

A Study to Assess the Effectiveness of Mental Imagery Therapy on Reducing Anxiety Level Among the Undergraduate Student Studying at Selected Colleges of Lucknow

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ABSTRACT

A study to assess the effectiveness of mental imagery therapy on reducing anxiety level among the undergraduate student studying at selected colleges of Lucknow. The objective of the study was to assess the anxiety level of the undergraduate students. To determine the effectiveness of guided imagery therapy to reduce anxiety level of students. To determine the association between pretest anxiety scores with their selected demographic variables. A pre experimental approach was used for the study of 30 students who had anxiety based on academic. The subjects are chosen by non-probability convenient sampling technique. The study was conducted at selected college of Lucknow. Beck anxiety scale was used to collect the data, the obtained data were analyzed and interpreted in terms of objectives of the study, descriptive and inferential statistics were used for data analysis: the level of significance was set at 0.05 levels. The study revealed that during pretest 30 student found had anxiety and then investigator provided them with guided imagery therapy and after the therapy investigator assessed the anxiety level and found that anxiety level reduced among the participants it means guided imagery therapy was effective among them to reduce the anxiety level, hence hypotheses 1 was accepted ie guided imagery was effective to reduce anxiety level among the participants. Then investigator assessed the association between pretest anxiety level with selected demographic variables and found that academic performance, family history of anxiety and social support system of the participant had significant association with anxiety level of the participant, hence hypothesis (H2) was partially accepted. The study concluded that guided imagery therapy was effective to being down the anxiety related to academic performance among the participant.

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KEYWORDS: Study To Effectiveness of Mental Imagery Therapy, Reducing Anxiety Undergraduate Students, College

NEED FOR THE STUDY

Mental distress is a major public health problem which includes anxiety, depression and somatic symptoms such as sleeping problems, fatigue and headache. University students are consistently reported to have higher levels of mental distress compared to the general population. Although university students with mental distress have significantly impaired cognitive functioning, learning disabilities and poor academic performance, the burden of this problem. So the present study aimed to found anxiety among undergraduate student and then provide them with guided imagery technique and then want to assess the impact of guided imagery on reducing anxiety level among the participant.

STATEMENT OF THE PROBLEM:

A study to assess the effectiveness of mental imagery therapy on reducing anxiety level among the undergraduate student studying at selected colleges of Lucknow.

OBJECTIVES:

1. To assess the anxiety level of the undergraduate students.
2. To determine the effectiveness of mental imagery therapy to reduce anxiety level of undergraduate students.
3. To determined the association between pretest knowledge scores with their selected demographic variables.

Hypotheses

H1:- Guided imagery technique was effective to reduce anxiety related to academic performance among the participant.

H2:- There was a significant association between pretest anxiety level with selected demographic variables.

Material and method:-

Research approach and design: - Quantitative approach with one group pretest post test experimental design.

Setting of the study: - Selected college of Lucknow.

Study population: - undergraduate student studying at college of Lucknow.

Accessible population: - Undergraduate student studying at selected colleges of Lucknow

Sample size: - 30

Sampling technique: - Non probability convenient sampling technique.

Inclusive criteria:

- Undergraduate student who had anxiety related to academics.
- Under graduate with anxiety who are available at the time of data collection.
- Clients who are willing to participate in the study.

Exclusion criteria

- Clients who are not available at the time of data – collection
- Clients who are not willing to participate in the study.
- Client who had problem with anxiety and undergoing some treatment or therapies

Variable under the study:

A variable is any phenomenon of characteristic or attribute under study. Variable are the measurable characteristics of a concept and consist of a logical group of attributes.

Three types of variable are identified in this study. They are,

- Dependent variable
- Independent variable
- Attributed variable

Dependent variables:

The variable hypothesized to depend on or be caused by another variable (the independent variable) the outcome variable of interest. In this study anxiety of

the undergraduate student is considered as dependent variable.

Independent variable:

The variable hypostasized which is not depend on the another variable.

In this study mental imagery was considered the independent variable.

Attributed Variables:

The variable that pre existing characteristics of study participants, which the researcher simply observes or measures. These variables that greatly influence the results of the study.

In this study age, sex, educational status, academic performance, religion, social support system, family history of disease and information sources were the attributed variables.

Description of Tools

The tool used for the data collection was organized into three sections:

Section -A Demographic Data:

The first part of the tool consists of ten items for obtaining information about the selected background factors such as age, sex, educational status, academic performance, religion, social support system, family history of anxiety disorder and information sources were the attributed variables.

Section –B

Modified Beck anxiety inventory scale used to collect the data before and after the session to assess the anxiety level of undergraduate student.

Beck anxiety scale consist of 21 self reported point scale and each questions response should be from not at all to it bothered me a lot.

Based on the score the anxiety level categorized into 0-7minimum anxiety level, 8-15 moderate anxiety level, 16-25 moderate anxiety level, 26-63 severe anxiety level.

Data collection procedure: -

The data collection was scheduled from 15.10.2023 to 22.12.2023. Before the data collection the invigilator obtained the formal permission from principal and then started assessing the anxiety level of each students. Researcher found 70 students with anxiety related to academics and through convenient sampling technique the researcher selected 30 students and then provided guided imagery technique session for 1 month and then assessed the anxiety level of participant after completion of 1 month of training sessions and Giving thanks to the respondents and authority, the data collection procedure was finished.

Limitations of the study

The study is delimited to:

1. selected colleges of Lucknow
2. student who had anxiety related to academics.
3. student who present during the time of data collection
4. student whose parents provided permission to participate in the study

Analysis and interpretations**Section I:- Base line characteristics of participants.****Table 1: - Baseline characteristics of the participants**

Sl.no	Demographic variables	frequency	percentage
1.	Age in years		
	17 to 20 year	20	66.66
	21 to 23 year	04	13.33
	24 and above	06	20
2.	Sex		
	Male	14	46.66
	Female	16	53.33
3.	Religion		
	Hindu	20	66.66
	Muslim	06	20
	Christian	04	13.33
	others	00	0
4.	Educational status		
	Is t year Bsc	20	66.66
	IInd year Bsc	08	26.66
	IIIrd year Bsc	02	6.66
5.	Academic performance		
	<=50%	24	80
	51-75%	04	13.33
	>75%	02	6.66
6.	Family history of anxiety disorder		
	Yes	02	6.66
	No	28	93.33
7.	Social support system		
	Yes	28	93.33
	No	02	6.66

Section II: - Anxiety level of undergraduate students related to academic activities.**Table no 2: - Categorization of undergraduate students based on beck anxiety scale.**

Knowledge level	Minimum anxiety	Mild anxiety	Moderate anxiety	Severe anxiety
Pretest	13	6	7	4
Post test	20	06	04	0

Section III: - Analyse the effectiveness of guided imagery technique to reduce anxiety level among the participants.

Paired t test used to find out the effectiveness of guided imagery to reduce anxiety among undergraduate students.

The obtained value was 24 and the table value was 2.02. since the obtained value was greater than table value null hypothesis rejected, ie, guided imagery was effective to reduce anxiety among undergraduate students who had anxiety.

Section IV:- Assess the association between Pretest knowledge score with selected demographic variables.

Table no: - 5 chi square showing association between pretest knowledge with selected demographic variables

Sl. no	Demographic variables	Mean				Obtained value	Table value	Interference
		Minimum 13	Mild 6	Moderate 7	Severe 4			
1.	Age in years					10.48	12.59	NS
	17-20 year	10	5	2	3			
	21-23 year	0	1	3	0			
	24 and above	3	0	2	1			
2.	Sex					5.40	7.81	NS
	Male	3	4	4	3			
	Female	10	2	3	1			
3.	Religion					7.70	16.91	NS
	Hindu	10	3	5	2			
	Muslim	2	2	2	0			
	Christian	1	1	0	2			
	others	0	0	0	0			
4.	Educational status					8.53	12.59	NS
	Ist Bsc	7	4	6	3			
	IIInd Bsc	6	1	1	0			
	IIIrd Bsc	0	1	0	1			
5.	Academic performance					13.52	12.59	S
	<=50%	11	2	7	4			
	51-75%	2	2	0	0			
	More than 75%	0	2	0	0			
6.	Family history of anxiety					8.57	7.81	S
	Yes	0	2	0	0			
	No	13	4	7	4			
7.	Social support					20.87	7.81	S
	Yes	13	4	1	0			
	No	0	2	6	4			

S=Significant, NS = Non significant.

3= 7.81, 6=12.59, 9=16.91

The chi-square calculation explains that there was a significant association between pre test knowledge level and the sociodemographic variables such as academic performance of the participant, family history of anxiety and social support system of the participants as the obtained value was greater than the table value at 0.05 level of significance.

Conclusion:-

The study revealed that in the pre-test the investigator analyzed that out of 160 undergraduate student, 70 students found with anxiety and from them 30 students was selected and provided them with guided imagery therapy and after the therapy investigator assessed the anxiety level and found that anxiety level reduced among the participants it means guided imagery therapy was effective among them to reduce the anxiety level, hence hypotheses 1 was accepted ie guided imagery was effective to reduce anxiety level among the participants. Then investigator assessed the association between pretest anxiety level with selected demographic variables and found that academic performance, family history of anxiety and social support system of the participant had significant association with anxiety level of the

participant, hence hypothesis (H2) was partially accepted. The study concluded that guided imagery therapy was effective to being down the anxiety related to academic performance among the participant.

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