



**EFFECTIVENESS OF PROGRESSIVE MUSCLE RELAXATION ON STRESS AMONG
WOMEN WITH INFERTILITY IN SELECTED INFERTILITY CENTRE OF UJJAIN,
MADHYA PRADESH**

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Background of the study:

The WHO (1988) has defined sub fertility as the inability to achieve a pregnancy after one year of unprotected intercourse; the term infertile should not be used until it is proved that pregnancy is impossible. In approximately 1/3 of cases, male factors are responsible, in another third female factor; in the remainder, a combination of factors is involved. The couples are evidently anxious about their apparent infertility but must be encouraged to talk about whether they really want children and if they are both equally committed to their goal. The birth of the first test tube baby; in July 1978 open up new possibilities not only in the all aviation of infertility but also for scientific development.

Motherhood is a great honor and it is a great gift of god. Pregnancy is the most beautiful word to a women signalling the triumph of life. Infertility is defined as a failure to conceive within one or more years of regular unprotected intercourse. Aim: The aim of the study to assess the effectiveness of progressive muscle relaxation on stress among women with infertility in Ujjain, Madhya Pradesh.

Materials and method:

The design adopted was true experimental pre test post test control group design. The simple random sampling technique was used to select the samples. The tool used for data collection procedure is Perceived Stress Scale (PSS). The women with infertility in experimental group receive progressive muscle relaxation for 15 minutes every day for

one month. The women with infertility in control group no intervention for one month. Post test level of stress is measured by Perceived Stress Scale (PSS) after one month.

Results:

The study findings revealed that the mean post test level of stress among women with infertility in experimental group is 11.73, MD=6.7, $t=5.15$, $p>0.005^*$ after one month practicing Progressive Muscle Relaxation. The mean post test level of stress among women with infertility in control group is, 18.43 for one month without practicing Progressive Muscle Relaxation. There is significant reduction of level of stress in experimental group compared to women with infertility in control group. Conclusion: Progressive Muscle Relaxation has found to be an effective in reduction of stress among women with infertility.

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