

Thesis Title THE EFFECT OF MUSCLE RELAXATION TRAINING ON
PALPITATION IN ANXIETY STATE PATIENTS

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ABSTRACT

The purpose of the study was to determine the effect of progressive muscle relaxation training on palpitation in anxiety state patients recorded and evaluated by using 24 hours Holter Monitoring.

The subjects participated in this study were two patients, diagnosed by cardiologist as palpitation caused by anxiety and found out of not having organic heart disease. The patients had been trained to use the progressive muscle relaxation technique for the treatment of palpitation 5 times per week, 25 minutes each with the total of 20 times. The experimental design used in the study was the A-B-A Single Subject Design. The study was divided into three periods: baseline, treatment and follow up. The heart rate in each period were compared and evaluated by using 24 hours Holter Monitoring. The data of mean values of heart rate recorded at different periods were presented by the table and the graphic lines, analyzed by using effect size. The data of pulse rate before and after each time of treatment were also presented by the table and the graphic lines, analyzed by using t-test.

The results revealed that number of heart beats (with heart rate above 100 times/min.) in 24 hours during the treatment and follow up periods, decreased significantly when compared with the baseline period. The mean values of heart rate in 24 hours during the treatment and follow up periods, decreased significantly when compared with baseline period. The pulse rate after each time of the treatment decreased significantly at .01 level, when compared with the beginning of the treatment. The results of this study showed that the muscle relaxation technique training decreased palpitation symptoms in anxiety state patients with no need of other medication.