EFFICACY OF ABBREVIATED PROGRESSIVE MUSCLE RELAXATION AND ACTIVE RELAXATION TRAINING ON IMPROVEMENT OF ATTENTIVENESS MEDIATED BY TRANSIENT FEELINGS AND PSYCHOBIOLOGICAL INDICES OF ANXIETY

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CERTIFICATE

This is to certify that the dissertation entitled

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LIST OF ABBREVIATIONS

AL	Adaptation Level
ANOVA	Analysis of Variance
APMR	Abbreviated Progressive Muscle Relaxation
AR	Active Relaxation
BAI	Beck Anxiety Inventory
CRT	Complex reaction time
CSAI-2R	Competitive State Anxiety Inventory 2
DASS	Depression Anxiety and Stress Scale
GE	Group Exercise
GSR	Galvanic Skin Resistance
PGR	Psychogalvanic Reflex
PMR	Progressive Muscle Relaxation
PMRT	Progressive Muscle Relaxation Training
RT	Reaction Timer
SA	State-Anxiety
Sc	Skin Conductance
SD	Standard Deviation
SF	Spontaneous Fluctuation
SMI	Stress Management Intervention
SPSS	Statistical Package for Social Sciences
SR	Skin Resistance
SRT	Simple Reaction time
STAI	State-Trait Anxiety Inventory
TA	Trait-Anxiety
USMKK	Universiti Sains Malaysia Kubang Kerian

ABSTRACT

The present study was undertaken with an objective to determine differential efficacy of psychotherapeutic interventions, namely abbreviated progressive muscle relaxation (APMR) exercise training and active relaxation in enhancing attentive capacity in young active female participants. Twenty seven female students of Universiti Sains Malaysia in the age ranging from 18 to 24 years volunteered as participants, who were assessed with dispositional and transient anxiety by employing Spielberger's State and Trait Anxiety Inventory (STAI). Thereafter, they were randomly categorized into three groups; viz. – Group A- control group; Group B – participants received training of APMR and Group C – participants received training of Active relaxation. All of the participants were subjected to evaluation of transient anxiety; both simple and complex reaction ability; psychobiological measures of tonic and phasic skin conductance activity as measure of pre-intervention analyses. Thereafter the participants of intervention conditions were introduced to their respective intervention training programs following standardized protocol (15 minutes/day; 2 days/week for 6 weeks). Mid-term analyses (all of the parameters of pre-intervention analyses were repeated) were done three weeks after the introduction of intervention sessions. Thereafter the similar protocol of intervention was followed for three more weeks. Thereafter all of the participants were assessed once again for the post-intervention analyses (following similar analyses protocols). Findings of the analyses suggested that both APMR and active relaxation intervention had beneficial impacts on attentive performance, characterized by psychomotor simple muscular reaction time and on cognitively dominated complex reaction performance. Furthermore, both of the interventions have been observed to result in alteration in the psychobiological make-up of the participants, which finally resulted in improvements in attentive performances.

ABSTRAK

Kajian ini telah dijalankan dengan objektif untuk menentukan keberkesanan perbezaan intervensi psikoterapi, iaitu latihan senaman singkat relaksasi otot secara progresif (APMR) dan relaksasi aktif dalam meningkatkan tumpuan dalam kalangan peserta perempuan muda dan aktif. Dua puluh tujuh pelajar perempuan Universiti Sains Malaysia dalam lingkungan usia 18 hingga 24 tahun menawarkan diri secara sukarela sebagai peserta, dan dinilai dengan kebimbangan disposisi dan transien dengan menggunakan "State and Trait Anxiety Inventory" (STAI) Spielberger. Selepas itu mereka dikategorikan secara rawak kepada tiga kumpulan, iaitu. - Kumpulan A- kumpulan kawalan; Kumpulan B - peserta menerima latihan APMR dan Kumpulan C - peserta menerima latihan relaksasi aktif. Semua peserta menjalani penilaian kebimbangan transien; kedua-dua keupayaan tindak balas ringkas dan kompleks; mengukur psikobiologikal tonik dan phasic aktiviti konduktan kulit sebagai pengukuran analisis pra-intervensi. Selepas itu peserta intervensi diperkenalkan kepada program latihan intervensi masing-masing dengan mengikuti protokol piawaian (15 minit/ hari, 2 hari / minggu selama 6 minggu). Analisis Pertengahan Intervensi (semua parameter analisis pra-intervensi diulangi) dan dilakukan tiga minggu selepas pengenalan sesi intervensi. Selepas itu protokol intervensi yang sama dilakukan selama tiga minggu lagi. Selepas itu semua peserta dinilai sekali lagi untuk analisis akhir intervensi (yang mengikuti protokol analisis yang sama). Hasil analisis menunjukkan bahawa kedua-dua APMR dan intervensi relaksasi aktif mempunyai kesan positif ke atas prestasi tumpuan, berunsurkan psikomotor masa tindak balas otot ringkas dan kognitif dikuasai prestasi tindak balas kompleks. Tambahan pula, kedua-dua intervensi telah menyebabkan perubahan dalam psikobiologikal peserta, yang akhirnya menyebabkan peningkatan dalam prestasi tumpuan.