

Effectiveness of Progressive Muscle Relaxation Technique on Sleep Quality among board appearing students during COVID-19.
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Abstract

Intense pressure of board exams and uncertainty of the academic activities due to COVID-19 restrictions have caused remarkable difficulties in sleeping pattern of students appearing for board exams in a negative way. To determine the effectiveness of Progressive muscle relaxation technique on sleep quality among board appearing students during COVID-19, the present study was carried out among 44 students in total (20 of class 10th and 24 of class 12th) who were recruited from Glacier Public School, Dehradun, India. Pittsburgh Sleep Quality Index was used to assess the sleep quality of students before and after the PMR interventions. The analysis of the results of the present study revealed that PMR training can significantly improve overall sleep quality and components of sleep for board appearing students of class 10th and 12th. Findings of the present study can help educational organizations to understand the beneficial effects of PMR on sleep quality and thus they can provide such PMR training to their students in order to maintain their sleep quality, sleep pattern and other physiological and psychological areas of well being. It is recommended that further studies on PMR and sleep quality are required with larger sample and longer duration of evaluation.

Keywords: JPMR, Relaxation techniques, Quality of Sleep, Adolescents, Board exams, COVID-19