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Effect of Progressive Muscle Relaxation Training (PMRT) on General Wellbeing among School Students

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Abstract

There have been lots of problems arising in schools associated with adolescents or teen agers. The stage is very complicated with various problems. One of those problems is facing low wellbeing in school because of various reasons. Due to low wellbeing, there is a need to look for an appropriate psychological method for intervention. Most of the researchers have worked on finding the effect of Progressive Muscle Relaxation (PMRT) on other variables like anxiety, depression, health, stress etc. The PMRT has not been explored in deep especially its effect on wellbeing among many school children. Taking this into consideration, effect of PMRT on general wellbeing among school students was taken to be the topic of the current study. To do this, a sample of 200 students was assessed general wellbeing, and the students with low wellbeing formed target group (112). This target group was divided into two: Experimental target group 1 (56) and control target group 2 (56). After forming the two groups, the first group was administered the PMRT while the second (control group) received no intervention. The t-value of experimental group 1 was 8.49 which was significant at $p=0.05$. The t-value of control group was 1.841 which was non significant at $p=0.05$. This meant that PMRT was effective in improving the wellbeing of students and this was clearly seen due to the fact that there was no significant difference in the control group. Therefore, it was concluded that the PMRT is an appropriate technique for improving wellbeing of school students. All the findings have been shown and given meanings accordingly and some suggestions have been recommended for future research too.

Keywords: Progressive muscle relaxation (PMRT), Jacobson technique, general wellbeing.