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Assess the Effectiveness of Benson's Relaxation Therapy on Stress Among Female Laborers in Selected Industries of Silvassa, Dadra & Nagar Haveli

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ABSTRACT

Background of the study: Stress is a natural response to daily challenges, and while small amounts can be manageable, excessive stress harms health. Men and women differ in their cognitive function, tolerance, and emotional reactions to stress. Research by Dr. Judith Mohring suggests women often face more workload despite similar pressures. Relaxation techniques, like Benson's relaxation therapy, effectively induce a calming "relaxation response."

Aim: The study was aimed to evaluate the effectiveness of Benson's relaxation therapy in alleviating stress among female laborers.

Method: A pre-experimental one-group pre-test design was conducted with a conveniently selected sample of 60 female laborers to assess the effectiveness of Benson's relaxation therapy for stress. Stress levels were measured using a predesigned and pre-validated self-structured questionnaire based on a 5-point Likert scale, focusing on factors causing stress. The questionnaire was administered during both the pre-test and post-test phases of the intervention, alongside a demographic tool. Data analysis was performed using descriptive and inferential statistics with SPSS version 21.0.

Results: Data analysis using mean, SD, paired t-tests, and chi-square tests revealed significant stress reduction among female laborers after Benson's relaxation therapy ($t = 17.12$, $p < 0.001$). Pre-intervention stress levels were categorized as surviving (53.3%), struggling (45%), and crisis (1.7%), which improved to thriving (68.3%) and surviving (31.7%) post-intervention. The significant reduction in stress levels confirmed the research hypothesis (H1), which proposed that Benson's relaxation therapy would effectively reduce stress, and it was accepted at a 0.05 level of significance. Additionally, stress reduction was significantly associated with the residential area (H2 accepted, $p < 0.05$), while no significant association was found with other demographic variables, supporting the null hypothesis for those factors.

Interpretation and conclusion: The results show that Benson's relaxation therapy to be effective methods to reduce stress of female laborers. The study concluded that Benson's relaxation therapy was effective in reducing the level of stress.

Keywords: Benson's relaxation therapy; Female laborers; Stress

INTRODUCTION

Stress is an intrinsic reflection to daily life challenges and demands. Some little amount of stress does not harmful but excessive stress can be harmful for health. It can be seen that males and females have different power to tolerate stress for which many factors are responsible. Male and female cognitive function, tolerance capacity, emotional reaction is different. Though the work pressure be same according to research conducted by Dr Judith Mohring (MBBS, MRC Psych, MA, CCST).

According to his research study Women has more workload than men. Relaxation techniques are powerful tools for coping with stress. Benson's relaxation therapy is a meditative technique that was pioneered by the physician Hebert Benson during 1970s. Relaxation therapy produces a single "relaxation response."

NEED OF THE STUDY

According to the HSE's (Health and Safety Executive) figures, for the period 2011-12, 2013-14 and 2014-15, men aged 16-24, 35-44, and 55 and over, had "statistically significantly lower rates of work-related stress" than the average. By contrast, women aged 35-44 and 45-54 had "significantly higher rates. Women have household tasks, family's responsibility, level of occupational stress in working women, assess relation between occupational stress and family difficulties. Some studies had been conducted on hemodialysis patients, primigravida mothers, nurses to check the effectiveness of Benson's relaxation therapy on different levels of stress. While the comparing pretest level score and posttest level score after administered Benson's relaxation therapy, posttest score were higher than pretest score. So, relaxation therapy is effective for reducing stress level among the above said situations.

The study among the female laborers, show that they have stress regarding family responsibilities and occupational responsibilities. And that's why, Benson's relaxation therapy can be an appropriate intervention to reduce the stress among female laborers in DNH.

STATEMENT OF THE STUDY

"Assess the Effectiveness of Benson's Relaxation Therapy on Stress Among Female Laborers in Selected Industries of Silvassa, Dadra & Nagar Haveli".

OBJECTIVES:

- To assess the pre-test stress level score of female laborers in selected industries of Silvassa, Dadra & Nagar Haveli.
- To assess the post-test stress level score of female laborers in selected industries of Silvassa, Dadra & Nagar Haveli.
- To assess the effectiveness of Benson's relaxation therapy on stress among female laborers in selected industries of Silvassa, Dadra & Nagar Haveli.
- To association between pre-test level of stress and selected demographic variables of female laborers in Silvassa, Dadra & Nagar Haveli.

HYPOTHESES:

Null Hypothesis:

NH1: There is no significant difference between the pretest level score and post-test level score of stress among female laborers at 0.05 level of significance

NH2: There is no significant association between the pretest level of stress among female labor with their demographic variable at 0.05 level of significance

Alternative Hypotheses:

AH1: There is a significant difference between the pretest level score and post-test level score of stress among female laborers at 0.05 level of significance

AH2: There is a significant association between the pretest level of stress among female labor with their demographic variable at 0.05 level of significance

OPERATIONAL DEFINITIONS: -

Assess: In the present study, it refers to the organized and systemic process of collecting, understanding, or interpreting data regarding stress among the female laborers.

Effectiveness: Effectiveness means producing the intended result; in this study, it refers to the extent to which Benson's relaxation therapy has caused desired change in terms of reduction of stress measured by a stress scale & checking the significant reduction in the level of stress among female laborers.

Stress: In this study, it refers to an undesired state of feeling frustrated and anxious, which is experienced by the female laborers, which can be measured by the Stress Scale.

Benson's relaxation therapy: The present study uses Benson's relaxation therapy to reduce stress among female laborers working in industries. It is a form of meditation that focuses on breathing. The therapy includes the steps of allowing the participants to sit quietly in a comfortable position with their eyes closed. The participants, currently female laborers, were asked to breathe in and breathe out slowly and periodically. They silently utter the word "one" as they exhale. They practice this technique for 20 minutes a day for six days.

Laborers: In the present study, it refers to the female workers who do physical work and earn between the ages of 18 to 60 years.

ASSUMPTION:

- Stress-related problems are increasing rapidly all around the world.
- The female laborers experience varying degrees of stress.
- Stress causes numerous problems for female laborers.
- Any kind of therapy will help relieve stress.
- The relaxation therapy will have some effect on the physical and mental wellbeing of female laborers.
- Benson's relaxation therapy will help to alleviate the stress.
- Benson's relaxation therapy has no side effect on the well-being of female laborer

DELIMITATIONS:

The study is delimited to:

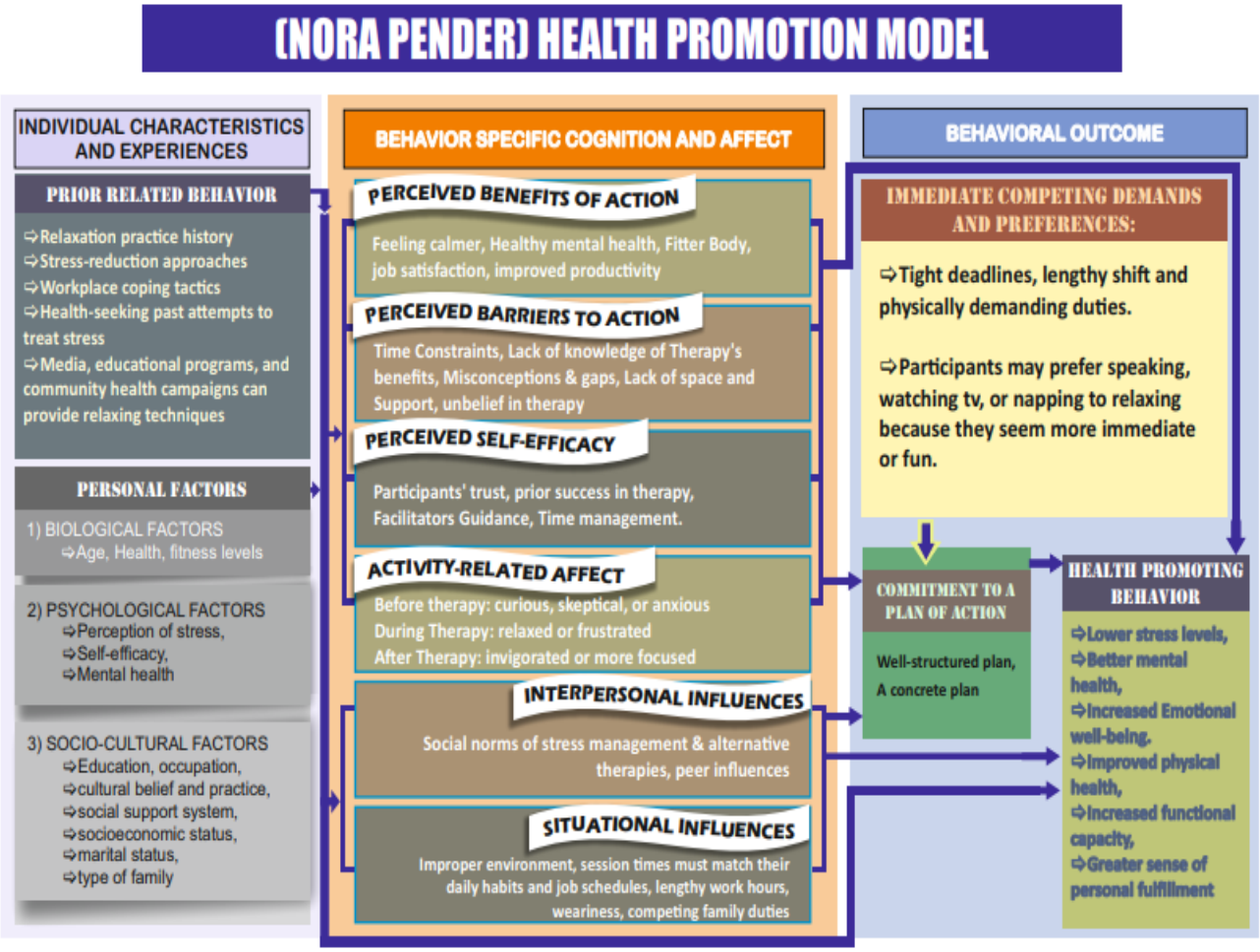
- The female laborers are employed in selected industries in Silvassa.
- Only daytime workers can participate in the study.
- A sample size is limited to 60.
- We have limited the data collection period to 4weeks

THEORY APPLICATION

According to Nora Pender, the Health Promotion Model has the following assumptions, which reflect both nursing and behavioural science perspectives:

This study aims to enhance the knowledge of female labourers regarding Benson's relaxation therapy for alleviation of stress

This model is based on 3 areas:

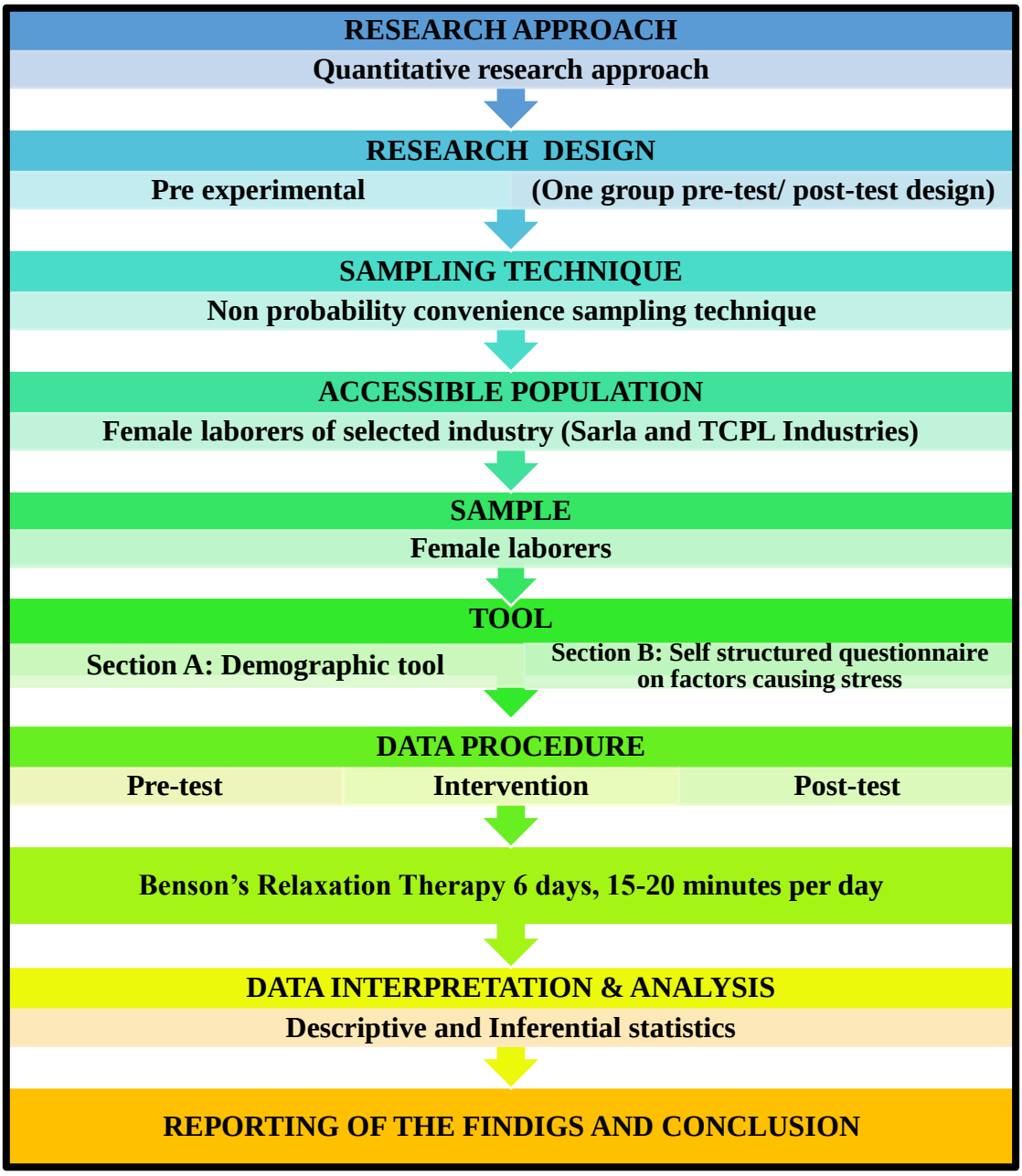


STEPS TO ELICIT THE BENSION'S RELAXATION THERAPY

1. Sit quietly in a comfortable position.
2. Close your eyes.
3. From your feet to your face, relax all your muscles. Keep them relaxed. [Relax your tongue—and thoughts will cease.]
4. Breathe through your nose. Become aware of your breathing. As you breathe out, say the word "one"* silently to yourself. For example, breathe in, and then out, and say "one," in and out, and repeat "one." Breathe easily and naturally.
5. Continue for 10 to 20 minutes. No alarm, but open your eyes to check the time. When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes opened. Do not stand up for a few minutes.

6. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling upon them and return to repeating "one."
7. With practice, the response should come with little effort. Practice the technique once or twice daily, but not within two hours after any meal, since the digestive processes seem to interfere with the elicitation of the Relaxation Response.

RESEARCH METHODOLOGY



DEMOGRAPHIC VARIABLE

In this study, the demographic variables are age, sex, education, religion, marital status, and types of family. Monthly income, nature of employment, Service duration, Residential area, Means of transportation, habit.

INDEPENDENT VARIABLES: In the present study independent variable is Benson's relaxation therapy
DEPENDENT VARIABLE: In the present study, the dependent variable is stress among female labore.
SAMPLE: In the present study, samples were female laborers of selected industries of Silvassa, Dadra & Nagar Haveli.
SAMPLE SIZE: In the present study the sample size was 60 female laborers working in selected industries of Silvassa, Dadra & Nagar Haveli.

CRITERIA FOR THE SELECTION OF SAMPLES

Inclusion Criteria:

The study includes:

- Female laborers.
- The age group of 18-60.
- Read and write and understand in Gujarati or Hindi or English.
- Female laborers voluntary agreed to participant in the study & signed informed consent.
- Present on the time of data collection.

Exclusion Criteria

The study excludes:

- Female laborer who already do regular meditation and yoga.
- Female laborer who undergone any surgery.

DESCRIPTION OF THE DATA COLLECTION TOOL

SECTION I: DEMOGRAPHIC VARIABLES: Age, marital status, education, religion, monthly income of participant, monthly income of family, type of family, occupation, total year of experience, employment, residential area, mode of transportation, and any habits.

SECTION II: SCALE TO MEASURE STRESS LEVEL: A self-structured questionnaire with a five-point rating scale was used. It consists of a total of 20 questions. The measure can be used as a brief screen to identify levels of stress. The tool can be given to participants to complete, or alternatively the questions can be explained to the participants by the researcher (interview).

RESULT

DATA ANALYSIS AND INTERPRETATION

PART: 1 Description of demographic variables of female laborers

Frequency and percentage wise distribution of samples of selected industries of Silvassa, Dadra & Nagar Haveli according to their demographic data. (N=60)

Demographic variables	Frequency	Percentage
1. Age in years:		
18-28	16	26.67
29-38	34	56.66
39-48	10	16.67
49-60	0	0

2. Marital status:		
Unmarried	6	10
Married	54	90
Divorce	0	0
Widow	0	0
Separated	0	0
3. Education:		
No formal education	18	30
primary education	21	35
Secondary education	13	21.67
Higher secondary	5	8.33
Graduate	3	5
4. Religion:		
Hindu	59	98.3
Christian	1	1.7
Muslim	0	0
Others	0	0
5. Monthly income of participants:		
≤5000	14	23.3
5001-10000	40	66.7
10001-15000	6	10
≥15001	0	0
6. Monthly income of the family:		
5000-15000	16	26.7
15001-25000	25	41.7
25001-35000	17	28.3
35001-45000	2	3.3
≥45001	0	0
7.Type of family:		
Nuclear family	40	66.6
Joint family	19	31.7
Extended family	1	1.7
8. Nature of employment of participants:		
Daily wages	3	5
Contract based	54	90
Permanent	3	5
9. Duration of service:		
≤ 5 years	40	66.7
>5 years	20	33.3

10. Occupation of husband:		
House hold	8	13.3
Laborer/farmer	8	13.3
Private	43	71.6
Government	0	0
Business	1	1.7
Unemployment	0	0
11. Residential area:		
Rural	25	41.7
Semi urban	35	58.3
12. Means of transportation:		
Public	3	5
Private	2	3.3
Active transportation	54	90
Shared transportation	1	1.7
Employee transportation	0	0
13. Habit:		
Smoking	0	0
Alcohol	0	0
Tobacco	0	0
No any	60	100

PART: 2 Assessment of the pre-test and post-test level of stress among the female laborers.

Frequency and percentage distribution of pre-test and post-test level of stress (N=60)

Level of stress	Pre test		Post test	
	f	%	f	%
Thriving	0	0	41	68.3
Surviving	32	53.3	19	31.7
Struggling	27	45.0	0	0
Crisis	1	1.7	0	0
Overall	60	100	0	0

PART: 3 Assessment of the effectiveness of Benson's relaxation therapy on stress among female laborers.

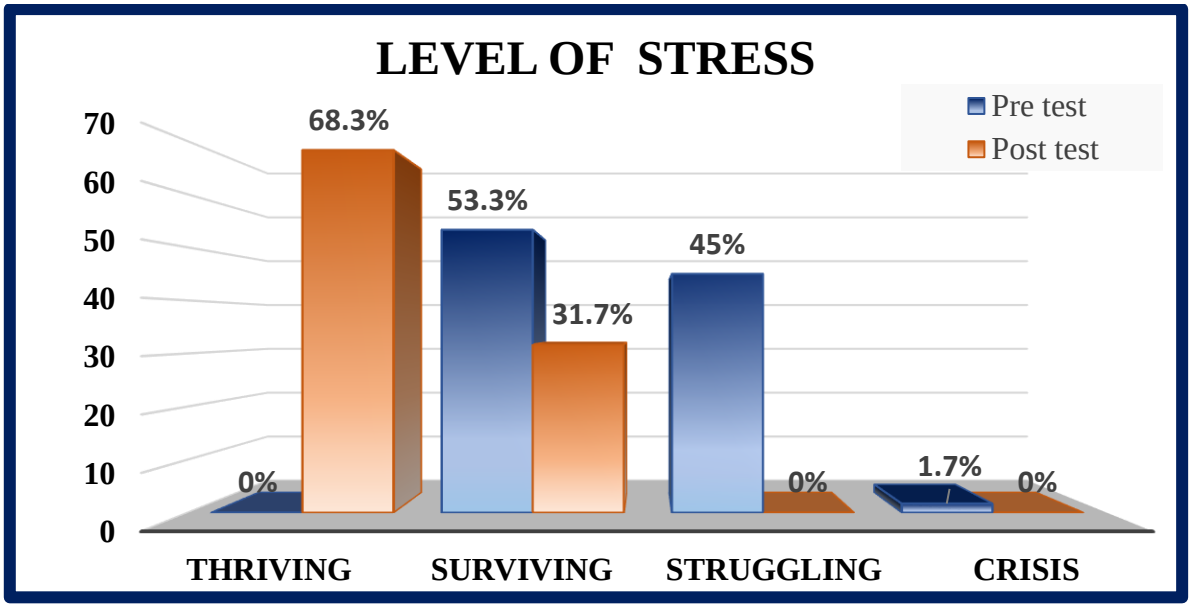
Domains of factor causing stress	Pre test			Post test			Difference in mean%
	Mean	SD	Mean%	Mean	SD	Mean%	
Personal problem	10.6	1.94	70.7	5.7	2.03	38.0	70.7
Family issue	15.15	4.62	60.6	8.97	2.85	35.9	60.6

Occupational issue	14.22	3.72	56.9	8.23	2.71	32.9	56.9
Health problem	10.11	2.55	67.4	5.75	1.89	38.3	67.4
Time management	10.22	2.62	51.1	7.72	2.08	38.6	51.1
Overall	**60.3**	**9.56**	**60.3**	**36.37**	**8.28**	**36.4**	**23.9**

Mean, SD and Mean% to assess the pre-test of Benson's relaxation therapy on stress among female laborers, mean, SD and mean percentage of personal problem was 10.6, 1.94 and 70.7%, for family issue 15.15, 4.62 and 60.6%, occupational issue 14.22, 3.72 and 56.9%, for health problem 10.11, 2.55 and 67.4%, for time management 10.22, 2.62 and 51.1% and overall was 60.3, 9.56 and 60.3%

Mean, SD, and mean % to assess the post-test of Benson's relaxation therapy on stress among female laborers: mean, SD, and mean percentage of personal problem was 5.7, 2.03, and 38%; for family issue, 8.97, 2.85, and 35.9%; for occupational issue, 8.23, 2.72, and 32.9%; for health problem, 5.75, 1.89, and 38.3%; for time management, 7.72, 2.08, and 38.6%; and overall was 36.37, 8.28, and 36.4%.

Simple bar diagram for frequency and percentage wise distribution of effectiveness of Benson's relaxation therapy on level of stress among female laborers in selected industries of Silvassa, Dadra & Nagar Haveli.



Paired 't' test between pre and post-test of Benson's relaxation therapy on stress among female laborers in selected industries of Silvassa, Dadra & Nagar haveli. (N=60)

Domains of factor causing stress	't' test	p-value
Personal problem	13.63	p<0.001***HS
Family issue	10.37	p<0.001***HS
Occupational issue	11.05	p<0.001***HS
Health problem	13.39	p<0.001***HS
Time management	6.43	p<0.001***HS

Overall	17.12	p<0.001***HS

Paired 't' test between pre and post-test of Benson's relaxation therapy on stress among female laborers, 't' value for personal problem 13.6, for Family issue 10.3, for occupational issue 11.05, for Health problem 13.39, for time management 6.43 and overall 't' value was 17.12 so the **alternative hypothesis (I) was partially accepted,** as 'there was a significant difference between pre-test & post-test stress score of stress among female laborers at 0.05 level of significant' was accepted.

Hence, stated **null hypothesis (I)**, 'no significant difference between the pre-test level score and post-test level score of stress among female laborers at 0.05 level of significant' was **rejected.**

PART: 4 Association of pre-test level of stress and selected demographic variables of female laborers. Association for level of pre-test stress on female laborers with selected demographic variables. (N=60, Median = 60)

Sr. No.	Demographic variables	≤ Median		>Median		χ2-value	p-value
		f	%	f	%		
1.	**Age in years:**						
18-28		8	13.3	8	13.3	0.252 (df=2)	0.881 NS
29-38		18	30	16	26.7		
39-48		6	10	4	6.67		
2.	**Marital status:**						
Unmarried		1	1.7	5	8.33	3.60 (df=1)	0.058 NS
Married		3	51.7	23	38.33		
3.	**Education:**						
No formal education		9	15	9	15	9.429 (df=4)	0.051 NS
Primary education		16	26.7	5	8.3		
Secondary education		5	8.33	8	13.3		
Higher education		2	3.3	3	5		
Graduate		0	0	3	5		
4.	**Religion:**						
Hindu		31	51.7	28	46.67	0.889 (df=1)	0.346 NS
Others		1	1.7	0	0		
5.	**Monthly income of participants:**						
≤5000		8	13.3	6	10	1.091 (df=2)	0.579 NS
5001-10000		22	36.7	18	30		
10001-15000		2	3.3	4	6.7		
6.	**Monthly income of the family:**						
5000-15000		13	21.7	3	5	6.90 (df=3)	0.075 NS
15001-25000		11	18.3	14	23.33		
25001-35000		7	11.7	10	16.7		
35001-45000		1	1.7	1	1.7		

7. Types of family:						
Nuclear family	21	35	19	31.67	0.889 (df=2)	0.641 NS
Joint family	10	16.7	9	15		
Extended family	1	1.7	0	0		
8. Nature of employment of participants:						
Daily wages	1	1.7	2	3.3	0.699 (df=2)	0.705 NS
Contract based	29	48.3	25	41.67		
permanent	2	3.3	1	1.7		
9. Duration of service:						
≤ 5 years	23	38.3	17	28.3	0.837 (df=1)	0.360 NS
>5 years	9	15	11	18.33		
10. Occupation of husband:						
House hold	3	5	5	8.3	6.074 (df=3)	0.108 NS
Laborer/farmer	2	3.3	6	10		
Private	27	45	16	26.7		
Business	0	0	1	1.7		
11. Residential area:						
Rural	18	30	7	11.7	6 (df=1)	0.0143* S
Semi urban	14	23.3	21	35		
12. Means of transportation						
Public	1	1.7	2	3.3	1.741 (df=3)	0.628 NS
Private	1	1.7	1	1.7		
Active Transportation	30	50	24	40		
Shared transportation	0	0	1	1.7		
13. Habit						
No any	32	53.3	28	46.67	0 (df=1)	1 NS

***p<0.05 significant, ** p<0.01 & ***p<0.001 Highly significant.**

S- Significant NS- Not significant df = Degree of freedom

Present study findings showed that there was significant association between stress level with demographic variables such as residential area ($\chi2$= 6.27) and (p-value = 0.044, p<0.05). Hence alternative hypothesis (II) was accepted at 0.05 level of significance.

Present study finding show that there was no association between stress level with selected demographic variables for age $\chi2$ (5.74 = 4) and (p value = 0.220, p>0.05), Marital status $\chi2$ (3.97 = 2) and (p value = 0.137, p>0.05), Education $\chi2$ (11.88 = 8) and (p value = 0.156, p>0.05), Religion $\chi2$ (0.889 = 2) and (p value = 0.641, p>0.05), Monthly income of participants $\chi2$ (1.705 = 4) and (p value = 0.790, p>0.05), Monthly income of family $\chi2$ (8.07 = 6) and (p value = 0.223, p>0.05), Type of family $\chi2$ (1.38 = 4) and (p value = 0.846, p>0.05), Nature of employment $\chi2$ (0.844 = 4) and (p value = 0.934, p>0.05), Duration of service $\chi2$ (5.74 = 4) and (p value = 0.220, p>0.05), Occupation of husband $\chi2$ (11.67 = 6) and (p value

= 0.070, p>0.05), Means of transportation ($\chi 2$= 1.98) and (p-value = 0.921, p>0.05), Habit $\chi 2$ (0 = 1)) and (p value = 1, p>0.05). Hence the alternative hypothesis (II) doesn't have adequate support to accept 0.05 level of significance. For null hypothesis (II) is accepted at 0.05 level of significance.

DISCUSSION

Among the 60 female laborers, the majority, 56.66%, were under the age group of 29- 38 years; 90% were married, and 35% received primary education. Most of them, 98.3% from Hindu families and 66.6% from nuclear families. Among them, 90% were contract-based workers, and 66.7% had ≤ 5 years of experience. Highest 66.7% of female laborers earn between 5001-10000, and the highest 41.7% of female laborers have family incomes between 15001-25000. 71.6% of husbands were doing private jobs. About 58.3% were living in semi-urban areas, and 90% were coming to the working area by active transportation.

In the group, among the 60 samples, 0 (0.00%) of female laborers were in the thriving category, 32 (53.3%) were in the surviving category, 27 (45%) were in the struggling category, and 1 (1.7%) was in the crisis category of stress

In the group, among the 60 samples, 41 (68.3%) of female laborers were in the thriving category, and 19 (31.7%) were in the surviving category

The present study showed that among 60 female laborers, pre-test (mean = 60.3, SD = 9.56) and post-test (mean = 36.37, SD = 8.28) had a t-test value of 17.12 and a p-value of <0.001.

There was a positive association between the level of stress reduction and their demographic variables

CONCLUSION

Based on the findings of the study the following conclusion were drawn:

Each and every female laborer who has taken part in the study has had some level of stress about their life situation, family problems, occupational problems, goals, etc. Benson's relaxation therapy decreases the stress in female laborers.

NURSING IMPLICATION

IMPLICATION IN NURSING PRACTICE

- Staff nurses being female employees who are getting engaged with physical activities, it would be advised for them to undergo Benson's relaxation therapy once in a while depending upon how the nursing management plans the therapy.
- The administration can plan for educational seminars in which Benson's therapy can be used as an effective intervention for reducing stress. It will help the nurses to develop good practice while dealing with clients with stress.

IMPLICATION IN NURSING EDUCATION

- College-level assembly gathering can be motivated with Benson's relaxation therapy.
- Periodically this activity can be included among the nurses during workshops, seminars, and nursing get-togethers.
- Students can be motivated to perform this therapy, considering it as an advanced therapy to meditation.
- Students can be taught to manage their academic stress, homesickness, etc., through Benson's relaxation therapy.

- The community nursing students can identify the female laborers around in the locality while in posting and can render this therapy during their home care activities.

IMPLICATION IN NURSING ADMINISTRATION

- The administration can motivate bed side nurses to explore research-based stress management strategies by using Benson's relaxation therapy.
- Encourage flexible work arrangements and adequate breaks to help individual to maintain a healthy work-life balance.

IMPLICATION IN NURSING RESEARCH

- There can be a comparative study done between the female laborers and the male laborers to find the effectiveness of Benson's relaxation therapy.
- It can be correlated with other relaxation therapies to assess the effectiveness of therapies on stress.
- Nursing research will help to develop awareness about different management techniques to alleviate stress.

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