

Thought Stopping Activity as Innovative Trend to Deal with Stresses

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Abstract

Introduction: Modern age is the age of stress. Stress is unavoidable and an integral part of our lives. Though stopping activity is one of the techniques to manage the stresses. The current study was conducted to assess the effectiveness of thought stopping activity on level of stress among industrial workers of selected industries of Pune. *Approach:* Descriptive Evaluative approach. *Design:* Quasi experimental nonequivalent control group design. *Subject–Population:* Target Population: Industrial workers of Industries from Maharashtra. Accessible Population: Industrial workers of selected Industries from Pune; *Sample:* Industrial workers of selected areas; *Sample Size:* Sample consisted of 60 subjects; *Sampling Technique:* Non probability quota sampling; Industrial worker in selected industries was taken as samples. Non probable quota sampling technique is used. Samples size 60 (30 experimental, 30 control group). *Data collection tool:* A self reported semi structured questionnaire and perceived stress assessment scale. *Data analysis:* The collected data was coded, tabulated and analyzed by using descriptive statistics (mean percentage standard deviation) and inferential statistics. Significance difference between pre test and post test reading was analyzed by paired t test. Association of selected demographic variables with demographic data was done by ANOVA test. Then

analyzed data is presented in tabulate form. *Result:* Findings of experimental group: overall pre-test stress score was 73.7 and post test stress score was 48.3. t test was used to test the research hypothesis and it was accepted as t calculated > t table. (7.9>2.05). It shows that thought stopping activity was very effective in reduce level of stress among the industrial worker.

Keyword: Effectiveness; Thought Stopping Activity; Stress; Industrial Workers.

Introduction

Our thoughts give colour our perceptions, and affect our stress level. What thoughts are serving you today? Which thoughts are weighing you down? As stress is a disease of modern life. We generally use the word "stress" when we feel that everything seems to have become too much – we are overloaded and wonder whether we really can cope with the pressure placed upon us. Anything that poses a challenge or threat to our well-being is a stress. Some stresses get you going and they are good for you. Without any stress at all many say our lives would be boring and we would probably feel pointless. However when stresses undermine both our physical and mental health they are bad. Stress is unavoidable and it is not possible to eliminate it from our lives entirely. Life is full of challenges, and a life without some turmoil is not only impossible but is also undesirable. The hassles, deadlines, frustrations, and demands of modern life have made stress so common that it has become a way of life for many people.

There are many techniques to manage the stress. Out of which thought stopping activity is one of the most effective technique to manage the stress. Thought

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stopping is a cognitive technique in which train of negative thought is stopped by various means such as shouting 'stop' or silently saying 'stop' to oneself, clawing and rubber band snapping as thought proceed in mind. Keeping this information in the background a study was conducted for the industrial workers at pune.

Objectives of the study were as follows:

- To assess the level of stress before thought stopping activity among the industrial workers of control and experimental group.
- To assess the level of stress after thought stopping activity among the industrial workers of control and experimental group.
- To evaluate the level of stress before and after thought stopping activity among the industrial workers.

Research Methodology

Research approach and design

Evaluative approach. A non-equivalent control group design was chosen for the study.

Sampling technique

The sampling technique used in this study was non-probability. Quota sampling. Sample size 60 (30 experimental group, 30 control group).

Industrial workers who already had undergone any yoga or thought stopping activity program and who were practicing it daily, were excluded from the study.

Development and description of tool

A self reported semi structured questionnaire and Perceived Stress Assessment Scale were used for data collection. Reliability of tool was done by Guttman Split Half method. Coefficient vale (0.82) showed that the tool was reliable to conduct study.

The demographic data of the industrial workers was collected by the semi-structured questionnaire.

Four point Perceived Stress Assessment Scale consist of total 30 questions. Range of scores was 0-120. Stress was graded as per the score obtained by the subjects as:

- 0-30 = Mild stress
- 31-60= Moderate stress
- 61-90 = Severe stress
- 91-120 = Extreme stress.

Results

Finding of stress level in experimental and control group before and after intervention

In the control group before intervention, moderate, serve and extreme stress was reported by 10%, 83.33% and 6.66% subjects respectively. In the experimental

Table 1: Percentage Distribution of the Industrial Workers in Control and Experimental Group by their Grades of Stress
N=30+30=60

Group	Grades of Stress	Percentage of Subjects	
		Pre-test	Post-test
Control of Group	Mild	-	-
	Moderate	10	6.6
	Severe	83.33	93.33
	Extreme	6.66	-
Experimental Group	Mild	-	-
	Moderate	13.33	90
	Severe	66.66	10
	Extreme	-	-

group before intervention; moderate and severe stress was reported by 13.33% and 66.6% subjects respectively.

In the control group no intervention was done but with the post intervention in the experimental group, again stress level was assessed. In the control group then moderate and severe stress was reported by 6.66% and 93.3% subjects respectively. In the experimental

group, post intervention moderate and severe stress was reported by 90% and 10% subjects respectively.

Finding of Stress Score and effect of thought stopping activity in Experimental Group

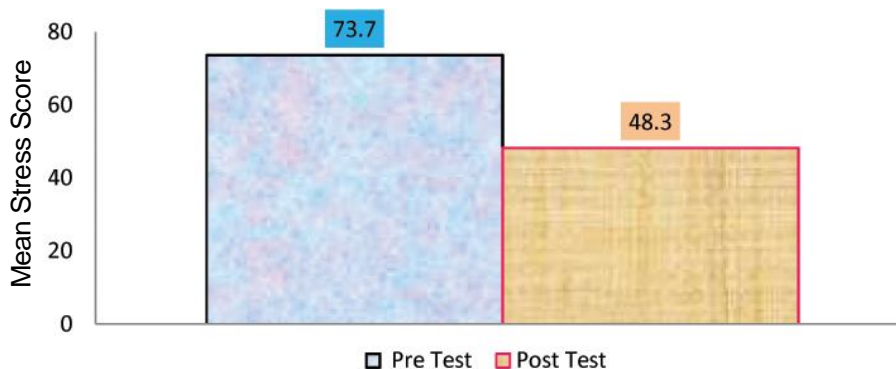
The mean pre test score 73.7 was higher than mean post test score 48.3. Dispersion of pre test score SD

Table 2: Mean, Standard Deviation and 't' values of Pre and Post Test Stress Scores of Experimental Group N=30

Experimental Group	Mean Score	Standard Deviation	't' Value
Pre Test	73.7	15.8	7.9
Post Test	48.3	8.0	

Significant at 0.05 level of significance.

Fig. 1: Mean pre and post test stress scores in experimental group



15.8 was more than that of their post test score SD 8.0 and 't' value was 7.9, which was more than table value of 't' 2.05 at the level of 0.05. Thus data in the Table 2 and figure 1 showed higher value of 't' than the table value 2.05 at $p < 0.05$ indicating significant difference between pre test and post test stress level among industrial workers. Thus, it can be concluded that thought stopping exercise was effective to deal with stress. Thus, research hypothesis is accepted i.e. there

is significant effect of thought stopping activity on level of stress among industrial workers as measured by Perceived Stress Assessment Scale at 0.05 level of significance.

Finding of Stress Level in Control Group

The mean pre test score 73.5 which was less than mean post test score 75.4. Dispersion of pre test score

Table 3: Mean, Standard Deviation and 't' values of Pre and Post Test Scores of Control Group N=30

Control Group	Mean Score	Standard Deviation	't' Value
Pre Test	73.5	10.3	-0.72
Post Test	75.4	9.89	

SD 10.3 was more than post test score SD 9.89 and 't' value -0.72 was less than table value of 2.05 at the level of 0.05. Thus data in the Table 3 indicated no significant difference between pre-test and post-test

stress levels among industrial workers without any intervention.

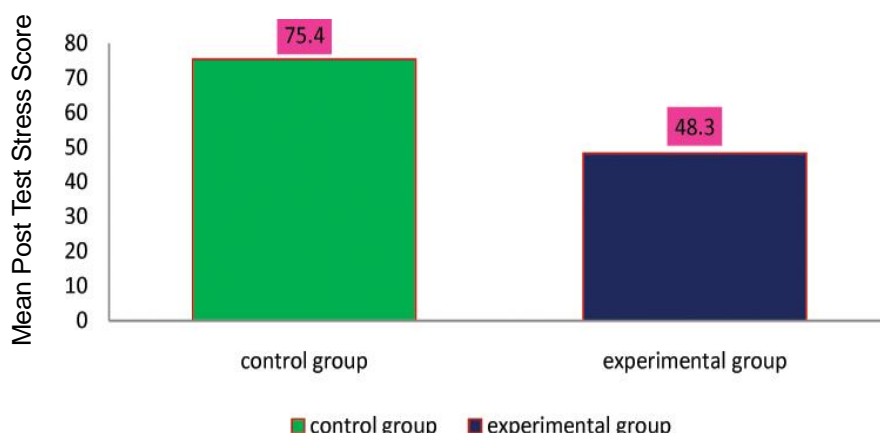
As shown in table 4 and figure 2; mean post test score of control & experimental groups respectively

Table 4: Mean, Standard Deviation Significance difference between post test stress level in control group and experimental group (N= 60)

Test	Mean	SD	SE	t calculated	t table
Post test control group	75.4	9.89	2.32	11.68	2.02*
Post test experimental group	48.3	8			

*Significant at 0.05 level of significance

Fig. 2: Graph showing Mean Post Test Stress Scores in Control and Experimental Groups



were 75.4 and 48.3 and their corresponding SD values were 9.89 and 8 with stand error of mean difference as 2.32. Computed 't' value 11.68 was more than table value 2.02 at 0.05 level. Hence, research hypothesis is accepted i.e. there is significant difference of thought stopping activity on the level of stress as measured by Perceived Stress Assessment Scale between control and experimental groups at 0.05 level of significance.

Discussion

The present study was conducted on industrial workers to assess the effectiveness of thought stopping activity on their stress levels. Finding revealed that they had moderate to severe levels of stress and this activity reduced their stress level significantly. This technique may be used, to manage the stress, mental and community health nurses in various situations. In hospitals as well, thought stopping can be taught to the nurses and other health care workers to effectively deals with their stress.

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