

An experimental study on effectiveness of laughter therapy on stress reduction among the first year nursing students in selected College Tadepalligudem.

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ABSTRACT

Laughter – is surely the best medicine! We probably realize the importance of laughter only when we grow out of our childhood days. With work stress on the rise, laughter therapy sessions are gaining attention worldwide. The benefits of laughter are many! However one may not really get into the nitty-gritty of issues at a young age. The importance of laughter therapy is realized only when one loses the reason to laugh about the simplest of . The study was “An experimental study on effectiveness of “laughter therapy on stress reduction” among the 1st year nursing students in selected college at Tadepalligudem” 30 sample was used for the study ,random sampling technique was adopted for the selection of the sample.The result showed that significant reduction in the stress level of nursing students in the experimental group after the introduction of laughter therapy ($t= 1.761, df=14, p<0.05$). The mean percentage of post test stress scores of experimental group (33.66) was less than the post test stress scores of control group (49.3).The study conclude that laughter therapy were effective in reducing stress among nursing students.

KEYWORDS: Effect, Laughter therapy, Stress, Nursing Students.

INTRODUCTION

Stress affects all of us. Research’s shows that stress can block chemical reactions in the brain that are necessary for learning. Stress can disrupt learning and memory development as it forces the brain to revert to more primitive survival needs According to the global survey done by the Regus Business Treeker in 2009, over 3lakh respondents in 11,000companies across 13countries,it is found that, after china,87%the most significant increase in the work place stress occurred in India, which is a much higher growth over the past 2 years.

Everyone knows a good laugh is good for the soul. There was a therapy termed laughter therapy, where laughter can be employed as a tool for to reduce stress. Nursing is stressful and nursing students also have the additional pressures and uncertainties shared with all the academic students. laughter is one of the best ways to release stress and feel good.

THE OBJECTIVES OF THE STUDY WERE:

- To assess the level of stress among 1st year nursing students in experimental and control group using stress assessment rating scale.
- To find the effectiveness of laughter therapy in terms of reduction in stress scores in experimental group using assessment rating scale
- To compare the level of stress among the nursing students between experimental and control group after administration of laughter therapy.

HYPOTHESIS

H₁: There was significant difference between pre and post test stress score in experimental group.

H₂: There was significant difference between the post test score of experimental and control group.

REVIEW OF LITERATURE

An experimental study on the effect of laughter therapy on general health among nursing student was conducted among 38 female nursing students in Isfahan University of health science. The finding showed that significant difference in the mean scores of general health before and after laughter yoga intervention in the study group. The findings showed that laughter yoga had a positive effect on student’s general health and improved the signs of physical and sleep disorders, lowered anxiety and depression and promoted their social function. The study concludes that laughter yoga can be used as one of the effective strategies on student’s general health.

A study was conducted to investigate the effect of laughter on self esteem, perceived stress, depressive personality, dysfunctional attitudes and depression was examined on 100 college students. These findings indicate that laughter therapy has positive effect on decreasing perceived

stress, improving the personality. The researcher concluded that laughter apparently has a larger and more significant direct effect on long term depressive personality factors and also increased the self esteem.

A study was conducted to examine the effects of laughter therapy on postpartum fatigue and stress response of postpartum women among 67 postpartum women in South Africa. The finding showed that the first hypothesis that degree of postpartum fatigue in the experimental group participating in laughter therapy would be lower than that of control group was accepted. These finding indicate that laughter therapy was a positive effect on decreasing postpartum fatigue. The study concludes that the findings provides evidence for use of complimentary and alternative nursing in sanhujori facilities and obstetric units to reduce postpartum women's fatigue

METHODS

An evaluator approach with experimental (pre test /post test control) design was used for the study. The sample consisted of 30 nursing students (15+ 15) selected by random sampling technique. Data were collected by administering a stress assessment rating scale prepared by the investigator. Laughter therapy were taught and supervised by the investigator. The laughter therapy was given only to the experimental group for duration of 30 minutes/day for the next 7 days. No intervention was given to the control group. Post test was conducted among both the groups. Data were analyzed using descriptive and inferential statistics.

RESULTS

Mean, Mean difference, Standard deviation and 't' value of pre and post intervention stress score of nursing students in the experimental group.

Group	Mean		Mean Difference	S D		't' Value
	Pre test	Post test		Pre test	Post test	
Experimental Group	34.06	20.2	13.86	6.64	1.79	7.54

t14=1.761, p <0.05

Paired 't' test was applied to find out the significant difference between pre test and post test stress of experimental group. This table shows that the calculated 't' value(7.54) was higher than the table value (1.761) at 0.05 level of significance. Hence it is inferred that there was significant difference between the pre

test intervention stress score of the nursing students in the experimental group.

Therefore, the null hypothesis is rejected and research hypothesis is accepted. The findings suggest that there was significant reduction in stress score of experimental group after introducing laughter therapy.

Mean, Mean difference, Standard deviation and 't' value of post intervention stress score of nursing students.

Group	Mean of Difference		Mean Difference	SD of Difference		't' Value
	Experimental	Control		Experimental	Control	
Ist Year Nursing students	13.86	0.06	13.80	4.75	4.14	7.17

t29=1.699, p<0.05

*Significant

Data in table shows that calculated t value(7.17) was higher than the table value(1.699) at 0.05 level significance. Hence, HO₂ is rejected and research hypothesis (H₂) is accepted. This shows that there was significant difference between the post intervention stress score of the nursing students in the experimental and control group. This indicates that laughter therapy were effective in reducing the stress of the nursing students in the experimental group.

INTERPRETATION

The findings of this study showed that stress scores in the nursing students of experiment group reduced after the intervention whereas stress scores remained almost the same in the control group. More intervention studies should be undertaken by health personnel to improve the quality of life in nursing students.

CONCLUSION

This study has shown that laughter therapy were effective in reducing stress among nursing students. This will help them to adopt better coping mechanism in order to live an effective life.

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