

A Study on the Effect of Relaxation Techniques and Shavasana on Stress and Pulse Rates of Medical Students

Shinde, V.; Kini, R.; Naik, R.; Desousa, A.

Article Authorship & Affiliation Details

Communication Date: June, 21, 2015

Acceptance Date: July, 05, 2015

DOI: 10.18376//2015/v11i2/67711

Shinde, V. Asst. Professor, Department of Physiotherapy, LokmanyaTilak Municipal Medical College, Mumbai. Maharashtra, India

Email: avinashdes888@gmail.com

Kini, R. Intern, Department of Physiotherapy, LokmanyaTilak Municipal Medical College, Mumbai. Maharashtra, India.

Naik, R. Professor and Head, Department of Physiotherapy, LokmanyaTilak Municipal Medical College, Mumbai, India

Desousa, A., Research Associate, Department of Psychiatry, LokmanyaTilak Municipal Medical College, Mumbai, Maharashtra, **India.**

Correspondence Address: Dr.Avinash De Sousa, Department of Psychiatry, LokmanyaTilak Municipal Medical College, Mumbai. E-mail – avinashdes888@gmail.com. Tel - +91 9820696828

Key Words: Pulse rate, Stress, Jacobson's technique of relaxation, Shavasana.

To cite this article: Shinde, V.; Kini, R.; Naik, R.; Desousa, A. A Study on the Effect of Relaxation Techniques and Shavasana on Stress and Pulse Rates of Medical Students [online].

Journal of Exercise Science and Physiotherapy, Vol. 11, No. 2, June 2015: 123-128.

Abstract

Medical education is perceived as being stressful and a high level of stress may have a negative effect on cognitive functioning and learning of students in medical school. The present study was aimed at comparing the efficacy of two relaxation techniques on medical students and also to study the effects of the Jacobson's technique of relaxation and Shavasana on pulse rate & stress levels in Medical students. 90 medical students were selected and randomly assigned to three groups (N=30 each) Group A receiving Jacobson's Technique of relaxation, Group B receiving Shavasana and Group C control. The stress level was determined using Perceived Stress Scale. Pulse rate was measured before and after training of 1 month (sessions twice a week) and home programme of the same technique daily was asked to be followed for one month. Results indicate that both the techniques are significantly effective in inducing relaxation but objectively, on comparison of both techniques, Shavasana was observed to bring enhanced decrease in pulse rate & stress levels than Jacobson's technique of relaxation.