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AUTOGENIC TRAINING FOR MATERNAL ANXIETY IN HOSPITALIZED CHILDREN

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Abstract

Approximately 19 million persons in America suffer from anxiety disorders, which are serious medical conditions. The illnesses are persistent, chronic, and, if left untreated, can get worse over time. Although each anxiety disorder is unique in its own right, they are all connected by an overwhelming and illogical sense of fear and dread. Some ways to manage anxiety disorders include learning about anxiety, mindfulness, and relaxation techniques, correct breathing techniques, dietary adjustments, exercise, learning, building self-esteem, cognitive therapy, medication and support groups. If left untreated, many anxiety problems that start in childhood tend to worsen. Mothers often express fear, anxiety, and irritation when their kid is ill. The severity of the condition and the nature of the required medical procedures may have an impact on feelings of fear and anxiety. Concerns about the child's future wellbeing, particularly any unfavourable consequences from the hospital stay, are additional causes of anxiety. The frequency and percentage of the data were analysed in relation to the level of anxiety among mothers of hospitalised children. Of these, 14 (14%) had moderate anxiety, 86 (86%) had severe anxiety, and 48 (52%) had no anxiety at all. Comparison of the pre- and post-test mean and standard deviation of the anxiety level among moms of hospitalised children. While the post-test mean was 3.2 with a standard deviation of 4.09, the pre-test mean was 34.77 with an 8.77 standard deviation. The research hypothesis was accepted and the null hypothesis was rejected since the calculated value was higher than the value in the table. Among moms whose children were hospitalised, autogenic training proved to be statistically significant.

KEYWORDS: Assess, Effectiveness, Autogenic training, Anxiety, Mothers of hospitalized children.

1. Introduction

The German physician who created autogenic training presented the method for relaxing in 1932. The method entails practicing 15-minute sessions every day, generally in the morning around lunch and in the evening. The method can assist in reducing stress-related symptoms. The practitioners will repeat a series of relaxation-inducing visualisations during each session. It is an approach to controlling the autonomic nervous system. The autonomic nervous system's parasympathetic and sympathetic branches are activated in a balanced manner by autogenic training. The parasympathetic activity reduces blood pressure, slows heart rate, and strengthens immune system processes, all of which have significant positive effects on health¹.

"Psychological and physiological arousal can be uncomfortable and potentially debilitating in cases of anxiety." Anxiety disorders are severe medical conditions that impact over 19 million adult Americans. These illnesses are persistent, chronic, and, if left untreated, can get worse over time. Learning about anxiety, practicing mindfulness and relaxation techniques, breathing exercises, making dietary changes, learning, increasing self-esteem, and cognitive therapy are some strategies for managing anxiety disorders prescription drugs and support networks².

Disorders associated with excessive fear and anxiety and behavioural problems are categorised as anxiety disorders. Anxiety disorder sufferers typically exaggerated how dangerous the circumstances were. If left untreated, many anxiety problems that start in childhood tend to worsen. Mothers often express fear, anxiety, and irritation when their kid is ill. The severity of the condition and the nature of the required medical procedures may have an impact on feelings of fear and anxiety. Concerns about the child's future wellbeing, particularly any unfavourable consequences from the hospital stay, are additional causes of anxiety³. When a child is admitted to the hospital, the parents—especially the mother—may experience extreme anxiety. The child's course of treatment is subsequently impacted by this stress. Here, we look into the effects of various stressors on moms whose children are in the hospital⁴.

The purpose of this article is to present a targeted summary of the research on children's psychosocial responses to hospital admissions. Children's capacity to withstand the strain of being admitted to the hospital varies. Nonetheless, a significant portion of people report feeling emotionally disturbed following the interaction. Prolonged and frequent hospital visits increase the likelihood of problems later on. It's possible that the child's separation from familiar people upon admission contributed to some of their psychological suffering. Younger children are most vulnerable, especially those between the ages of six months and four years. The coping strategies of children are shaped by various factors, such as their temperament and IQ, which can affect both the immediate and long-term effects of being admitted to the hospital. Children who actively engage in their coping are more agreeable with hospital staff and less disruptive after they are discharged from the hospital. Research has demonstrated that adequately educating children about the hospitalisation procedure can considerably reduce their psychological distress upon admission⁵.

Need for study

4% of people worldwide are thought to suffer from an anxiety disorder at the moment. Anxiety disorders are the most prevalent of all mental disorders, with 301 million cases worldwide in 2019. The World Health Organisation estimates that 264 million people globally, or 3.6% of the population, suffer from an anxiety illness. Furthermore, anxiety affects 2.6% of men and 4.6% of women worldwide. Anxiety disorders are the most prevalent illness in India, affecting 40 million

adults who are 18 years of age or older or 18.1% of the country's total population, according to the National Institute of Mental Health.

The National Co-morbidity Survey estimates that 15 million moms, or roughly 7 out of 100, are affected by anxiety disorders. It is challenging to determine the exact results of the LEPINE, JEAN – PIERRE study on the prevalence of anxiety disorders (ADS) because even slight modifications to the diagnostic standards, interview questions, or study design can have a significant impact. Large prevalence surveys of psychiatric disorders in the US have been analysed, and the results show that 15.7 have ADS.

Hypothesis Null

H01: Among mothers of hospitalised children, there is no statistically significant difference in anxiety with autogenic relaxation.

H02: Among mothers of hospitalised children, there is no statistically significant correlation between their anxiety level and their sociodemographic characteristics.

Hypothesis Alternative

H11: Among mothers of hospitalised children, there is a statistically significant difference in anxiety with autogenic training.

H12: Mothers of hospitalised children's anxiety levels are statistically significantly correlated with their socio demographic characteristics.

Objectives

1. to determine the degree of worry experienced by moms whose children are hospitalised in a particular hospital in Nellore.
2. to evaluate the impact of autogenic training on anxiety in mothers of children admitted to a particular hospital in Nellore.
3. To determine if the socio demographic characteristics of mothers of hospitalised children and their anxiety levels are related

2. Review of literature

A review of the literature provides an overview of the literature on a particular subject and addresses pertinent research issues. It is a crucial component of the study. One of the most crucial phases in the research process is the review of the literature. It is a summary of the existing knowledge regarding a specific phenomenon. The primary goals of a literature review are to inform the heads of the field about the body of prior study, knowledge, and ideas that have been established on a certain subject. The literature review is an important phase in the research process. A review of the literature is a thorough, comprehensive, and methodical analysis of Publications that are pertinent to the study project. Familiarity with previous studies is beneficial to the researcher as it aids in the development of methods and instruments for data collecting and research design. The primary objective of a literature review is to provide solid knowledge necessary for conducting research in the fields of education and medicine. A review of the literature is an organised process of locating, identifying, and summarising written materials that provide information about research projects.

DOGAR (2019). The study's objectives are to assess parents of children with mental impairment for anxiety and depression. The Prospective Study approach used in a Pakistani tertiary care hospital, participants included 198 parents-99 moms and 98 fathers-who had 100 children

diagnosed with mental impairment. The study's outcome Compared to fathers (17% among mothers, 35% fulfilled criteria for anxiety, 40% for depression, and 13% for both anxiety and depression), the proportion of mothers (89%), who experienced anxiety, depression, and both anxiety and depression together, is substantially higher (p value 0.024). Fathers who had anxiety had 42%, depression had 31%, and anxiety and depression together had 3%. A noteworthy correlation (P value = 0.027) was seen between the gender of parents and the individual mental diagnosis of depression and anxiety⁶.

DESIYANIN (2022).The study's objectives are to overcome the signs of mental and physical disorders. The study's methodology is based on information on the number of mentally retarded individuals in Banyumas, Regency Y, including 225 youngsters. The study's conclusion showed that there was a decline in participants' autogenic training. Reductions in respiratory frequency of 0.6%, systolic blood pressure of 4%, and diastolic blood pressure of 3.5% were observed⁷.

SUSANNA F, BEHAV SCI (2022)The purpose of the current study was to assess the impact of autogenic training (AT) and mindfulness-oriented mediation training (MOM) on emotional behavioural problems and character characteristics in a group of healthy Italian adolescents. The research methodology involved randomly assigning 73 teenagers to MoM or AT conditions and testing them both before and after the eight-week programme. Temperament and Character Inventory 125, or TCI: Strengths and Difficulties, is a self-report tool. Adolescent Questionnaire According to the study's findings, cooperativeness levels rose and emotional symptoms decreased following training⁸.

L. CHAPMAN (2022).The current study sought to determine whether modifying parenting practices could lower the likelihood of anxiety being passed down through generations. The investigation used randomised controlled trials of psychological interventions that were intended for adults with suspected anxiety disorders and that were suitable for inclusion if they had an impact on the mental health or general well-being of children. The study's conclusion, which focuses on adult anxiety, ignores the possible advantages of treatment for dependent children. This is a lost chance to assess a possible line of help for kids who are known to be anxiously inclined⁹.

BREZNOGCAKOVA. D (2023).The goal of the study was to develop well-established autosuggested self-induced relaxation strategies. The methodology was based on 29 published research and a systematic literature search. There were seven identified meta analyses and systemic reviews that looked into the impact of autogenic stress on mental health issues. The results of the study show that autogenic training is effective in lowering anxiety and has a medium-range (+ve) effect on mild to moderate depression. Impact on Acute Stress Disorder, Bipolar Disorder, and Psychotic Disorder is still unknown¹⁰.

NEAMA YOUSEF MOHAMMED (2019).The purpose of the current study was to identify the difficulties a mother of a mentally challenged kid faces. Five non-governmental organisations in Alexandria that offer medical treatment and rehabilitation services to children with mental disabilities were the sites of the study. The study comprised 60 moms whose children had mental disabilities. The investigation's outcome for the results of the presents The mother has more than one mentally challenged child, according to the study, which was conducted in less than quarter of 2006. Sixty percent of them could not afford health care. The unprocessed qualitative data that surfaced were grouped into multiple groups¹¹.

GUL ERTEM (2019).The purpose of the study was to ascertain the challenges faced by moms raising children with intellectual disabilities and the ways in which sociodemographic factors exacerbate the issue. The study's methodology was applied at two private and one public rehabilitation centre for children with disabilities in Odemisizmir, western Turkey, between September and December. Mothers who were the primary carers for 168 challenged children, ages 3 to 18, made up the research sample. According to the findings of the study, out of the 168 moms, 64 (38.1%) reported feeling depressed, 72 (42.9%) angry, and 32 (19.1%) lonely. Up to 92 moms (54.8%) were held accountable. Of the parents that had in laws regarding the impairment of their respective children, only 50 (29.8%)¹².

AJIT DESH PANDE (2018) The goal of the current study is to highlight the impact that moms of hospitalised children have on their students. An institutional cross-sectional study was conducted with 165 mothers of hospitalised children. The study's methodology was implemented to provide hospitalised children's moms with access to chess. The school accepts students between the ages of 4 and 18. During the study period, 192 students were enrolled in the main facility and its sub centres, with 165 students' mothers consenting to participate. As per the findings of the study, mothers who report mild to severe symptoms. women who reported experiencing stress were 26 (16.35%) and 66 (41.51%) correspondingly; 50 (31.45%) and 17 (10.69%) women reported experiencing severe and very severe stress¹³.

NAILA RASHID (2019) The study's focus is on the health and happiness of the affected parents of hospitalised children. The approach is predicated on the idea that all parents want a kid who is healthy, but some are compelled to have a child who is mentally retarded because they are not yet of legal age. The study's findings about how mentally challenged children affect their parents' mental health and general well-being. Being the parents of a disabled kid is an extremely stressful and transformative period. Parents of hospitalised children experience difficulties and are under a great deal of stress since their entire way of life is impacted, including their mental, physical, and psychological well-being.¹⁴

EUNJU SEO (2019) SEO at EUNJU (2019) In order to evaluate the effect of autogenic training on stress responses, this study employed a systematic review and meta-analysis methodology based on a thorough search of eight key electronic databases. To assess the impact of S1261, a meta analysis of the studies was done using the Rev man 5.3.5 Programme. Two studies were included in the meta analysis and 21 papers were included in the review out of 950 studies. . This is the study's overall outcome. These investigations demonstrated that autogenic training raised high frequency heart rate variability while lowering anxiety and depression. Through a meta analysis, the effect of autogenic training on anxiety was calculated and it was found that, in studies on short-term interventions aimed at healthy individuals, there was a seductive effect of anxiety Score by 1.37 Points (n=85, SMD= -1.37 95% CI-2.07 to -0.67). in the opposing band. A seduction impact of 0.29 points was detected on the depression score, which is similar to the calculation used to understand the effect of autogenic training on depression¹⁵.

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Conceptual Framework

One of the key components of the research in which we link the theory to the problem statement is the conceptual framework. An analytical tool with multiple variations and settings is a conceptual framework. It can be used in a variety of job categories when a broad image is required. It is employed to arrange concepts and draw conceptual distinctions. Robust conceptual frameworks effectively convey healing concepts in a manner that is simple to recall and implement.

Ludwing Von Bertalanffy's General System Theory served as the foundation for the study's conceptual framework. This idea was introduced by Bertalanffy in 1968 as a general theory that may be used in a variety of academic disciplines.

INPUT: The pre-test questionnaire, which gauges anxiety levels, and a subset of sociodemographic variables among mothers of hospitalised children at a particular hospital in Nellore are the study's inputs.

THROUGH PUT: The process by which the system uses, arranges, and modifies data in between input and output is known as throughput. By using autogenic training, this study aims to assess how well it reduces anxiety among mothers of hospitalised children at a particular hospital in Nellore. The post-test is carried out by the investigator, who then compares the outcomes of the two tests.

OUTPUT: Mothers' anxiety is measured using the HAM-A to assess the effectiveness of autogenic training. Mothers of hospitalised children will experience a significant decrease in anxiety following the post-test, indicating the effectiveness of autogenic training in reducing anxiety.

3. Methodology

There is a blue print for research design. Prior to beginning the actual research, a number of methodological strategies will need to be used. The general pattern of organising investigations is indicated by the research activities' technique. The study's methodology is covered in this chapter. It includes variables, sample size, sample procedure, accessible population sample, target population, study location, and research approach and design. creation and explanation of the instrument, Interpretation of scores Plan fox data analysis, data collecting, and pilot study. The investigators' goal at the chosen hospital in Nellore is to evaluate the impact of autogenic training on anxiety in mothers of hospitalised children.

4. Data analysis and Interpretation

Data interpretation and statistical analysis are covered in this chapter. The study's objectives guided the analysis of the data. Data about the impact of autogenic training on anxiety among mothers of hospitalised children was gathered from 100 mothers at Narayana Medical College Hospital. Descriptive and inferential statistics were used to examine the data.

Table 1: Percentage and Frequency Distribution - Demographic Variables

S No	Demographic Variable (DV)	Category of DV	Frequency	Percentage
1	Age in Years	Up to 20	12	12%
		21-25	20	20%
		26-30	48	48%
		More than 30	20	20%
2	Religion	Hindu	70	70%
		Christian	17	17%

		Muslim	12	12%
		Others	1	1%
3	Educational Qualification	Illiterate	12	12%
		Up to 12 th Standard	44	44%
		Under Graduate	24	24%
		Post Graduate	20	20%
4	Occupation	Unemployed	22	22%
		Private Employee	20	20%
		Government Employee	33	33%
		House Wife	25	25%
5	Type of Family	Nuclear family	16	16%
		Joint family	46	46%
		Extended family	36	36%
6	Number of Children	Single Children	18	18%
		Two Children	52	52%
		More than 3 children	30	30%
7	Level of Anxiety (Pre Training)	No Anxiety	0	0%
		Mild Anxiety	0	0%
		Moderate Anxiety	14	14%
		Severe Anxiety	86	86%
8	Level of Anxiety (Post Training)	No Anxiety	52	52%
		Mild Anxiety	48	48%
		Moderate Anxiety	0	0%
		Severe Anxiety	0	0%

The table 1 shows that the samples are divided into sub groups based on their age as up to 20 years, 21-25 years, 26-30 years and more than 30 years. In the mothers aged up to 20 years are 12%, in between 21-25 years aged mothers are 20%, 48% of the mothers are observed as 26-30 years and 20% of the mothers age is more than 30 years. It shows that majority of women (70%) from covered from Hindu religion, 17% of the sample from Christians and Muslims and any other religious mothers' covered in the sample was observed as 12% and 1% respectively.

The data presented in the above table regarding educational status of the mothers divided into illiterate, up to 12th standard, under graduate and post graduates. Around 12% had illiterates, 44% of the mothers belong to up to 12th standard, and 24% mothers had under graduates and 20% had post graduates.

With the advancement of technology and modernization more and more women entered work force and made a living for themselves and their families. Women known contribute their earning to their families. It shows that 22% and 20% of the women doing private and government jobs, 33% had unemployed and remaining 25% sample data taken house wife. Out of a sample of 100, 18% of the mothers are living separately, 46% and 36% from joint and

extended families. Among the participants, 18% of mothers were raising single children, while 52% and 30% were respectively managing households with two and three or more children.

Anxiety levels are split into four different sub categories based on the severity of anxiety. The sub groups are no anxiety, mild anxiety, moderate anxiety and severe anxiety based on severity. During the pre-test procedure, none of the participants exhibited no or mild anxiety levels, with 14% experiencing moderate anxiety and 86% grappling with severe anxiety. Following the post-test procedure, 52% and 48% of participants demonstrated no and mild anxiety levels, respectively, while none exhibited moderate or severe anxiety. We conclude that participants are gained knowledge with autogenic training.

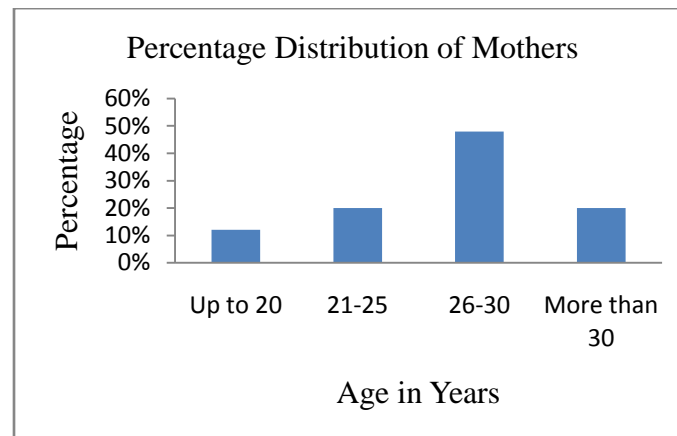


Figure 1: Percentage Distribution of Mothers of Hospitalised Children

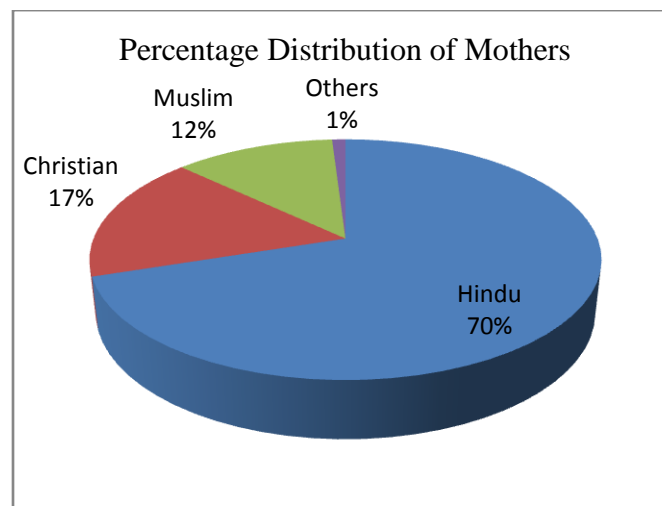


Figure 2: percentage distribution of mothers of hospitalized children religion wise

To test the effectiveness of autogenic training among mothers of hospitalized children, we observe that by paired t test procedure the p value noticed as $p < 0.005$. Hence we conclude that the mothers of hospitalised children are benefited by training program to reduce the level of their anxiety.

Table 2: Association between the post levels of anxiety among mothers of hospitalized children with their selected demographic variables

S No	Demographical Variable	No Anxiety		Mild Anxiety		χ^2 -value	p value
		Frequency	Percentage	Frequency	Percentage		
1	Age					χ^2 Calculated Value = 0.174	p<0.05 Significant
	20 Years	6	6	6	6		
	21-25 Years	10	10	10	10		
	26-30 Years	26	26	22	22		
	More than 30	10	10	10	10		
2	Religion					χ^2 Calculated Value = 0.174 13.312	p>0.05 Not Significant
	Hindu	35	35	35	35		
	Christian	14	14	3	3		
	Muslim	2	2	10	10		
	Others	1	1	0	0		
3	Educational Status					χ^2 Calculated Value = 0.174 1.907	p<0.05 Significant
	Illiterate	8	8	4	4		
	Up to12th standard	20	20	24	24		
	Under Graduate	13	13	11	11		
	Post Graduate	11	11	9	9		
4	Occupation					χ^2 Calculated Value = 0.174	P<0.05 Significant
	Private	11	11	11	11		
	Government	10	10	10	10		
	Unemployment	14	14	19	19		
	House wife	17	17	8	8		
5	Family Type					χ^2 Calculated Value = 0.174	P<0.05 Significant
	Nuclear	11	11	5	5		
	Joint	24	24	22	22		
	Extended	17	17	21	21		
6	Number of Children					χ^2 Calculated Value = 2.454	P<0.05 Significant
	1	12	12	6	6		
	2	27	27	25	25		
	3	13	13	17	17		

It demonstrates the relationship between the chosen demographic characteristics and the post-level of anxiety experienced by moms of hospitalised children.

- Associated with mothers' ages the calculated value was 0.174 and P<0.05, there is non-significant.
- Associated with mothers' religion, the calculated value was 13.312 and p<0.05, there is statistical non significance.
- Concerned with the mothers' educational background, the calculated value was 1.907 and p <0.05, there is statistical significance.

- Concerned with the number of moms' children, the calculated value was 2.454 and $p < 0.05$, there is statistical significance.
- Concerning the parents' line of work, the calculated value was 3.844 $p < 0.05$, there is statistical significance.
- Concerning the kind of family, the calculated value was 2.602 and $p < 0.05$, there is statistical significance.

5. Conclusion

Mothers of hospitalised children have elevated levels of anxiety, to lower their anxiety levels; they need to get some therapies. The study's conclusion shows that among moms of hospitalised children, there is a substantial correlation between parental demographic characteristics including age and anxiety level. Furthermore, no statistically significant correlation has been observed with other demographic characteristics, including gender, relationship status, occupation, educational attainment, religion, and anxiety level. The anxiety post-test "z value" was 16.23 and $p < 0.05$, indicating a substantial decrease in anxiety levels among mothers of hospitalised children following muscle relaxation therapy. Reducing anxiety levels among moms of hospitalised children is a beneficial intervention.

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