

Case Report of the Effects of Jacobson Muscle Relaxation Technique on Stress

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Abstract

This paper is based on a case of a couple who are working in police force. They were suffering from stress and anxiety during COVID19. This paper describes about how the couple were treated with the administration of DASS42. Through this case, it is found that this technique is very effective in combating stress and anxiety.

Keywords: COVID19; Coping with Stress; Anxiety; Jacobson Muscle Relaxation Technique; DASS-42

Introduction

This paper is based on a case of a couple who are working in police force. They were suffering from stress and anxiety during COVID19.

Case History

This is the case study of a police cop couple (45 yr. and 40 yr. old) with three young children who is under extensive pressure of work during COVID-19.

During first week of the Lockdown, they were facing crucial time as they were not able to meet their children. Their children were unable to cope with the new changes and getting upset. After a fortnight they approached for the psychological help via online and complained about nervousness, irritability, laziness and fatigue, negative thinking, disturbed sleep and appetite, dizziness, difficulty in concentrating and breathing.

Detailed clinical interview revealed that their problem has started after lockdown. They felt anxious, lonely had negative thinking and fearful about kids future. Their problems remained unresolved even after online counseling sessions. Hence, the clients were taught relaxation therapy techniques to combat their situation.

After 8 sessions of JPMR and relaxation techniques DASS were administered again results shows drastic decrease in the level of stress and anxiety.

The couple reported some relief in muscle tension, pain, and sleep disturbance.

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DASS 42 score stress Pre		Husband Score		Wife Score		DASS 42 score anxiety Pre	Husband score		Wife score		DASS 42 score depression Pre	Husband score		Wife score	
		Post	Pre	Post	Pre		Post	Pre	Post	Pre		Post	Pre	Post	Pre
Normal	0 - 14					0 - 7	6	4		6	0 - 9	8	6	6	4
Mild	15 - 18		16			8 - 9			8		10 - 13				
Moderate	19 - 25				24	10 - 14					14 - 20				
Severe	26 - 33	30				15 - 19					21 - 27				
Extremely severe	34+			35		20					28+				

Discussion

In psychological interventions, relaxation therapy and acceptance of current situation were applied which included deep breath, visualization and JPMR techniques [1,2].

It is concluded that relaxation techniques replaces arousal, the client gains therapeutic outcome that involves a sense of control over disruptive emotions. JPMR therapy is found to be the key factor in the treatment of stress and anxiety disorders.

Bibliography

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