



## EFFECT OF RELAXATION TECHNIQUE ON MENTAL HEALTH AMONG IT PROFESSIONALS

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### Abstract

To achieve the purpose of the present study, thirty male IT Professionals working in different IT industries but leaving in one apartment in Chennai were selected as subjects at random and their age ranged between 35 to 40 years. The subjects were selected randomly and divided them into two equal groups. The groups were named as experimental (Relaxation Technique) and control group (CG). The experimental group underwent Relaxation Technique for six weeks which include Deep breathing relaxation, PMR, Autogenic and Transcendental Meditation, whereas the control group had not exposed to any experimental training. The mental health status was assessed through standardized tool prepared by Dr.Jagadish & Dr. A.K.Srivastava. The mental health was assessed for both the groups before and after the experimental training. To find out the significant improvement paired 't' test was applied. The experimental group showed improvement on mental health among IT Professionals and they have adapted relaxation technique as regular practice to maintain good health.

**Keywords:** PMR, Autogenic, Transcendental Meditation and Mental Health.

### INTRODUCTION

Relaxation training is perhaps the simplest and easiest to use of all psychological interventions, and relaxation may be the key ingredient in other types of therapeutic for managing stress (Alter, 2004). It has been observed that psycho-physical relaxation for an athlete off and on the field is necessary to produce the desired outcomes. During the actual competition and critical state physical and mental relaxation can be beneficial to the athlete. It has been seen that the athletes who learned to relax mentally and physically in a crucial moment (such as before the start of a sprint or a race) have better chances of winning where a good start is a decisive factor (Gangopadhyay, 2008). Mental health is a level of psychological well-being, or an absence of mental illness. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". From the perspective of positive psychology or holism, mental health may include an individual's ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience.

Deep breathing is a simple, but very effective, method of relaxation. It is a core component of everything from the "take ten deep breaths" approach to calming someone down, right through to yoga relaxation and Zen meditation. It works well in conjunction with other relaxation techniques such as Progressive Muscular Relaxation, imagery and meditation. Progressive relaxation technique has been widely used in sports circles but its results are said to be mixed. Most investigators have found it to be highly useful in

streamlining physiological functioning but its effects on psychological aspects of anxiety are still under review. Some psychologists have used this technique in conjunction with other techniques, for instance, visualization (Kamlesh, 2002).

The use of autogenic training as an adjunct to athletic training has tremendously increased over the years. Obviously, it does assist in achieving a relaxed state of mind under grueling competitive situation but the direct relationship between autogenic training and athletic performance is yet to be clearly established. Mastery over mind and feelings is one of the most difficult things to achieve (Kamlesh, 2002). The Transcendental Meditation technique is scientific, requiring neither specific beliefs nor adoption of a particular lifestyle. The practice does not involve any effort or concentration. It is easy to learn and does not require any special ability. People of all ages, educational backgrounds, cultures, and religions in countries throughout the world practice the technique and enjoy its wide range of benefits (Gupta, 2007).

### THE PURPOSE OF THE STUDY

The purpose of the study was to find out the effect of relaxation technique on mental health among IT professionals.

### REVIEW OF RELATED LITERATURE

Vijay Kumar, Pawan Kumar and Reena Kumari (2013) did a research on "Study of Mental Health of Pupil Teachers in Relation to their Gender and Locality". The present study was conducted to study and compare

mental health of pupil teachers in relation to their gender and locality. A total sample of 160 Pupil-Teachers were taken from the selected eight B.Ed. colleges of H.P. To collect requisite data for the present study, the researcher used the mental health inventory (MHI) (Hindi Version) Constructed by Dr. Jagdish and Dr. A. K. Srivastav Deptt. of Psychology. B.H.U. Varanasi. Mental health inventory (MH1) covers six dimensions of mental health: For analysis and interpretation of data the investigator has used 't'- test to find out the mean's difference in different component of mental health of Pupil-Teachers. The finding of the study revealed that pupil teachers did not differ significantly in their mental health with respect to their gender and locality.

#### METHOD

To achieve the purpose of the present study, thirty male IT Professionals working in different IT industries but leaving in one apartment in Chennai were selected as subjects at random and their age ranged between 35 to 40 years. The subjects were selected randomly and divided them into two equal groups. The

groups were named as experimental (Relaxation Technique) and control group (CG). The experimental group practiced relaxation technique for three days a week for a period of 6 weeks in addition to their regular activities. Experimental treatment was given only in the morning between 6.15.a.m. and 7.15.a.m. and the regular practice includes deep breath relaxation technique, Deep breathing relaxation, PMR, Autogenic and Transcendental Meditation. The control group was not exposed to any experimental training. Before the training pre test was conducted to assess the mental health status prepared by Dr.Jagdish & Dr. A.K.Srivastava for both the groups. The scale consists of 44 items in which 16 are positive and 28 are negative statements and the Scores range from 44 to 176. After the experimental training period of 6 weeks, the post test was conducted. To find out the significant improvement paired 't' test was applied.

#### RESULTS

From the analysis of the data, the following results were drawn.

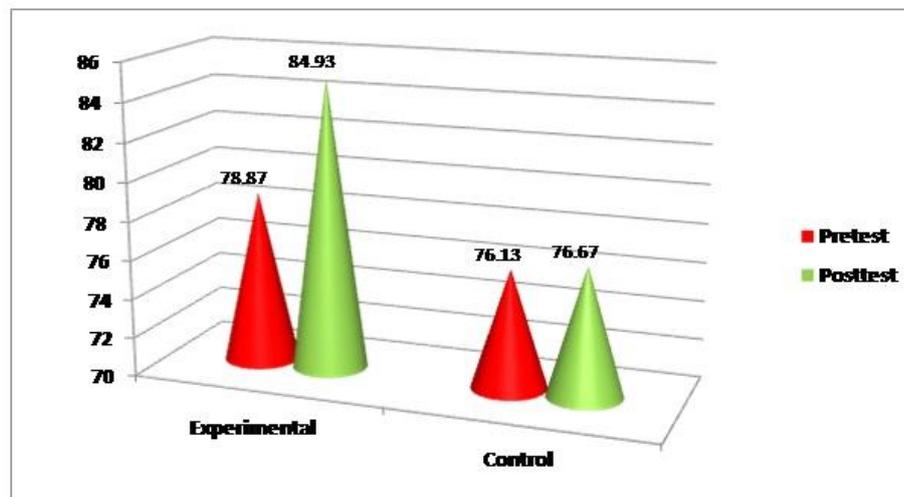
**TABLE I**  
**MEAN, STANDARD DEVIATION AND PAIRED 'T' TEST OF MENTAL HEALTH AMONG PHYSICAL EDUCATION STUDENTS**

Group	Test	Mean	SD (±)	Mean Difference	t' ratio
Control	Pre	76.13	1.71	0.53	1.17
	Post	76.67			
Experimental	Pre	78.87	3.38	6.07	6.72*
	Post	84.93			

\* Significant at 0.05

The mean, standard deviation and paired 't' test of mental health of both experimental and control group were numerically presented in the above table-I.

**FIGURE I**  
**SHOWS THE PRE AND POST TEST DIFFERENCES OF MENTAL HEALTH AMONG EXPERIMENTAL AND CONTROL GROUPS OF IT PROFESSIONALS**



## DISCUSSIONS

The result reveals that there was a significant improvement in the mental health status among IT Professionals. This may be due to the practices of relaxation techniques that include deep breathing relaxation, PMR, Autogenic and Transcendental Meditation, these techniques were helped the IT professionals to have control over their mental health.

## CONCLUSION

Based on the finding of the present study, it was concluded that the mental health of the IT Professionals have improved after the implementation of relaxation technique, while relaxation behavior has been increased among them after the implementation.

The IT professionals may use different types of relaxation techniques for self care which in turn increase their familiarity with these techniques, thus contribute a lot to maintain good mental and physical health.

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