

تأثیر ماساژ بازتابی پا و آرام‌سازی بنسون بر میزان اضطراب Effect of foot reflexology massage and Bensone relaxation on anxiety

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Abstract

Introduction: Anxiety is a common phenomenon after all surgical operation. Complementary methods as foot reflexology massage and *Bensone* relaxation cause comfort, tranquility, correction of physical function disorder, change of physiological responses and decrease of fear with signs of disease. Researchers purposed to study the effect of foot reflexology massage and relaxation on decrease of anxiety.

Method: This study was a quasi-experimental three group clinical trial. Community search was women with abdominal surgical operations. Method of sampling was convenience non probable. Samples placed in three groups of foot reflexology massage and relaxation as test and a witness group. *Spielberger* scale used to measure the anxiety and data analyzed by descriptive and analytic statistics.

Results: After using foot reflexology massage and *Bensone* relaxation, anxiety decreased significantly between mean of foot reflexology massage and witness groups; and between relaxation and witness groups ($p < 0.05$). Comparing the mean of anxiety did not show a significant difference after foot reflexology massage and relaxation ($P > 0.05$).

Conclusion: Foot reflexology massage and relaxation are effective on decreasing the anxiety after women abdominal surgical operation and so recommended to use as complementary methods for decreasing anxiety.

Keywords: Foot Reflexology Massage, *Bensone* Relaxation, Anxiety, Women Abdominal Surgery

چکیده

مقدمه: اضطراب پیامد مشترک تمام اعمال جراحی است. روش‌های مکمل مانند ماساژ بازتابی و آرام‌سازی سبب ایجاد راحتی، احساس آرامش، تصحیح اختلال در عملکرد فیزیکی، تغییر پاسخ‌های فیزیولوژیک و کاهش ترس همراه با نشانه‌های بیماری می‌شود. پژوهشگران با هدف بررسی تأثیر ماساژ بازتابی و آرام‌سازی بنسون بر کاهش اضطراب به این تحقیق اقدام کردند.

روش: این پژوهش مطالعه‌ای نیمه‌تجربی سه‌گروهه و از نوع کارآزمایی بالینی است. جامعه پژوهش، زنان تحت اعمال جراحی شکم و بستری در بخش‌های جراحی بیمارستان بودند. واحدهای پژوهش به روش نمونه‌گیری غیرتصادفی آسان وارد مطالعه شدند و براساس قرعه‌کشی اولیه به‌طور تصادفی در گروه‌های آزمایشی ماساژ بازتابی پا و آرام‌سازی و نیز گروه شاهد قرار گرفتند. برای سنجش اضطراب از پرسش‌نامه استاندارد شده / اسپیلبرگر و برای تجزیه و تحلیل داده‌ها از آمار توصیفی و تحلیلی استفاده شد.

یافته‌ها: پس از استفاده از ماساژ بازتابی و آرام‌سازی میزان اضطراب کاهش یافت، به‌طوری‌که اختلاف معنی‌داری بین میانگین میزان اضطراب در دو گروه شاهد و ماساژ بازتابی پا؛ و دو گروه شاهد و آرام‌سازی مشاهده شد ($p < 0.05$). بین میزان اضطراب قبل و بعد از هر بار مداخله در دو گروه ماساژ بازتابی پا و گروه آرام‌سازی اختلاف آماری معنی‌داری وجود نداشت ($p > 0.05$).

نتیجه‌گیری: ماساژ بازتابی و آرام‌سازی در کاهش اضطراب بیماران جراحی شکم زنان مؤثر هستند، از این رو پیشنهاد می‌شود که از این روش‌های مکمل برای کاهش اضطراب استفاده شود.

کلیدواژه‌ها: ماساژ بازتابی پا، آرام‌سازی بنسون، اضطراب، جراحی شکم زنان

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