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RESEARCH ARTICLE

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A STUDY TO ASSESS THE EFFECTIVENESS OF FOOT REFLEXOLOGY ON ANXIETY AMONG CANCER PATIENTS IN SELECTED HOSPITAL OF GANDHINAGAR

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ABSTRACT

A pre-experimental study was conducted to evaluate effectiveness foot reflexology among cancer patients in selected hospital of Gandhinagar. The general system model was used as a conceptual framework. A pre-experimental study design was used to achieve the objectives of the study. This study consisted of 50 samples from selected hospitals of Gandhinagar. The purposive non-probability sampling technique was used to collect the sample in the study the mean was 5.26, and standard deviation was 2.266 level of significance was 0.05. So after evaluation with the application of foot reflexology anxiety was significantly reduced in cancer patients in selected hospital of Gandhinagar.

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INTRODUCTION

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like blood pressure. Anxiety has negative effects on the quality of life cancer patients and affects their treatment outcome as well. Foot reflexology is a non-invasive complementary therapy mainly based on the ancient and time-tested principles that all the organs and glands in our body are connected to reflex points on the feet. It is a type of therapy that uses gentle pressure on specific points along the feet to help feel better.

Need for the study: The prevalence of anxiety among cancer patients particularly in India, highlighting its impact on morbidity and outcomes. It emphasizes the benefits of foot reflexology in alleviating anxiety, focusing on key reflex points like the solar plexus and adrenal glands. Reflexology is proposed as a method to relax muscles, release tension and improve breathing there by potentially reducing anxiety and supporting overall well-being for both patient and their families.

Problem statement: "A study to assess the effectiveness of foot reflexology on anxiety among cancer patients in selected hospital of Gandhinagar".

Objectives

1. To assess the level of anxiety among cancer patients before and after providing foot reflexology.

2. To assess the effectiveness of foot reflexology on anxiety among cancer patient.

METHODOLOGY

Research methodology indicates the general pattern of organizing the procedure for gathering valid and reliable data for investigation. The content of this chapter includes research approach. And its rationale, description of setting and population, description of sample, tool of selection, construction, descriptive of tool, procedure of data collection data analysis and statistically method use. The main aim of study is to evaluate the effectiveness of foot reflexology on anxiety among cancer patients in selected hospital of Gandhinagar. The 'General System Model' was used to conceptual framework. A quantitative approach with experimental study design was used to achieve the objective of the study. The samples consisted of 50 cancer patients in hospital of Gandhinagar. The non probability convenient sampling technique was used to collect the samples. Hamilton Rating Scale for anxiety was used to assess the level of anxiety among cancer patients in hospital of Gandhinagar.

RESULTS

Analysis and interpretation of data collected based on different demographic variables: The below table depicts the distribution in number and percentage of study subjects according to their demographic variables. Out of 100 samples 20% were in age group of less than and equal to 30 years, 22% were in age of group 31-40 years,

Description of demographic variables of samples according to age

S.R NO	Categories	Frequency	Percentage
1. Age of patients	≤30 years	10	20%
	31-40 years	11	22%
	41-50 years	11	22%
	51-60 years	10	20%
	>60 years	8	16%
2. Gender	Male	26	52%
	Female	24	48%
	Transgender	0	0%
3. Educational status	Illiterate	7	14%
	Primary education	12	24%
	Secondary education	18	36%
	Graduation and above	13	26%
4. Income	≤20,000-30,000/-	7	14%
	31,000-40,000/-	13	26%
	41,000-50,000/-	19	38%
	>50,000	11	22%
5. Family history of cancer	Yes	20	40%
	No	30	60%

Frequency and percentage distribution of anxiety among the cancer patients

N=50

Level of Anxiety	Pre-test	Post-test
Mild (0-17)	8 (16%)	45(90%)
Moderate(18-24)	42 (84%)	5(10%)
Total	50(100%)	50(100%)

Mean and Standard deviation and 't' test value of anxiety among cancer patients

N=50

	Mean	Mean difference	SD	Calculated 't' value	Table 't' value	Df	Level of significance
Pretest	19.74	5.26	1.907	26.49	2.00	49	0.05
Post test	14.48		2.266				

22% were in 41-50 years, 20% were in age group of 51-60 years, 16% were in the age group greater than 60 years In the gender of the patient out of 100 samples 52% were males and 48 % were females. In educational status of patient out of 100 samples 14% were illiterate, 24% had attained primary education, 36% had attained secondary education, 26% were postgraduate. In the income of the patient out of 100 samples 14% were having income less than and equal to 20,000 to 30,000, 26% were having income 31,000 to 40,000, 38% were having income 41,000 to 50,000, 22% were having income greater than 50,000. In the family history of cancer patient out of 100 samples 40% were having family history of cancer and 60% were having no family history of cancer. The above-mentioned chart shows that, in pre-test 16% of samples (8) in were having mild anxiety, 84% of samples (42) were having moderate anxiety. In post-test 90% of samples (45) were having mild anxiety, 10% of samples (5) were having moderate anxiety.

Interpretation

Comparison between pre-test group and post-test group on anxiety scores obtained by the respondents regarding foot reflexology on cancer patients shows that the mean in pre-test group was 19.74 and post-test score was 14.48. The mean 31 difference between the pre-test and post-test group was 5.26. The table also shows the standard deviation in pre-test group was 1.907 and post-test group 2.266. The calculated 't' value was 26.49 and tabulated 't' value was 2.00 at 0.05 level of significance for 49 df. Above table reveals that the mean pre test group was significantly higher than the mean post test group. The calculated 't' value (t=26.49) was greater than the tabulated 't' value (t=2.00). So, null hypothesis is rejected and research hypothesis is accepted.

CONCLUSION

The study intends to evaluate anxiety among cancer patients admitted in selected hospitals of Gandhinagar. Anxiety among cancer patient was significantly reduced after administration of foot reflexology among cancer patients in selected hospital of Gandhinagar.

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