

AROMATHERAPY ON ANXIETY



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INTRODUCTION

Anxiety (also called angst or worry) is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. Anxiety is considered to be a normal reaction to a stressor. It may help an individual to deal with a demanding situation by prompting them to cope with it. It is the displeasing feeling of fear and concern. Anxiety also influences how we behave. For instance, when we feel anxious, we often avoid doing things that we want to because we are worried about how they will turn out. Although short experiences of anxiety are part and parcel of daily life, it becomes challenging when anxiety begins to follow people around and is a regular feature in their lives. Anxiety is a very common symptom which may often accompany depression or other mental health conditions, as well as being a condition in its own right. While anti-anxiety medications may help relieve symptoms, aromatherapy uses essential oils to soothe, calm and relax.

Aromatherapy is one of the fastest growing modalities in alternative medicine. Aroma has a powerful effect on living organisms. Research concludes that smell is 10,000 times more powerful than taste. More important, scent moves quickly to the brain and has a direct impact on the limbic system. The limbic system converses with the autonomic nervous system which has a direct connection to the hypothalamus and emotions; thus, mental-health professionals are now promoting the psychological benefit of essential oils. The calming and relaxing effect of the essential oils and massage can help to relieve accumulated tensions and anxieties.

NEED FOR THE STUDY

Anxiety Disorders are the most common mental illness in the world with 19.1million (13.3%) of the adult **ultguide (2007)** .In India it accounts to 22.7 % of the global burden of disease. In Andhra Pradesh it is estimated to be 42.7% **Nilamadhab Kar(2010)** .

Aromatherapy Bible, Farrer-Halls (2005) recommends key aromatherapy treatments which may be beneficial in helping those suffering from anxiety. *Perry, Nicolette (2006)* conducted a study on Aromatherapy in the Management of Psychiatric Disorders. Experimental design was adopted. sample size was 200. It is concluded that aromatherapy provides a potentially effective treatment for a range of psychiatric disorders like anxiety ,depression, stress, insomnia

STATEMENT OF THE PROBLEM

A study to determine the effectiveness of aromatherapy on anxiety among adults in selected villages ,Nellore

OBJECTIVES

1. To assess the level of anxiety among adults
2. To determine the effectiveness of aromatherapy on level of anxiety among adults
3. To compare the effectiveness of aromatherapy on level of anxiety among adults between experimental & control group
4. To associate the effectiveness of aromatherapy on level of anxiety among adults with selected socio demographic variables

OPERATIONAL DEFINITION

ANXIETY: Person who scores 15-56 on hamilton anxiety rating scale

AROMATHERAPY: Sandalwood oil 2drops is added to a cotton ball & individual is made to inhale through nose for 5 minutes

ADULTS: Individual between the age group of 20 - 60 years

HYPOTHESIS

There will not be a statistically significant decrease in the level of anxiety after aromatherapy among the adults

METHODOLOGY

Research approach: Quantitative research approach is adopted to determine the effect of aromatherapy on anxiety among psychiatric patients

Research design: Quasi experimental design was chosen for the study

Setting of the study: The study was conducted in Venkatachalam

Population: Adults residing in Venkatachalam village.

Sample: Male and female adults who have mild & moderate level of anxiety & who fulfill the inclusion criteria

Sample size: The sample size of the study is 60

Sampling technique: Non probability convenient sampling technique was adopted

Inclusion criteria:

1. Adults who are willing to participate
2. Adults who are available at the time of data collection
3. Adults who have mild & moderate level of anxiety
4. Adults between the age of 21-60yrs

Exclusion criteria:

1. Pregnant women
2. Adults with severe asthma
3. Adults with a history of allergies
4. Adults with high blood pressure
5. Adults with severe anxiety

DESCRIPTION OF TOOL: Tool consist of two sections

Section-A: Demographic variables such as age, sex, marital status, educational qualification, religion, area of living, occupation

Section-B: The tool used for the study was a standardized Hamilton rating scale which comprises of 14 items

Not present: 0, Mild: 1, Moderate: 2, Severe: 3, Very severe: 4

Score interpretation: Mild anxiety: 15-29, Moderate anxiety: 30-43, Severe anxiety: 44-56

DATA COLLECTION PROCEDURE

Permission was obtained from the institutional ethical committee, Medical officer PHC to collect the data. Informed consent was obtained from the adults. The nature & the purpose of the study was explained. Hamilton anxiety rating scale was administered to the adults. It took 15 minutes for the adults to fill the rating scale. Those who fulfilled the inclusion criteria were given aromatherapy for 10 days & posttest was conducted on the 11th day

DATA ANALYSIS

Statistical method used for the data analysis were descriptive statistics that include frequency, percentage, mean & standard deviation. Inferential statistics namely chi-square was used to associate the level of depression with the selected socio demographic variables

RESULTS:

Table - 1: Frequency & Percentage distribution of socio demographic variables of the adults

Sl.no	Demographic variables	Experimental group N=30		Control group N=30	
		No	%	No	%
1	Age in years				
	21-30	6	20	7	23.3
	31-40	18	60	13	43.3
	41-50	6	20	8	26.7
	51-60	0	0	2	6.7
2	Sex				
	Male	11	36.7	14	46.7
	Female	19	47.3	16	53.3
3	Religion				
	Hindu	22	73.3	18	60
	Christian	6	20	8	26.7
	Muslim	2	6.7	4	13.3

4	Educational Status				
	Illiterate	7	23.3	5	16.66
	Primary	7	23.3	13	43.3
	Secondary	14	46.7	11	36.7
	Graduate	2	6.7	1	3
5	Occupation				
	Labor	7	23.3	12	40
	Business	6	20	10	33.33
	Private job	5	16.66	1	3.33
	House wife	11	36.7	7	23.3
6	Marital status				
	Unmarried	8	26.7	6	20
	Married	18	60	22	73.3
	Widow/widower	4	13.3	2	6.7
7	Area of living				
	Urban	17	56.7	14	46.7
	Rural	13	43.3	16	53.3

Table 1: Shows the frequency & percentage distribution of demographic variables with regard to age, sex, religion, educational status, occupation, marital status, area of living

Table 2: Effectiveness of aromatherapy on level of anxiety among adults in experimental & control group

Sl.No.	Level of anxiety	Experimental group (N=30)				Control group (N=30)			
		Pretest		Posttest		Pretest		Posttest	
		No	%	No	%	No	%	No	%
1	Mild anxiety (15-29)	9	30	14	46.7	11	36.7	12	40
2	Moderate anxiety (30-43)	21	70	16	53.3	19	63.3	18	60

Table 2 shows that in experimental group 9(30%) had mild level of anxiety & 21(70%) had moderate level of anxiety in pretest & in posttest 14(46.7%) had mild level of anxiety & 16(53.3%) had moderate level of anxiety. In control group 11(36.7%) had mild level of anxiety & 19(63.3%) had moderate level of anxiety in pretest & in posttest 12(40%) had mild level of anxiety & 18(60%) had moderate level of anxiety.

Table 3: Comparison of Effectiveness of aromatherapy on level of anxiety among adults in experimental & control group

Table 3 indicates that there is a statistically significant

Group	Pretest		Post test		t-test
	Mean	S.D	Mean	S.D	
Control	65.13	2.22	64.6	1.84	1.992
Experimental	66.13	1.96	58.73	2.14	23.284

difference between the mean post test score $t=23.284$ at $p<0.05$ level of significance. Hence it is interpreted that there is a significant reduction in the level of anxiety among the adults after the aromatherapy

Table 4: Association of effectiveness of aromatherapy on level of anxiety among adults with their selected socio demographic variable

Table 4 shows that there is no statistically significant

Sl.no	Demographic variables	Level of anxiety N=30				Chisquare X ²
		Mild anxiety		Moderate anxiety		
		No	%	No	%	
1	Age in years					X ² =1.443, df=5.99 P<0.05 NS
	21-30	3	10	3	10	
	31-40	3	10	15	50	
	41-50	3	10	3	10	
	51-60	0	0	0	0	
2	Sex					X ² =3.903, df=8.32 P<0.05 NS
	Male	6	20	2	6.7	
	Female	3	10	19	63.3	
3	Religion					X ² =4.792, df=9.63 P<0.05 NS
	Hindu	5	16.7	15	50	
	Christian	3	10	3	10	
	Muslim	1	3.3	3	10	
4	Educational Status					X ² =1.431, df=5.67 P<0.05 NS
	Illiterate	2	6.7	5	16.7	
	Primary	3	10	4	13.3	
	Secondary	4	13.3	10	33.33	
	Graduate	0	0	2	6.7	
5	Occupation					X ² =2.013, df=6.75 P<0.05 NS
	Labor	3	10	4	13.3	
	Business	2	6.7	4	13.3	
	Private job	0	0	6	20	
	House wife	4	13.3	7	23.4	
6	Marital status					X ² =2.715, df=5.99 P<0.05 NS
	Unmarried	3	10	5	16.7	
	Married	6	20	12	40	
	Divorce/Separated	0	0	0	0	
	Widow/widower	0	0	4	13.3	
7	Area of living					X ² =0.0325, df=3.84 P<0.05 NS
	Urban	3	10	14	46.7	
	Rural	6	20	7	23.3	

association between the effectiveness of aromatherapy on level of anxiety with the socio demographic variables like age, sex, religion, education, occupation, marital status, area of living at p< 0.05 level of significance

FINDINGS OF THE STUDY

1. In the demographic variables majority of the adults age in experimental group 18(60%) & in control group 13(43.3%) were between 31-40yrs. In age majority of them in experimental group 19 (47.3%) & in control group 16(53.3%) were females. In religion majority of them in experimental group 22 (73.3%) & in control group 18(60%) were hindu. With regard to educational status majority of them in experimental group 14 (46.7%) had intermediate education & in control group 13(43.3%) had

primary education. In the occupation majority of them in experimental group 11 (36.7%) are housewife & in control group 12(40%) are labor. In marital status majority of them in experimental group 18(60%) & in control group 22(73.3%) were married. In area of living status majority of them in experimental group 17(56.7%) live in urban area & in control group 16(53.3%) live in rural area.

2. In experimental group 9(30%) had mild level of anxiety & 21(70%) had moderate level of anxiety in pretest & in posttest 14(46.7%) had mild level of anxiety & 16(53.3%) had moderate level of anxiety. In control group 11(36.7%) had mild level of anxiety & 19(63.3%) had moderate level of anxiety in pretest & in posttest 12(40%) had mild level of anxiety & 18(60%) had moderate level of anxiety.

3. There is no statistically significant association between the effectiveness of aromatherapy on level of anxiety with the socio demographic variables like age, sex, religion, education, occupation, marital status, area of living at p< 0.05 level of significance

CONCLUSION

From this study it is concluded that aromatherapy is effective in reducing the amount of anxiety among the adults. Using aromatherapy for anxiety is a pleasurable and effective complement to holistic natural remedies for anxiety relief

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