

Title: Defined effects of Progressive Muscle Relaxation (PMR) on Stress Responses in Jordanian Nursing Students

Name: Hossam N. Alhawatmeh
Jordan University of Science and Technology School of Nursing, Irbid 22110, Jordan

Jordanian nursing students can experience tremendous stress, related to negative physical, emotional, and cognitive health responses. Specificity theories of relaxation claim that each approach of relaxation is associated specific effects on stress responses and different health benefits. PMR, classified as a somatic technique, works better to improve physical responses. However, research offers conflicting support for this notion. This study investigated the defined effects of PMR on stress responses in Jordanian nursing students. Using an experimental repeated measures design, 28 participants from a university in Jordan were randomly assigned into experimental group receiving 6-session PMR or control group watching 6 documentary videos twice a week for three weeks. The outcomes were measured at baseline, middle, and end of PMR in both groups using the Smith Stress Symptoms Inventory including 6 dimensions measuring physical, emotional, and physical stress responses, automated blood pressure (BP)/heart rate (HR) monitor, and finger skin temperature (FST) thermometer. PMR significantly decreased the physical responses of SBP and DBP, but did not decrease muscle tension or increase FST. PMR decreased anger, but did not reduce depression and anxiety as emotional responses. For cognitive responses, PMR did not decrease worry. In conclusion, the findings partially support specificity theories of relaxation.

Biography

Hossam Alhawatmeh has completed his PhD at the age of 34 years from Kent State University. He is serving as the chairman of Adult Health Nuraing epartment at Jordan University of Science and Technology. He has published about 3 papers in reputed journals.

Presenting author details
Full name: Hossam N. Alhawatmeh
Contact number: 00962 797413244
Twitter account: Hossam@hossamalhawatme
Linked In account: Hossam Alhawatmeh (halhawat@gmail.com)
Session name/ number: Nursing Education
Category: Oral presentation