4% of genitourinary symptoms.The study concluded that the anxiety symptoms are very common among the active epilepsy patients.

B. To Assess the Effectiveness of Structured Teaching Programme on Relaxation Therapy and Anxiety Level of Epilepsy Patients

The level of knowledge regarding relaxation therapy among epilepsy patients was assessed by using of semi structured interview schedule. Out of 30 epilepsy patients,18(60%) had inadequate knowledge level, 12(40%) had moderate knowledge level, none of them had adequate knowledge regarding relaxation therapy before administering structured teaching programme regarding relaxation therapy &20(67%) had adequate knowledge

level, 10(33%) had moderate knowledge level, none of them had inadequate knowledge regarding relaxation therapy after administering structured teaching programme regarding relaxation therapy. This study was supported by **Cathryn A Puskarich et al., (2006)** conducted the study to determine the efficacy of progressive muscle relaxation in reducing epilepsy frequency at Canada Loberg university.The subjects were 24 people with epilepsy attending an urban neurology clinic.The experimental design consisted of an 8 week baseline period,a treatment period of six sessions of or quiet sitting and an 8 week follow up. The result reveals that in the PRT group 11 subjects reported 30% decrease in epilepsy frequency and in the QS group, 7 reported a 20% decrease.The study concluded that the progressive muscle relaxation training is inexpensive and non invasive and facilitates patient participation.

C. To Find Out the Association Between the Level of Knowledge with their Selected Demographical Variables.

The association of level of knowledge with their selected socio-demographic variables.

There was significant relationship between level of knowledge score and selected demographic variables of epilepsy patients such as educational status, place of residence, duration of illness& no significant relationship between level of knowledge score and selected demographic variables of epilepsy patients such as age, sex, religion, marital status, occupation, monthly income, type of family. This study was supported by **Tan G, Thornby et al., (2009)** conducted the study on effectiveness of breathing exercises in active epilepsy patients in Germany. The sample was 40patients undergoing treatment. The result was 30 patients had showed 60% decreased level of epilepsy frequency and 10 patients had showed 40% decrease in anxiety symptoms. The study concluded that breathing exercises are found to be effective in reducing anxiety symptoms.

VII. CONCLUSION

The present study assesses the anxiety level and knowledge regarding relaxation therapy among epilepsy patients. The subjects had inadequate knowledge regarding relaxation therapy, the structured teaching programme found to be effective in improving the knowledge and reducing the anxiety level. This result revealed that there was significant relationship between level of knowledge score and selected demographic variables of epilepsy patients such as educational status, place of residence, duration of illness& no significant relationship between level of knowledge score and selected demographic variables of epilepsy patients such as age, sex, religion, marital status, occupation, monthly income, type of family.

RECOMMENDATION ON THE STUDY

- A descriptive study can be conducted to assess the level of anxiety of epilepsy patients.
- The study can be conducted with some interventions to reduce the anxiety level of epilepsy patients in a long duration.
- A comparative study can be conducted among epilepsy patients and other mental disorders.
- A quasi experimental study can be conducted with video teaching programme.
- A comparative study can be conducted in two different hospitals with the similar set up to identify the differences in knowledge.
- A study can be replicated on large population; thereby findings can be generalizable to larger population.

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