

# Yoga and Physiotherapy Congress

October 16-17, 2017 Chicago, USA

Yoga and Physiotherapy 2017

## **Effects of stress relieving technique on individual with psychological stress during menstruation among Krupanidhi college students**

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**Objective:** The objective of this study was to identify the effectiveness of Jacobson's progressive muscle relaxation (JPMR) technique and music therapy in coping with stress during menstruation compared with self awareness.

**Background:** Most of the previous studies were only focused on the stress level of menstruating women but less study on the technique to reduce the stress level in menstruating women.

**Subject:** Forty subjects (40 females) with mean age of 22.3 (range 19-25) participated voluntarily in the study. A subject was randomly assigned to either group A or B.

**Research Design:** A comparative study was done following the convenience sampling method. This work was carried out at the Outpatient Department of Krupanidhi College

**Method:** All the subjects were given DASS21 questionnaire to measure the level of stress. Additionally, subject in group A received Jacobson's progressive muscle relaxation technique for the time duration of 20 minutes during each day of menstruation while subject in group B music therapy were given for 20 minutes to cope with the stress during menstruation. DASS21 questionnaire was given to all participants, stress score were taken on all subjects for pre and post test.

**Result:** Independent and paired t test was done using graft pad prism version 6. From the independent "t" test analysis Jacobson's progressive muscle relaxation or music therapy significance were evaluated. When compared between the groups on post intervention, to find out the significant difference between both interventions.

**Conclusion:** This study will conclude whether Jacobson's progressive muscle relaxation technique or music therapy were effective in reducing the level of stress level.

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