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## Relaxation Therapy For The Treatment Of Depression Among Two Women

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### INTRODUCTION

Depression, emotional state characterized by extreme dejection, feeling of worthlessness, loss of hope and often of apprehension.

Depression is very common and affects as many as 1 in 8 people in their teen years. Depression affects people of every color, race, economic status, or age; however, it does seem to affect girls than guys.

How do people Respond to someone who's Depressed:- They may respond with love, kindness, or support, hoping that the sadness will soon pass. They may offer to listen if the person wants to talk. If the depressed feeling doesn't pass with a little time, friends or loved ones may encourage the person to get help from a doctor, therapist or counselor.

### Symptoms of Depression:

- ) Depressed mood or sadness most of time
- ) Lack of energy and feeling tired all the time
- ) Inability to enjoy things that are used to bring pleasure
- ) Withdrawal from friends and family
- ) Irritability, anger or anxiety
- ) Inability to concentrate
- ) Significant weight loss or gain
- ) Feelings of guilt or worthlessness
- ) Aches and pains (with no known medical cause)
- ) Pessimism and indifference (not caring about anything in the present or future)
- ) Thoughts of death or suicide

### TYPES OF DEPRESSION

For some people depression can be intense and occur in bouts that last for weeks at a time. For others, depression can be less severe but can linger at a low level for years.

Doctors who treat depression distinguish between these two types of depression. They call the more severe, short lasting type major depression and the longer lasting but less severe form dysthymia (pronounced: diss-thy-me-uh)

Third depression doctors may diagnose is called adjustment disorder with depressed mood. This diagnosis

refers to a depressive reaction to specific life event (such as a death, divorce or other loss), when adjusting to the loss takes longer than the normally expected time frame or is more severe than expected and interferes with the person's daily activities.

**Bipolar Disorder:** (Also sometimes called manic depressive illness is another depressive condition that involves periods of major depression mixed with periods of Mania. Mania is the term for abnormally high mood and extreme bursts of unusual activity or energy).

### AIMS AND OBJECTIVES

In present days human life going busy and busy under many stressful conditions which result development of varying type of neurotic disorders.

One of them is depression or mood disorder. My main aim of study is to find out etiology and precipitation factors and to treat the individuals by non medical technique.

**Technique:** (Jacobson's Progressive Muscular Relaxation Technique) The method is called Progressive as it proceeds through all the major muscle groups contracting and relaxing can be used to relax the body completely or to relax only certain parts. The 5 major parts of relaxation techniques has been described or follows and these 5 steps of therapy apply individually.

- a) Relaxation of arms
- b) Relaxation of facial muscle
- c) Relaxation of neck muscle
- d) Relaxation of the shoulder, chest, lower back and stomach
- e) Relaxation of the thighs, calves and feet

Relaxation means any things from engaging in sporting activities, watching television, to going on a holiday. However from a scientific point of view, relaxation refers to the lengthening of skeleton muscle fibers while tension refers to contraction or shortening of muscle fibers.

### METHOD AND DESIGN

The study will be conducted in two female patients of similar age group.

Technique	Depression			
	Pre- Treatment Status	Post- Treatment Status	Pre- Treatment Status	Post-Treatment Status
Progressive Muscular Relaxation Technique	House Wife		Job Oriented (Professional)	

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