EFFECTIVENESS OF MULTICOMPONENT INTERVENTION ON STRESS AND QUALITY OF SLEEP AMONG PATIENTS WITH CANCER WHO ARE UNDERGOING RADIATION THERAPY IN SELECTED HOSPITALS AT ERODE

A DISSERTATION SUBMITTED TO THE TAMILNADU DR. M.G.R. MEDICAL UNIVERSITY, CHENNAI IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE DEGREE OF MASTER OF SCIENCE IN NURSING 2010 – 2012
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Ms. T. J. GLADS ROBALA

M.Sc., Nursing II Year

Bishop’s College of Nursing
Dharapuram.

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Certified Bonafide Project Work
Done By

MS. T.J. GLADS ROBALA
M.Sc., Nursing II Year
Bishop’s College of Nursing
Dharapuram.

_________________________   __ _______________________
Internal Examiner               External Examiner

COLLEGE SEAL

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APPROVED BY DISSERTATION COMMITTEE ON _____________

RESEARCH GUIDE:-

Prof. Mrs. Vijayarani Prince, M.Sc(N)., M.A., M.A., M.Phil(N)., Principal,
Bishop’s College of Nursing,
Dharapuram.

CLINICAL GUIDE:-

Prof. Mrs. Vijayarani Prince, M.Sc(N)., M.A., M.A., M.Phil(N).,
Principal,
Bishop’s College of Nursing,
Dharapuram.

MEDICAL EXPERT:-

Dr. K. Velavan, M.B.B.S., M.D.R.T., Consultant Oncologist,
Erode Cancer Centre,
Erode.

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Psalms 118:1

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# TABLE OF CONTENT

<table>
<thead>
<tr>
<th>CHAPTER</th>
<th>TITLE</th>
<th>PAGE NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>(i) INTRODUCTION</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Background of the Study</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>➢ Need for the study</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>➢ Statement of the problem</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>➢ Objectives of the study</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>➢ Operational definitions</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td>➢ Hypotheses</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>➢ Assumptions</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>➢ Delimitations</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>➢ Projected outcome</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>(ii) CONCEPTUAL FRAMEWORK</td>
<td>18</td>
</tr>
<tr>
<td>II</td>
<td>REVIEW OF LITERATURE</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td>PART-I</td>
<td></td>
</tr>
<tr>
<td></td>
<td>➢ Over view of</td>
<td></td>
</tr>
<tr>
<td></td>
<td>a) Cancer</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td>b) Stress</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td>c) Sleep</td>
<td>32</td>
</tr>
<tr>
<td></td>
<td>d) other complementary therapies</td>
<td>36</td>
</tr>
<tr>
<td></td>
<td>e) multi component intervention</td>
<td>37</td>
</tr>
</tbody>
</table>
### A. Studies related to incidence and prevalence of cancer

### B. Studies related to level of stress among patients with cancer

### C. Studies related to quality of sleep among patients with cancer.

### D. Studies related to correlation between level of stress and quality of sleep.

### E. Studies related to effectiveness of multicomponent intervention programme on stress and quality of sleep among patients with cancer (yoga, deep breathing exercise, muscle relaxation exercise).

### G. Studies related to nurses role in multicomponent intervention.

## METHODOLOGY

- Research approach
- Research design
- Setting of the study
- Population
<table>
<thead>
<tr>
<th>CHAPTER</th>
<th>TITLE</th>
<th>PAGE NO</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sample</td>
<td>61</td>
</tr>
<tr>
<td></td>
<td>Criteria for sample selection</td>
<td>61</td>
</tr>
<tr>
<td></td>
<td>- Inclusion Criteria</td>
<td>61</td>
</tr>
<tr>
<td></td>
<td>- Exclusion Criteria</td>
<td>61</td>
</tr>
<tr>
<td></td>
<td>Sample size</td>
<td>61</td>
</tr>
<tr>
<td></td>
<td>Sampling technique</td>
<td>62</td>
</tr>
<tr>
<td></td>
<td>Instrument and scoring procedure</td>
<td>62</td>
</tr>
<tr>
<td></td>
<td>- Description of the instrument</td>
<td>62</td>
</tr>
<tr>
<td></td>
<td>- Scoring procedure</td>
<td>63</td>
</tr>
<tr>
<td></td>
<td>Validity and reliability of the tool</td>
<td>64</td>
</tr>
<tr>
<td></td>
<td>Pilot study</td>
<td>64</td>
</tr>
<tr>
<td></td>
<td>Data collection procedure</td>
<td>65</td>
</tr>
<tr>
<td>IV</td>
<td>Plan for data analysis</td>
<td>66</td>
</tr>
<tr>
<td></td>
<td>Protection of human subjects</td>
<td>68</td>
</tr>
<tr>
<td>IV</td>
<td>DATA ANALYSIS AND INTERPRETATION</td>
<td>69-107</td>
</tr>
<tr>
<td>V</td>
<td>DISCUSSION</td>
<td>108-117</td>
</tr>
<tr>
<td>VI</td>
<td>SUMMARY, CONCLUSION</td>
<td>118-122</td>
</tr>
<tr>
<td>VI</td>
<td>- IMPLICATIONS</td>
<td></td>
</tr>
<tr>
<td>VI</td>
<td>- Nursing service</td>
<td>122</td>
</tr>
<tr>
<td>VI</td>
<td>- Nursing education</td>
<td>123</td>
</tr>
<tr>
<td>VI</td>
<td>- Nursing administration</td>
<td>123</td>
</tr>
<tr>
<td>VI</td>
<td>- Nursing research</td>
<td>123</td>
</tr>
<tr>
<td>VI</td>
<td>- RECOMMENDATIONS</td>
<td>124</td>
</tr>
<tr>
<td>VI</td>
<td>- LIMITATIONS</td>
<td>124</td>
</tr>
<tr>
<td></td>
<td>BIBLIOGRAPHY</td>
<td>125-128</td>
</tr>
<tr>
<td></td>
<td>- References</td>
<td></td>
</tr>
</tbody>
</table>
## LIST OF TABLES

<table>
<thead>
<tr>
<th>Table No.</th>
<th>Title</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Frequency and percentage distribution of demographic variables among patients with cancer undergoing radiation therapy in experimental and control group</td>
<td>73</td>
</tr>
<tr>
<td>2</td>
<td>Frequency and percentage distribution of pre test level of stress among patients with cancer who are undergoing radiation therapy in experimental and control group</td>
<td>89</td>
</tr>
<tr>
<td>3</td>
<td>Frequency and percentage distribution of pre test quality of sleep scores among patients with cancer who are undergoing radiation therapy in experimental and control group</td>
<td>91</td>
</tr>
<tr>
<td>4</td>
<td>Frequency and percentage distribution of post test level of stress among patients with cancer who are undergoing radiation therapy in experimental and control group</td>
<td>93</td>
</tr>
<tr>
<td>5</td>
<td>Frequency and percentage distribution of post test quality of sleep scores among patients with cancer who</td>
<td></td>
</tr>
</tbody>
</table>
are undergoing radiation therapy in experimental and control group.

Comparison of mean, standard deviation, mean difference and paired ‘t’ value of pre test and post test level of stress among patients with cancer who are undergoing radiation therapy in experimental group

Comparison of mean, standard deviation, mean difference and paired ‘t’ value of pre test and post test quality of sleep scores among patients with cancer who are undergoing radiation therapy in experimental group

<table>
<thead>
<tr>
<th>Table No.</th>
<th>Title</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Comparison of mean, standard deviation, mean difference and paired ‘t’ value of pre test and post test level of stress among patients with cancer who are undergoing radiation therapy in control group</td>
<td>95</td>
</tr>
<tr>
<td>7</td>
<td>Comparison of mean, standard deviation, mean difference and paired ‘t’ value of pre test and post test quality of sleep among patients with cancer who are undergoing radiation therapy in experimental group</td>
<td>97</td>
</tr>
<tr>
<td>8</td>
<td>Comparison of mean, standard deviation, mean difference and paired ‘t’ value of pre test and post test level of stress among patients with cancer who are undergoing radiation therapy in control group</td>
<td>99</td>
</tr>
<tr>
<td>9</td>
<td>Comparison of mean, standard deviation, mean difference and paired ‘t’ value of pre test and post test quality of sleep among patients with cancer who are undergoing radiation therapy in control group</td>
<td>100</td>
</tr>
<tr>
<td>10</td>
<td>Comparison of mean, standard deviation, mean difference and independent ‘t’ value of post test level of stress among patients with cancer who are undergoing radiation therapy between experimental group and control group</td>
<td>101</td>
</tr>
<tr>
<td>11</td>
<td>Comparison of mean, standard deviation, mean difference and independent ‘t’ value of post test quality of sleep among patients with cancer who are undergoing radiation therapy between experimental group and control group</td>
<td>102</td>
</tr>
</tbody>
</table>
Correlation between the mean post test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental group.  
Association between the mean post test level of stress among patients with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.  
Association between the mean post test quality of sleep among patients with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.

### LIST OF FIGURES

<table>
<thead>
<tr>
<th>FIGURE NO</th>
<th>TITLE</th>
<th>PAGE NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Conceptual frame work.</td>
<td>24</td>
</tr>
<tr>
<td>2</td>
<td>Percentage distribution of patients with cancer who are undergoing radiation therapy according to their age in experimental group and control group</td>
<td>78</td>
</tr>
<tr>
<td>3</td>
<td>Percentage distribution of patients with cancer who are undergoing radiation therapy according to their sex in experimental group and control group.</td>
<td>79</td>
</tr>
<tr>
<td>4</td>
<td>Percentage distribution of patients with cancer who are undergoing radiation therapy according to their educational status in experimental group and control group</td>
<td>80</td>
</tr>
<tr>
<td>5</td>
<td>Percentage distribution of patients with cancer who are undergoing radiation therapy according to their occupational status in experimental group and control group.</td>
<td>81</td>
</tr>
<tr>
<td>6</td>
<td>Percentage distribution of patients with cancer who are undergoing radiation therapy according to their marital</td>
<td>82</td>
</tr>
<tr>
<td>FIGURE NO</td>
<td>TITLE</td>
<td>PAGE NO</td>
</tr>
<tr>
<td>-----------</td>
<td>----------------------------------------------------------------------</td>
<td>---------</td>
</tr>
<tr>
<td>7</td>
<td>Percentage distribution of patients with cancer who are undergoing radiation therapy according to their religion in experimental group and control group.</td>
<td>83</td>
</tr>
<tr>
<td>8</td>
<td>Percentage distribution of patients with cancer who are undergoing radiation therapy according to their family monthly income in experimental group and control group.</td>
<td>84</td>
</tr>
<tr>
<td>9</td>
<td>Percentage distribution of patients with cancer who are undergoing radiation therapy according to the type of family in experimental group and control group.</td>
<td>85</td>
</tr>
<tr>
<td>10</td>
<td>Percentage distribution of patients with cancer who are undergoing radiation therapy according to their area of residence in experimental group and control group</td>
<td>86</td>
</tr>
<tr>
<td>11</td>
<td>Percentage distribution of patients with cancer who are undergoing radiation therapy according to their duration of illness in experimental group and control group</td>
<td>87</td>
</tr>
<tr>
<td>12</td>
<td>Percentage distribution of patients with cancer who are undergoing radiation therapy according to their duration of treatment in experimental group and control group</td>
<td>88</td>
</tr>
<tr>
<td>13</td>
<td>Percentage distribution of level of stress among patients with cancer who are undergoing radiation therapy in experimental group and control group in pretest</td>
<td>90</td>
</tr>
<tr>
<td>14</td>
<td>Percentage distribution of quality of sleep among patients with cancer who are undergoing radiation therapy in experimental group and control group in pretest</td>
<td>92</td>
</tr>
<tr>
<td>15</td>
<td>Percentage distribution of level of stress among patients with cancer who are undergoing radiation therapy in experimental group and control group in posttest</td>
<td>94</td>
</tr>
<tr>
<td>16</td>
<td>Percentage distribution of quality of sleep among</td>
<td>96</td>
</tr>
</tbody>
</table>
patients with cancer who are undergoing radiation therapy in experimental group and control group in post test

## LIST OF APPENDICES

<table>
<thead>
<tr>
<th>APPENDIX</th>
<th>CONTENT</th>
<th>PAGE NO.</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Letter seeking permission for conducting the study</td>
<td>i</td>
</tr>
<tr>
<td>B</td>
<td>Letter seeking for experts opinion for content validity</td>
<td>iii</td>
</tr>
<tr>
<td>C</td>
<td>List of experts for validation</td>
<td>iv</td>
</tr>
<tr>
<td>D</td>
<td>Certificate for validity</td>
<td>v</td>
</tr>
<tr>
<td>E</td>
<td>Certificate for English editing</td>
<td>xi</td>
</tr>
<tr>
<td>F</td>
<td>Certificate for Tamil editing</td>
<td>xii</td>
</tr>
<tr>
<td>G</td>
<td>Certificate for Yoga</td>
<td>xiii</td>
</tr>
<tr>
<td></td>
<td>Tools</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>----------------------</td>
<td>---</td>
</tr>
<tr>
<td>H</td>
<td>• English</td>
<td>xiv</td>
</tr>
<tr>
<td></td>
<td>• Tamil</td>
<td>xx</td>
</tr>
<tr>
<td>I</td>
<td>Information Booklet</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• English</td>
<td>xxvi</td>
</tr>
<tr>
<td></td>
<td>• Tamil</td>
<td>xxxviii</td>
</tr>
<tr>
<td>J</td>
<td>Photos</td>
<td>xlix</td>
</tr>
</tbody>
</table>
Cancer, the word cancer comes from the Latin derived term for crab, because of the way a cancer adheres to any part that it seizes upon in an obstinate manner like the crab. Hippocrates first described cancer as having a central body with the tendency to reach out and spread like "the arms of a crab". It is a disease characterized by uncontrolled and unregulated growth of cells. It is a major health problem that occurs in people of all ethnicities. The face of health care including scientific knowledge and care delivery systems is ever changing. Likewise, the experience of cancer is changing for our clients and families. Cancer remains a frightening unknown for many so clients, especially older ones still associate the word with death.

Patients facing changes in their physical health are at a juncture for emotional and spiritual transition within the context of the life changes accompanying illness or injury. Cancer is a disease characterized by the rapid and uncontrolled growth of aberrant cells into malignant tumors. As nursing care focuses on person as a whole, the identification of physiological and psychological need is part of the comprehensive nursing care designed with the patient. Other than meeting the physical needs, alternative therapies may also help in reducing the stress and improving the quality of life in cancer patients.

Study was done to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospitals at Erode.

The conceptual framework of the study was based on the “Modified Roy’s Adaptation model” (1984). The research design used was non equivalent pre test post test control group design. Non probability purposive sampling method was used to select the 60 samples for the study. The tool used for this study was Herschbach’s stress assessment rating scale and Hay’s and
Steward’s sleep assessment rating scale before and after intervention. Multi component intervention was demonstrated to the participants for 50 minutes daily in the morning and evening for 20 days. Practicing yoga for 20 minutes, deep breathing exercises for 10 minutes and muscle relaxation exercises for 20 minutes by the samples was demonstrated and assisted to follow the intervention for 20 days. The data gathered were analyzed using descriptive and inferential statistics. The Independent ‘t’ value for level of stress was 10.88 which was significant at $p < 0.05$ level. The Independent ‘t’ value for quality of sleep was 14.7 which was significant at $p < 0.05$ level. The findings showed a negative correlation ($r = -0.9$ post test) between level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy. Hence it indicate that as the level of stress increases, quality of sleep decreases.

The study findings revealed that there is no association between the level of stress among cancer patients after intervention with their selected demographic variables except for sex ($\chi^2 = 6.003$) and family monthly income ($\chi^2 = 16.362$) and there is no association between the quality of sleep among patients with cancer after intervention with their selected demographic variables except for sex ($\chi^2 = 9.999$). There is a significant reduction in the level of stress and improvement in the quality of sleep among patients with cancer after multicomponent intervention. The study findings revealed that practicing non expensive and non pharmacological multicomponent intervention is beneficial for patients with cancer who are undergoing radiation therapy to improve their quality of sleep and in reducing the level of stress.
CHAPTER I
CHAPTER • II
CHAPTER III
CHAPTER IV
CHAPTER V
CHAPTER VI
BIBLIOGRAPHY
APPENDICES
CHAPTER –I
INTRODUCTION

BACKGROUND OF THE STUDY

“It makes no sense to worry about things you have no control over because there is nothing you can do about them and why worry about things you cannot control? The activity of worrying things keep you immobilized”

Dyer W.,(2008)

Today increasing emphasis is placed on health, health promotion, wellness and self care. Health is seen as resulting from a lifestyle oriented towards wellness. People are increasingly knowledgeable about their health and take more interest in and responsibility for their health and well being. Health care professionals are concerned with encouraging behavior that promotes health. The goal is to motivate people to make improvements in the way they live, to modify risk behaviors and to adopt healthy behaviors.

Brunner. et.al.,(2008)

Wellness is a positive state of health. The concept of wellness refers to a level of physical and emotional harmony that affords maximum resistance to disease and supports a sustained joy of living. Wellness involves the health of the whole person including body, mind and spirit. It is believed that positive wellness provides the most effective protection against disease by enabling inner healing abilities thereby promoting the quality of life.

Zysman.,(1999)

A chronic disease can be defined as a disease that has a prolonged course, that does not resolve spontaneously, and for which a complete cure is rarely achieved. Chronic diseases account for the overwhelming majority of deaths and disability. Few of them are Alzheimer’s disease, Arthritis, Asthma, Cancer, Cardiovascular disease, Diabetes, Heart disease, Stroke.
Minnesota Department of Health., (2007)

Cancer is not an illness but rather a categorization, at the cellular level, of a characteristic uncontrolled replication. Cancer affects multisystems and the mortality rate is high after diagnosis. The complexity of cancer treatment involves multiple medical disciplines (histopathology, oncology, surgery, radiotherapy, palliative and pain care, occupational, physical, and for some speech therapy) contrasts with the majority of chronic illnesses such as arthritis, diabetes, asthma, back pain, epilepsy, multiple sclerosis and heart failure.


Cancer arises from the abnormal and uncontrolled division of cells, known as cancer cells that then invade and destroy the surrounding tissues. Cancer cells are different from normal cells in some aspects. They do not remain confined to one part of the body. A cancer may be slow-growing or fast growing. Growth of cancer cells leads generally to the formation of a nodule or tumor.


Cancer is a leading cause of death around the world. WHO estimates that 84 million people will die of cancer between 2005 and 2015 without intervention. WHO supports International Union Against Cancer to promote ways to ease the global burden of cancer. Each year 4th February is globally observed as World cancer day, preventing cancer and raising quality of life for cancer patients are recurring themes.

World Health Organisation., (2011)

Cancer diagnosis is a traumatic event, the experience of a life-threatening illness, cancer can lead to the development of stress. Stress occurs due to the uncertainty of future, the unpredictability of the cancer, disability,
and financial difficulties. Common signs of stress can include disturbed sleep, fatigue, body aches, pain, anxiety, irritability, tension and headaches.


The body responds to stress by releasing stress hormones, such as epinephrine and cortisol. The body produces these stress hormones to help a person react to a situation with more speed and strength. Stress hormones increase the blood pressure, heart rate and blood sugar levels. Stress also can lead to unhealthy behaviours such as overeating, smoking, abusing drugs or alcohol, that may affect cancer risk.

National Cancer Institute., (2008)

Stress diminishes the quality of life by reducing feelings of pleasure and accomplishment, the relationships are often threatened. Stress is associated with the onset of depression, anxiety, heart disease, weight gain, eating disorders, diabetes, pain, muscular and joint pain, head ache.

Scott D.A., (2005)

For patients with cancer, sleep is potentially affected by a variety of factors including the biochemical changes associated with the process of neoplastic growth and anticancer treatments and symptoms that frequently accompany cancer such as pain, fatigue, and depression.


It is estimated that 45% of oncology patients experience sleep disturbances, this is three times the estimate of its occurrence in the general population. Sleep problems can be both physiological and psychological in nature, which can make the diagnosis and treatment difficult. Sleep disorders in cancer patients influence factors like the perception of physical symptoms, tolerance of treatment measures, and quality of life.

Meyers S.,(2010)
Sleep disturbances negatively impact the cancer treatment regimen and the quality of life. Poor sleep makes other cancer-related symptoms such as pain and fatigue worse. Sleep disruptions also reduce the body’s ability to fight infection. Chronic insomnia can cause fatigue, irritability, concentration problems, depression, and anxiety. It also affects the ability to cope with cancer treatment, completing daily tasks and maintaining relationships with others.

Kafin J., (2009)

The diagnosis of cancer affects not only the individual client but also the patient’s family. The daily life of the family is changed. Family’s resources, perception of cancer, functioning patterns, coping strategies and stressors are the factors affecting their ability to respond to the crisis of cancer.

Black M., (2005)

Types of treatment for cancer include chemotherapy, radiation therapy, surgery, angiogenesis inhibitor therapy, biological therapy, bone marrow transplantation, peripheral blood stem cell transplantation, gene therapy, laser treatment, photodynamic therapy, targeted cancer therapies.


Alternative therapies to manage stress include conventional medicine, counseling and psychotherapy, relaxation, meditation, massage, yoga, acupressure, aromatherapy, Hebraism, biofeedback, homeopathy, hypnotherapy, pet therapy and reflexology.

Sharma P., (2009)

Relaxation techniques to promote sleep include deep breathing exercise, progressive muscle relaxation exercises, meditation, guided imagery, yoga, Tai Chi, massage therapy etc.,

University of Michigan., (2010)
Depending on the location of the tumors, cancer can cause a wide range of side effects on the body. Cancer can cause extreme fatigue, indigestion, trouble swallowing, constant fevers, persistent coughing and body aches or pains, itching, erythema and darkening of skin colour, irregular sized stool, blood in stool and constant diarrhea or constipation. Cancer can cause serious cognitive effects. Individuals experience problems with paying attention or focusing, thinking, awareness, memory loss, sleeping and walking.

Rockwell, (2009)

Most stress reduction intervention has targeted the reduction of symptoms of cancer and side effects due to the treatment of cancer such as sleep disturbance and stress. Yoga, deep breathing exercises and muscle relaxation exercises are helpful tools for coping with stress and promoting sleep for many patients with cancer as it relaxes the body and calms the mind.

Kanmani., (2009)

Yoga benefit physical, mental and spiritual health. Yoga may increase the levels of a neurotransmitter GABA. Yoga increases blood flow to the brain, increases the release of endogenous dopamine and reduces respiratory rate thereby reduces the stress response.

Sloan-Kettering Institute., (2011)

Deep, rhythmic breathing expands the diaphragm muscle. The expansion and contraction of the diaphragm actually stimulates the lymphatic system. The sympathetic nervous system, which is stimulated in times of stress and anxiety, controls the fight or flight response. This is counteracted by the parasympathetic nervous system which is activated during deep breathing techniques.


During stress, the larger muscle groups of the arms and legs as well as the muscles of the chest and back become flooded with oxygen-rich blood. The brain signals these muscles to become tense. Progressive muscle relaxation
focuses on tensing and relaxing these muscles thereby discharging any tension that has been retained in the muscle.

*Counselling and mental health center., (2010)*

**NEED FOR STUDY**

The incidence of cancer and cancer types are influenced by many factors such as age, sex, race, local environmental factors, diet, and genetics. Consequently, the incidence of cancer and cancer types vary depending on these variable factors.

Overall, worldwide there were 10.9 million new cases, 6.7 million deaths and 24.6 million persons alive with cancer (within three years of diagnosis). The most commonly diagnosed cancers are lung (1.35 million), breast (1.15 million), and colorectal (1 million). The most prevalent cancer in the world is breast cancer (4.4 million survivors up to 5 years following diagnosis).

*Parkin M., (2005)*

Cancer is a leading cause of death worldwide and accounted for 7.6 million deaths (around 13% of all deaths) in 2008. The main types of cancer are lung (1.4 million deaths), stomach (740000 deaths) and liver (700000 deaths) colorectal 610000 deaths, breast (460000 deaths).


In United States of America the cancer incidence in male according to their site is prostate 33%, lung 13%, colon/rectum 10%, Urinary bladder 6%, skin 5%, Non Hodgkin’s Lymphoma 4%. Cancer incidence in female according to their site is breast 31%, lung 12%, colon/rectum 11%, uterus 6%, Non Hodgkin’s Lymphoma 4%, skin 4%.

*American Cancer Society., (2006)*

In Denmark there is highest female and overall cancer rate. The highest cancer rate in men has been recorded in France. Countries like Denmark,
Ireland, Australia, New Zealand, Belgium, France, US, Norway, Canada, Czech Republic are presenting more incidence of cancer.

World Cancer Research Foundation.,(2011)

In Russia cancer mortality are among highest in the world. Mortality from all cancers in Russian men (212 per 100000 population) is much higher than in men in the US (162 per 100000 population), Canada (161 per 100000 population), in Great Britain (170 per 100000 population) or other western countries.

Russian Cancer Society.,(2010)

Around 309,500 people were diagnosed with cancer in the United Kingdom in 2008; this equates to around 504 cases for every 100000 people. Across UK, the lowest rates are seen in England for both sexes (411 per 100000 in males and 361 per 100000 in females, respectively) whereas the highest rates are seen in Wales for males and Scotland for females (463 per 100000 and 403 per 100000 respectively).

Cancer research uk.,(2011)

In Australia, for women the most common cancers were breast cancer (29% of all new cases), colorectal (14%), melanoma (10%) and lung (7%). For men, the most common cancers were prostate cancer (23%), colorectal (15%), lung (11%) and melanoma (11%).

Ian McDermid., (2005)

In Canada an estimated 177,800 new cases of cancer (excluding 74,100 non-melanoma skin cancers) and 75,000 deaths from cancer occurred in Canada in 2011. Colorectal cancer has a significant impact on mortality for men and women combined, with an estimated 8,900 deaths (12% of all cancer deaths).

Canadian Cancer Society.,(2011)

In China cancer is accountable for 25 percent of all urban deaths and 21 percent of all rural deaths. Smoking, poor diet, water pollution and
environmental problems have caused the nation's cancer death rate to rise 80 percent in the past 30 years.


In India, 1.5 to 2 million cancer cases are diagnosed. 7 lakh new cases of cancer and 3 lakh deaths occur annually due to cancer. 15 lakh patients require facilities for diagnosis, treatment and follow up at a given time.

Agarwall., (2011)

In India the cancer rate is considerably lower than the developed countries. A survey included more than 200000 patients with histopathologically confirmed cancers indicates that the incidence of gall bladder cancer in women in New Delhi is 10.6 per 100000 of the population, one of the world’s highest rate for women for this case. The incidence of mouth cancer among men in Pondicherry was 8.9 per 100 000, one of the highest rates in the world for men. Rates of stomach cancer were high among men in Bangalore and Chennai.

Nita.,(2007)

About 26.6% increase is expected in the registered number of cancer cases in cities and 52.68% increase is projected for Delhi which would mean highest number of cases in Delhi among the cities within a span of eight years. And in Mumbai it is expected to have a marginal decline in the number of cases for the year 2008 (around 3.25%). It is estimated about 50% cancer mortality is reported from the age group 55 and above years.

Marimuthu.,(2008)

In Chennai, the total cancer burden is predicted to increase by 32% by 2012–16 with 19% due to changes in cancer risk and a further 13% due to the impact of demographic changes. The incidence of cervical cancer will decrease by 46% in 2015. Among men, a 21% decline in the incidence of
oesophageal cancer by 2016 contrasts with the 42% predicted increase in prostate cancer. The annual cancer burden predicted for 2012–16 for Chennai, is translating to 55,000 new cases per year.

_Swaminathan R.et.al.,(2011)_

In India it is estimated that there are 2 to 2.5 million cancer patients at any given point of time with about 0.7 million new cases coming every year and nearly half die every year. To control this problem the Govt. of India has launched a National Cancer Control Programme in 1975 and revised its strategies in 1984-85 stressing on primary prevention and early detection of cancer. The goals are the primary prevention of tobacco related cancers, secondary prevention of cancer of the uterine cervix, mouth, breast etc and tertiary prevention includes extension and strengthening of therapeutic services including pain relief on a national scale.

_National Institute of Health and Family Welfare.,(2009)_

A study was conducted to assess the longitudinal associations between stress and cancer using meta-analytic methods. The results of 165 studies indicate that stress-related psychosocial factors are associated with higher cancer incidence in initially healthy populations (P < 0.05) and poorer survival in patients with diagnosed cancer was noted in 330 studies (P <0.001) and higher cancer mortality was seen in 53 studies (P <0.001).

_Chida .et.al., (2008)_

In a study conducted in UCLA Medical center hospital to assess the sleep disturbance in 33 breast and 23 prostate cancer patients receiving radiation therapy using Medical outcomes study- sleep scale, it was mentioned that 20-70% of women and 35-50% of men have sleep difficulties at some point during cancer trajectory.

_Thomas .et.al.,( 2010)
Stress leads to poor sleep and sleeping poorly leaves more susceptibility to stress. Insomnia further reduces testosterone output reducing the deep sleep phases and elevates the stress hormone cortisol, raises blood pressure, depletes the immune response and causes many other health problems. These elevated stress hormones further disrupts the sleep pattern.

James Green., (2008)

Pharmacologic management of sleep disturbances primarily promote the mechanisms of GABA or inhibit the mechanism of histamine. Primary side effects of GABA promoting agents are amnesia, increased impulsivity, headache, increased appetite. Primary side effects of histamine reducing agents are memory problems, dry mouth, and blurred vision Pharmacologic treatment measures are used in the management of depression and anxiety in oncology patients with sleep pattern alterations. Benzodiazepines are used as anxiolytics and are also one of the primary treatment measures for insomnia.

Stacey M.,(2010)

A study to evaluate the effects of an integrated yoga program on psychoimmune and endocrine outcomes was conducted among breast cancer patients. 66 breast cancer survivors were recruited and randomized to receive yoga for a period of 12 weeks. Paired “t” test showed significant decrease in salivary cortisol in yoga group alone. The results offer preliminary support for stress reduction benefits of yoga intervention.

Raghavendra., (2010)

In a review and analysis of several studies, Richard Brown and Patricia Gerbarg reported that yogic deep-breathing techniques were extremely effective in handling depression, anxiety, and stress-related disorders. These techniques can serve as an excellent adjunct to conventional medical treatment.

Brown et.al.,(2005)
A pre experimental study was conducted to assess the effectiveness of muscle relaxation therapy upon patients with sleep deprivation. 30 patients were selected by purposive sampling method. The result revealed that the level of sleep of patients was inadequate (M= 84.2, SD= ± 14.72) and after muscle relaxation therapy it was found that their level of sleep has improved (M= 58.76, SD ± 9.29). The difference was statistically proved to be significant at p < 0.001 level, with the ‘t’ value = 14.69.

Shalini.et. al., (2008)

Rehabilitative nursing is an integral part of all phases of patient-centered care. The role of nurse in addressing rehabilitation issues for cancer patients is teaching, counselling, coordination. Nurses have made significant contributions to educational programs available to cancer patients and their families. Nurses have developed roles and programs that promote the process of rehabilitation.


The investigator observed during her experience in Erode cancer centre that cancer patients were under extreme stress and were suffering from disturbed sleep pattern related to diagnosis of cancer, treatment, and prognosis. The patients were given high doses of sleep medications which has more side effects and resulting in treatment/ drug resistant insomnia. This is again a cost consuming process. To help the patients getting rid of stress and to improve the quality of sleep, the nurse should incorporate complementary therapy with her routines to promote sleep without sleep medication.

This motivated the researcher to conduct a study on multicomponent intervention among patients with cancer to reduce stress and to improve the quality of sleep.
STATEMENT OF THE PROBLEM

A study to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospitals at Erode.

OBJECTIVES

1) To assess the pre test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group.

2) To assess the post test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group.

3) To compare the pre test and post test level of stress among patients with cancer who are undergoing radiation therapy in experimental and control group.

4) To compare the pre test and post test quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group.

5) To compare the post test level of stress among patients with cancer who are undergoing radiation therapy between experimental and control group.

6) To compare the post test quality of sleep among patients with cancer who are undergoing radiation therapy between experimental and control group.

7) To find out the relationship between the post test level of stress and quality of sleep in experimental group.

8) To find the association between the post test level of stress among patients with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.
9) To find the association between the post test quality of sleep among patients with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.

OPERATIONAL DEFINITIONS

EFFECTIVENESS

Effectiveness refers to the production of a desired or intended result.

Kindersley D., (2007)

In this study it refers to determine the extent to which multicomponent intervention has brought about significant difference in reducing the level of stress and improving the quality of sleep among patients with cancer who are undergoing radiation therapy by using statistical measurements.

MULTICOMPONENT INTERVENTION

It refers to planned series of three or more related measures or activities with a long term aim to promote good health behaviour.


In this study multi component intervention includes demonstrating and assisting to do yoga for 20 minutes, deep breathing exercises for 10 minutes and muscle relaxation exercises for 20 minutes to a group of patients with cancer who are undergoing radiation therapy for 50 minutes in the morning and evening for 20 days to reduce the level of stress and to improve the quality of sleep.

YOGA

Yoga an ancient Indian art and science means union or joining together of the individual and universal spirit. It is a way by which the restless mind is calmed and directed into constructive channels. Yoga uses body postures along with meditation and breathing exercises to achieve a balanced, disciplined workout that releases muscle tension, tones the internal organs and energizes the mind, body and spirit to allow natural healing to occur.

Nayar P., (2005)
In this study yoga refers to practise **asana- padmasana** (sitting comfortably with head and spine upright, right foot on left thigh and left foot on right thigh, resting both hands on knees), **shavasana** (lying flat on the back comfortably with head and spine in straight line and feet slightly apart in a corpse pose), **vajrasana** (kneeling down, sitting on the feet slightly apart, keeping both hands at knees); doing **pranayama- Nadi Sodhana** (Inhaling through left nostril and exhaling through right nostril and vice versa), **Shitali Pranayama** (Inhaling through mouth and exhaling through nose) to reduce the level of stress and to improve the quality of sleep among patients with cancer who are undergoing radiation therapy. It is performed **for 20 minutes in groups, daily in the morning and evening for 20 days**.

**DEEP BREATHING EXERCISES**

Deep breathing exercises refers to any variety of breathing patterns to relax or open emotional channels.

*Potter P.et.al.,(2005)*

In this study it refers to demonstrating and guiding to practice **deep breathing exercise** (exhale completely through mouth with whoosh sound, inhale for a mental count of 4, hold the breath for a count of 7, exhale completely through mouth for a count of 8) **daily 10 minutes in groups in the morning and evening for 20 days** to reduce the level of stress and to improve the quality of sleep among patients with cancer who are undergoing radiation therapy.

**MUSCLE RELAXATION EXERCISES**

Muscle relaxation can be achieved by tensing the muscles of the entire body and then releasing the tension or by focussing the attention on the muscles and imaging them being free of tension.

*Snyder M.et.al., (2006)*
In this study muscle relaxation exercises refers to demonstrating and assisting to practice **tensing and relaxing the whole body muscles for 20 minutes in groups daily in the morning and evening for 20 days** to reduce the level of stress and improve the quality of sleep among patients with cancer who are undergoing radiation therapy.

**STRESS**

“Stress is a prolonged unpleasant emotional state or psychological and physiological response to events that upset personal balance”


In this study, stress means a prolonged psychological and physiological response to events that upset personal balance which is measured by using stress assessment rating scale and its scores, adopted from Herschbach, Keller, Knight.et.al (2004).

**SLEEP**

“Sleep is a state of altered consciousness during which an individual experience fluctuations in level of consciousness; minimal physical activity and general slowing of the body’s physiologic process”


In this study quality of sleep refers to the fluctuations in the normal sleep pattern and reduced sleep latency which is measured by using sleep assessment rating scale and its scores, adopted from Hays.R.D.,& Stewart.A.L.,(1992).

**CANCER**

Cancer is a mass of tissue formed as a result of abnormal, excessive, uncoordinated, autonomous and purposeless proliferation of cells.

Mohan H., (2000)
PATIENT WITH CANCER

A patient is any person who receives medical attention, care or treatment.

Fayed L., (2009)

In this study it refers to patients who are undergoing radiation therapy for cancer in the stomach, colon/rectum, oesophagus, lungs, breast, prostrate, brain, larynx, oral, bladder, uterus, ovary, cervix, skin and lymphoma and are admitted and remained in hospital for a minimum of 20 days.

RADIATION THERAPY

Radiation therapy is defined as the use of high energy ionising rays to damage or kill cancer cells by preventing them from growing and dividing.

Daniels R., (2007)

HYPOTHESES

\( H_1 \): The mean post test level of stress scores is significantly lower than the mean pre test level of stress scores in experimental group.

\( H_2 \): The mean post test quality of sleep scores is significantly higher than the mean pre test quality of sleep scores in experimental group.

\( H_3 \): The mean post test level of stress scores in experimental group is significantly lower than the mean post test level of stress scores in control group.

\( H_4 \): The mean post test quality of sleep scores in experimental group is significantly higher than the mean post test quality of sleep scores in control group.

\( H_5 \): There will be a significant relationship between post test level of stress scores and quality of sleep scores among patient with cancer who are undergoing radiation therapy in experimental group.
\textbf{H_6} : There will be a significant association between post test level of stress scores among patient with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.

\textbf{H_7} : There will be a significant association between post test quality of sleep scores among patient with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.

\textbf{ASSUMPTIONS}

- Patients with cancer may have stress due to the diagnosis and hospitalization for treatment.
- Patients with cancer experiences sleep disturbance during the course of illness.
- Nurses plays a vital role in reducing the stress and improving the quality of sleep among patients with cancer.

\textbf{DELIMITATION}

The study is delimited to,

- Data collection period was only 5 weeks.
- Sample size was limited to 60.
- The patient with cancer who are undergoing radiation therapy.

\textbf{PROJECTED OUTCOME}

Practicing multi component intervention can reduce stress and improve the quality of sleep among patients with cancer who are undergoing radiation therapy. It helps to reduce the cost and duration of treatment. Developing positive attitude towards practicing multicomponent intervention will strengthen the immune system of the patients which helps to improve the quality of life and increases the life expectancy.
CONCEPTUAL FRAMEWORK

The conceptual framework and model adopted for the present study was based on Roy’s adaptation model (1984). Roy’s model focuses on the concept of adaptation of the person. Her concepts of nursing, person, health, and the environment are all interrelated to this central concept. The person continually experience environmental stimuli. Ultimately, a response is made and adaptation occurs. That adaptive response may be either an adaptive or an ineffective response. Adaptive response promotes integrity and helps the person to achieve the goal of adaptation; that is, they achieve survival, growth, reproduction, mastery, person and environmental transformation. Ineffective response fails to achieve or threaten the goals of adaptation.

Nursing has an unique goal to assist the persons adaptation effort by managing the environment. The result is attainment of an optimal level of wellness by a person.

SYSTEM

According to theorist, a system is a set of parts connected to function as whole for some purpose and that does so by virtue of the interdependence of its parts. In addition to having wholeness and related parts, the system also have inputs, outputs, and control and feedback processes.

In this study, the system is the patients diagnosed for cancer and undergoing radiation therapy and the environment is the oncology ward. Both will have a constant interaction with each other.

INPUT

According to theorist, the adaptive system has inputs as behavioral responses that serve as feedback and control process known as coping mechanisms.
FOCAL STIMULI

According to theorist, the focal stimulus is the internal and external stimulus most immediately confronting the human system.

In this study the demographic variables like age, sex, educational status (internal factors), occupation, marital status, religion, family monthly income, type of family, area of residence, type of cancer, duration of illness, duration of treatment (external factors) precipitates the level of stress and the level of sleep which is reflected either as adaptive or maladaptive response. The level of stress and the level of sleep may differ due to these internal and external factors.

CONTEXTUAL STIMULI

According to theorist, contextual stimuli are all other stimuli present in the situation that contribute to the focal stimulus. That is, contextual stimuli are all the environmental factors that presents to the person from within or without but which are not the centre of the person’s attention and/or energy.

In this study contextual stimuli includes lack of information about cancer and its management, environment of the ward, diagnostic test and treatment, alteration in socialization process.

RESIDUAL STIMULI

According to theorist, residual stimuli are the environmental factors within or without the human system with effects in the current situations are unclear, possible yet uncertain, influencing stimuli, includes beliefs, attitudes, experience, knowledge level, strength and/or limitation.

In this study, the residual stimuli includes the believes, attitude related to cancer.
COPING PROCESS

According to theorist, coping process are innate or acquired ways of interacting with the changing environment.

Acquired coping mechanisms are developed through strategies such as learning. The experience encountered throughout life contributes to customary responses to particular stimuli.

REGULATOR SUB SYSTEM

According to theorist, regulator is a major coping process involving the neural, chemical and endocrine systems.

In this study the maladaptive level of stress and quality of sleep alters the regulator subsystem. In this study the regulator subsystem includes the changes in the sleep pattern, activity level, appetite and elimination.

COGNATOR SUBSYSTEM

According to theorist, cognator is a major coping process involving four cognitive – emotional channels: perceptual and information processing, learning, judgement and emotion.

In this study the maladaptive level of stress and quality of sleep alters the cognator subsystem. The changes in the cognator subsystem can be noted in problem solving, decision making, perception and concentration.

After assessing the level of stress and quality of sleep in both experimental and the control group using the stress assessment rating scale and sleep assessment rating scale the multi component intervention was carried out for the experimental group. Here the multi component intervention was used as the coping mechanism.
ADAPTATION LEVEL

According to theorist, adaptation level represents the condition of the life processes described on three levels as integrated, compensatory and compromised. A person’s adaptation level is a constantly changing point, made up of focal, contextual and residual stimuli which represents the person’s own standard of range of stimuli to which one can respond with ordinary adaptive responses.

ADAPTATION PROBLEMS

According to theorist, adaptation problems are broad areas of concern related to adaptation. These describe the difficulties related to the indicators of positive adaptation.

ADAPTIVE MODES

- PHYSIOLOGICAL MODE

According to theorist, the physiological mode is associated with the physical and chemical processes involved in the functions and activities of living organisms. The five needs identified in the physiological-physical mode relative to the basic need of physiological integrity are oxygenation, nutrition, elimination, activity and rest, and protection. Complex processes that include the senses, fluid, electrolyte and acid-base balance, neurological function and endocrine function contribute to physiological adaptation.

In this study the adaptive response in physical mode is the normal sleep, activity, appetite, elimination.

- SELF-CONCEPT – GROUP IDENTITY MODE

According to theorist, the self-concept group identity mode focuses specifically on the psychological and spiritual aspects of the human system. The basic need underlying the individual self-concept mode has been identified as psychic and spiritual integrity, or the need to know who is so that one can be or exist with a sense of unity, meaning, and purposefulness in the universe.
In this study the adaptive response in self concept mode is increased self confidence, decreased fear, increased comfort and feeling of adequacy.

- **ROLE FUNCTION MODE**

  According to theorist, the role function mode is one of two social modes and focuses on the roles the person occupies in the society. A role as a functioning unit of the society, is defined as a set of expectation about how a person occupying one position behaves towards a person occupying another position. Persons perform primary, secondary, and tertiary roles. These roles are carried out with both instrumental and expressive behaviour.

  In this study it refers to improved decision making and problem solving ability.

- **INTERDEPENDENCE MODE**

  According to theorist, the interdependence mode focuses on close relationship of people. Interdependence relationship involves the willingness and the ability to give to others and accept from them of all that one has to offer such as love, respect, value, nurturing, knowledge skills, commitments, material possessions, time, and talents.

  In this study the adaptive response in interdependent mode is to maintain social integrity.

**OUTPUT**

According to theorist the adaptive system output is a response that may be adaptive or ineffective. Adaptive response is those that promote integrity in terms of the goals of human system. Maladaptive response is those that do not promote goal achievement.

In this study the multi component intervention may increase the coping pattern which reflects in the reduction of stress and maintenance of good sleep in the patients with cancer in experimental group which is assessed by using stress assessment rating scale and sleep assessment rating scale respectively, thus showing adaptive response. The patients with cancer in control group show an maladaptive response.
INPUT

FOCAL STIMULI
Age, Sex, Educational status, Occupational Status, Marital status, Religion, Family monthly income, Type of family, Area of residence, Duration of illness, Duration of treatment.

CONTEXTUAL STIMULI

RESIDUAL STIMULI
Believes, attitude related to cancer.

REGULATOR SUBSYSTEM
Changes in Sleep pattern, Activity level, Appetite, Elimination.

COGNATOR SUBSYSTEM
Changes in Problem solving, Decision making, Perception, Concentration.

PRE TEST
- Stress assessment rating scale
- Sleep assessment rating scale

EXPERIMENTAL GROUP
- Stress assessment rating scale
- Sleep assessment rating scale

MULTI COMPONENT INTERVENTION
Demonstrating and assisting to do yoga for 20 minutes, deep breathing exercises for 10 minutes and muscle relaxation exercises for 20 minutes to a group of patients with cancer who are undergoing radiation therapy for 50 minutes in the morning and evening for 20 days.

CONTROL GROUP

INTERDEPENDENCE MODE
Maintain social integrity

PHYSIOLOGICAL MODE
Normal sleep Normal activity Normal appetite Normal elimination

SELF CONCEPT MODE
Increased self confidence Decreased fear Increased comfort and feeling of adequacy

ROLE FUNCTION MODE
Improved decision making and problem solving ability

ADAPTIVE RESPONSE
- No stress
- Mild stress
- Moderate stress
- Severe stress

ADAPTIVE RESPONSE
- Good Sleep
- Poor Sleep
- Very Poor Sleep

FEED BACK

CONCEPTUAL FRAMEWORK BASED ON
FIG : 1 MODIFIED ROY'S ADAPTATION MODEL - 1984
CHAPTER – II
REVIEW OF LITERATURE

This chapter deals with the related review of literature. The literatures are classified under the following headings:

PART I
Overview of
a) cancer
b) stress
c) sleep
d) other complementary therapies
e) multi component intervention

PART II
Section A: Studies related to incidence and prevalence of cancer.
Section B: Studies related to level of stress among patients with cancer.
Section C: Studies related to quality of sleep among patients with cancer.
Section D: Studies related to correlation between level of stress and quality of sleep.
Section E: Studies related to effectiveness of multicomponent intervention on stress and sleep among patients with cancer (yoga, deep breathing exercise, muscle relaxation exercise).
Section F: Studies related to nurses role in multicomponent intervention.
PART – I

a) OVERVIEW OF CANCER

INTRODUCTION

Cancer is a group of more than 200 diseases characterized by uncontrolled and unregulated growth of cells. It is a major health problem that occurs in people of all ethnicities. The face of health care including scientific knowledge and care delivery systems is ever changing. Likewise, the experience of cancer is changing for our clients and families cancer remains a frightening unknown for many so clients, especially older ones still associate the word with death.

Lewis., (2011)

DEFINITION

Cancer is defined as a class of diseases in which a cell or a group of cells display uncontrolled growth (division beyond the normal limits), invasion (intrusion on and destruction of adjacent tissues) and sometimes metastasis is (spread to other locations in the blood and body via lymph or blood).

INCIDENCE

More than 1.3 million new cancer are diagnosed in the united states each year. Cancer is second only to cardio vascular disease as a leading cause of death in the United States. Cancer affects people at all ages with the risk for most types increasing with age. It caused about 13% of all human deaths in 2007 (7.6 million).Cancer incidence overall is higher in men than women. Greater than 30% of cancer is preventable via avoiding risk factors including tobacco, overweight, low fruit and vegetable intake, physical inactivity, alcohol, sexually transmitted infections and air pollution.

Mehta.,(2007)
CAUSES

- 75% of cases due to lifestyle and environmental factors.
- 5 – 10% due to genetic common environmental factors that lead to cancer death include tobacco (25 – 30%), diet and obesity (30 – 35%), infections, radiation, stress, lack of physical activity, environmental pollutants, heredity.

Brunner., (2008)

CLASSIFICATION OF CANCER

Tumors can be classified according to anatomic site, histology and extent of disease (staging).

CLINICAL STAGING

Stage O Cancer in situ.
Stage I Tumor located to the tissue of origin, localized tumor growth.
Stage II Limited local spread.
Stage III Extensive local and regional spread.
Stage IV Metastasis.

TNM CLASSIFICATION SYSTEM

Primary Tumor (T)

- $T_0$ - No evidence of primary tumor.
- $T_{is}$ - Carcinoma in situ.
- $T_{1-4}$ - Ascending degrees of increase in tumor size and involvement.
- $T_x$ - Tumor cannot be measured or found.

Regional Lymph Nodes (N)

- $N_0$ - No evidence of disease in lymph node.
- $N_{1-4}$ - Ascending degrees of nodal involvement
- $N_x$ - Regional lymph nodes unable to be assessed periodically.
**Distant Metastases (M)**

M₀  - No evidence of distance metastasis.
M₁-₄  - Ascending degrees of metastatic involvement of the host including distant nodes.
Mₓ  - Cannot be determined.

Black., (2010)

**PATHOPHYSIOLOGY**

Cancer is fundamentally a disease of regulation of tissue growth. In order for a normal cell to transform into a cancer cell, genes which regulate cell growth and differentiation must be altered.

Mutation inactivates tumor suppresser gene which leads to proliferation of cells. Mutation inactivates DNA repair gene. Mutation of photo – oncogene creates an oncogene. Mutation inactivates several more tumor suppressor genes. Thus cancer develops.

**PATHOGENESIS OF TUMOR METASTASIS**

The primary tumor grows and develops new blood vessels (angiogenesis). These cells enters the circulation via the capillaries, venules and lymphatics and arrest the circulation. It again gets adhered to other organs and penetrates it. Then it again proliferates and angiogenesis occurs which again enters into another organ. This process is called as metastasis.

Lewis., (2011)

**COMPLICATIONS**

Cancer and its treatment can cause several complications, including pain, fatigue, difficulty breathing, nausea, diarrhea or constipation, unusual immune system reactions to cancer, difficulty walking and seizures.

**PROGNOSIS**

Cancer has a reputation as a deadly disease. About half of people receiving treatment for invasive cancer die from cancer or its treatment.
Survival is worse in the developing world. Those who survive cancer are at increased risk of developing a second primary cancer at about twice the rate of those never diagnosed with cancer.

DEVELOPMENT OF CANCER

It is a common belief that the development of cancer is a rapid, haphazard event. However, the natural history of cancer is an orderly process comprising of several stages and occurring over a period of time. The three stage includes initiation, promotion, progression.

Lewis., (2011)

SIGNS AND SYMPTOMS

➤ LOCAL SYMPTOMS

The local symptoms of cancer are unusual lumps or swelling, haemorrhage, pain or ulceration.

➤ SYMPTOMS OF METASTASIS

Symptoms of metastasis involve enlarged lymph nodes, cough, hemoptysis, hepatomegaly, bone pain, fracture, neurological symptoms.

➤ SYSTEMIC SYMPTOMS:

It includes weight loss, poor appetite, fatigue, cachexia, excessive sweating, anaemia.

SEVEN WARNING SIGNS OF CANCER

C - Change in bowel and bladder habits.
A - A sore that does not heal.
U - Unusual bleeding or discharge from any body orifice.
T - Thickening or a lump in the breast.
I - Indigestion or difficulty in swallowing.
O - Obvious change in wart or mole.
N - Nagging cough or hoarseness.
MANAGEMENT

The goal of cancer treatment is cure, control, palliation.

Lewis., (2011)

SURGICAL THERAPY

Surgery is the oldest and effective method of cancer treatment.

CHEMOTHERAPY

Chemotherapeutic drugs are classified in general groups according to the molecular structure and mechanism of action. Chemotherapeutic drugs which are commonly used are, Alkylation agents - Eg. Cyclophosphamide, Nitrosoureas - Eg. Carmustine, Platinum drugs - Eg. Oxaliplatin, Antimetabolites - Eg. Fluorouracil, Antitumor antibiotics - Eg. Bleomycin, Milotic inhibitors Eg. Vinblastine, Topoisomerase inhibitors - Eg. Etioposide, Corticosteroids Eg. Dexamethasone.

RADIATION THERAPY

Radiation is the emission and distribution of energy through space or a material medium.

TYPES

- External Beam Radiation therapy
- Internal Radiation therapy
  - Sealed source radiation therapy
  - Unsealed source radiation therapy

BIOLOGIC THERAPY / IMMUNO THERAPY

Some of the biological agents that are commonly used are hematopoietic stem factors, interferon, interleukin, monoclonal antibodies.

GENE THERAPY

It involves the transfer of exogenous gene into the cells of the patients in an effort to control the defective gene.
BONE MARROW AND STEM CELL TRANSPLANTATION

BMT is the recent technique in treating cancer patients and it is under study.

Black., (2010)

b) OVERVIEW OF STRESS

DEFINITION

Selye (1976), “Stress is the non specific result of any demand upon the body.”

Folkman and Lazarus (1984), “stress is a relationship between the person and the environment that is appraised as taxing or surpassing available resources and threatening one’s well being”.

SELYE’S THEORY OF STRESS

In 1936, Selye experimenting with animals first described a syndrome consisting of the enlargement of adrenal cortex, thymus, spleen and lymph nodes and other lymphatic structures and the appearance of deep bleeding, ulcers in the stomach and duodenum. He identified this as a non specific response to diverse, noxious stimuli. He diagnosed and titled, ‘The General Adaptation syndrome”.

The GAS has three stages.

STAGES OF ALARM REACTION :-

This is the stage where “fight or flight” response is initiated and release of hormones takes place.

STAGE OF RESISTANCE

In this stage physiologic forces are mobilized to increase the resistance to stress, they will develop defense mechanism due to increase cortical activity.
STAGE OF EXHAUSTION
This occurs when all the energy for adaptation has expended. Exhaustion sets in and endocrine activity increases. This is exemplified by a terminal ill person who becomes alert and has stronger vital signs shortly before death.


CAUSES

- PHYSIOLOGIC
  The physiologic causes of stress are skin burn, chronic pain hypothermia, infectious disease, excessive noise, starvation, running, birth of a baby.

- PSYCHOLOGIC
  The psychologic causes of stress are diagnosis of cancer, marital problem, failing an exam, inadequate finance, grieving the loss, winning or losing.

Taylor., (2005)

TYPES OF STRESS
The common types of stress acute stress and chronic stress.

SYMPTOMS OF STRESS
The physical symptoms of stress are fatigue, head ache, insomnia, chest pain, palpitation, flushing. The mental symptoms of stress are decreased memory concentration, indecisiveness, confusion. The emotional symptoms of stress are anxiety, nervousness, depression, anger, frustration. The behavioural symptoms of stress are smoking, drinking, crying.

White., (2005)

PHYSIOLOGIC RESPONSE TO STRESS
Cerebral cortex processes the stress stimuli. Limbic system is activated and relays information to hypothalamus which releases the neuropeptides. Pituitary gland and SNS gets activated and releases ACTH and endorphins
which releases catecholamines and corticosteroids which in turn inhibits the immune system leading to stress.

Potter., (2005)

**MANAGEMENT FOR STRESS**

The relaxation techniques used to relieve stress are realistic expectations, reframing, relaxation breathing, meditation, imagery, music therapy, massage, muscle relaxation techniques, yoga, light therapy, hypnosis, breathing exercise, humour/laughter therapy, diversion and distraction, acupressure.

Lewis., (2011)

c) **OVERVIEW OF SLEEP**

**INTRODUCTION**

Proper rest and sleep are as important to good health and nutrition and adequate exercise. Individuals need different amounts of rest and sleep. Without proper amount of rest and sleep, the ability to concentrate, make judgements and participate in daily activities decreases and irritability increases. Identifying and treating client’s sleep pattern disturbance is an important goal for a nurse.

**DEFINITION OF SLEEP**

Sleep is a recurrent, altered state of consciousness that occurs for sustained periods.

When people obtain proper sleep, they feel that their energy has been restored. Some sleep experts believe that these feelings of energy restoration imply that sleep provides time for repair and recovery of body systems for the next period of wakefulness. A lack of rest for long periods can cause illness or worsening of existing illness.

Potter., (2005)
PHYSIOLOGY OF SLEEP

Sleep is a cyclical physiological process that alternates with longer periods of wakefulness. The sleep wake cycle influences and regulates physiological function and behavioural responses. People experience cyclical rhythms as part of their everyday life. The most familiar rhythm is the 24-hour, day-night cycle known as the circadian rhythm. Circadian rhythms are affected by light and temperature as well as external factors such as social activities and work routines.

Two mechanisms activate and suppress the brain's higher stem centers to control sleep and wakefulness. The reticular activating system (RAS) is located in the upper brain stem. It is believed to contain special cells that maintain alertness and wakefulness. Wakefulness results from neurons in the RAS that release catecolamines such as norepinephrine.

Sleep may be produced by the release of serotonin from specialized cells in the Raphe sleep system of the pons and medial forebrain. This area of the brain is also called the bulbar synchronizing region (BSR). As people try to sleep, they close their eyes and assume relaxed positions; stimuli to RAS decline. If the room is dark and quiet, activation of the RAS further declines. At some point BSR takes over, causing sleep.

White, (2005)

STAGES OF SLEEP

Sleep phases are classified as non-rapid eye movement (NREM) and rapid eye movement (REM).

NREM SLEEP

The first phase of sleep is called NREM sleep and consists of four stages.
Stage 1

Stage 1 sleep is a light sleep, in which muscles relax and brain waves are rapid and irregular. Stage 1 usually lasts for 10 minutes or so. It is easy to awake.

Stage 2

Stage 2 sleep is still fairly a light sleep. Brain waves become larger with bursts of electrical activity. Half of normal adult sleep may be spent in stage 2. After 20 minutes or so in stage 2, deep sleep is entered.

Stage 3 and stage 4

Stage 3 and stage 4 sleep are usually discussed together because they are difficult to identify and separate. Stage 3 is a medium-deep sleep and stage 4 is the deepest sleep. Each stage lasts for 15 to 30 minutes. During these stages large, slow waves are seen on the EEG. Vitals signs are significantly lower than when awake. It is difficult to awaken a person in this stage of sleep.

About 75% of sleep is NREM sleep.

REM SLEEP

After the first 60 to 90 minutes of NREM sleep in adult, the individual enters rapid eye movement or REM sleep. The brain waves are almost the same as when awake. This is a highly active time with REM, heart rate, respiratory rate and blood pressure similar to when awake and muscles are flaccid, making the body paralyzed. This is the time when dreams occur. About 25% of sleep is REM sleep, with REM sleep periods becoming longer as the night goes on.

Taylor., (2005)

SLEEP CYCLE

The sleep cycle is the sequence of sleep beginning with the four stages of NREM sleep, a return to stage 3 and then to stage 2 followed by the first REM sleep. The duration of the sleep cycle is usually 60 to 90 minutes and the sleeper will generally go through 4 to 6 sleep cycles during a sleep period of 7 to 8 hours. The length of the NREM and REM periods of sleep change as the
sleep period progresses and dreams during REM sleep may become more vivid and intense. Whenever the sleep cycle is broken, a new sleep cycle starts, beginning again at NREM sleep stage 1.

**FACTORS AFFECTING SLEEP**

Several factors can influence the quality and quantity of both rest and sleep. Often, sleep problems result from a combination of many factors. Physical factors like chronic illness that causes pain, discomfort or mood problems, psychological factors like anxiety, depression, environmental factors like temperature, lighting, ventilation, noise, odour, lifestyle stressors like rotating shift duties, dietary factors like spicy diets, caffeine, medications and other substances like alcohol, nicotine, other factors like aging, exercise and fatigue affects the normal sleep of a person.

*Taylor., (2005)*

**SLEEP RELATED PROBLEMS IN CANCER PATIENTS**

Majority of studies that have assessed both sleep and fatigue in patients with cancer provide evidence supporting a strong correlation between cancer-related fatigue and various sleep parameters, including poor sleep quality, disrupted initiation and maintenance of sleep, night time awakening, restless sleep, and excessive daytime sleepiness.

Fatigue and sleep disturbance are two of the most frequent side effects experienced by patients with cancer. Although sleep disruption is common in these patients, it has been a neglected problem. This is partly because it has been seen as a normal and transient reaction to cancer and cancer treatment, and partly because of the underreporting of sleep disturbances by patients. Patients with cancer report insomnia, poor sleep quality, and short sleep duration. On testing, they are frequently found to have low sleep efficiency (the ratio of time asleep to total time in bed). Precipitating factors for insomnia in patients with cancer include the diagnosis of cancer, the type and stage of
cancer, pain, side effects of treatment (e.g., nausea, vomiting, etc.) and/or the direct iatrogenic effects of treatment on sleep.

Maralyn. et al., (2007)

d) OVERVIEW OF OTHER COMPLEMENTARY THERAPIES

Complementary therapy is used along with standard or mainstream medical treatment. Some complementary therapies may help relieve certain symptoms of cancer, relieve side effects of cancer treatment, or improve a patient’s sense of well-being.

COMPLEMENTARY THERAPIES USED WITH CANCER TREATMENT

- **Acupuncture:** Acupuncture is a technique in which very thin needles are put into the body to treat a number of symptoms. It may help with mild pain and some types of nausea.
- **Aromatherapy:** Aromatherapy is the use of fragrant substances, called essential oils, that are distilled from plants to alter mood or improve symptoms such as stress or nausea.
- **Art therapy:** Art therapy is used to help people with physical and emotional problems by using creative activities to express emotions. This is done by mainstream therapists with specialized training.
- **Biofeedback:** Biofeedback is a treatment method that uses monitoring devices to help people gain conscious control over physical processes that are usually controlled automatically, such as heart rate, blood pressure, temperature, sweating, and muscle tension.
- **Labyrinth walking:** Involves a meditative walk along a set circular pathway that goes to the center and comes back out. Labyrinths can also be “walked” online or on a grooved board following the curved path with a finger.
- **Massage therapy**: Massage involves manipulation, rubbing, and kneading of the body’s muscle and soft tissue. Some studies suggest massage can decrease stress, anxiety, depression, and pain and increase alertness.

- **Meditation**: Meditation is a mind-body process in which a person uses concentration or reflection to relax the body and calm the mind.

- **Music therapy**: Music therapy is offered by trained healthcare professionals who use music to promote healing and enhance quality of life.

- **Prayer and spirituality**: Spirituality is generally described as an awareness of something greater than the individual self. It’s often expressed through religion and/or prayer, but there are many other paths of spiritual pursuit and expression.

- **Tai chi**: Tai chi is an ancient Chinese martial art. It’s a mind-body system that uses movement, meditation, and breathing to improve health and well being. It has been shown to improve strength and balance in some people.


e) OVERVIEW OF MULTICOMPONENT INTERVENTION

Multi component intervention programme includes yoga, deep breathing exercises and muscle relaxation exercises.

**YOGA**

Yoga is a great physical as well as mental science that serves not only the purpose to provide strength to the body but also to the brain. It has powers as healing particularly due to the property that it reinforces the immune system. For individual suffering from cancer yoga can be a real source of empowerment. In yoga physical postures are regularly practiced as asanas. That not only stimulates but also brings a balance in all the systems in the body may it be respiratory, circulatory, reproductive, digestive, nervous, endocrine,
muscular, and urogenital. When imbalance of functions occurs a number of asanas can be practiced regularly to bring back the balance.

YOGA FOR CANCER

Yoga helps cancer patients to get rid out of the trauma that accompanies the diagnosis. Any individual suffering from cancer suffers a severe mental shock and depression etc., According to yoga the effortless breathing techniques, relaxations, and meditation techniques can help a patient to deal with it. This is also helpful in dealing with the anxiety of surgery, chemotherapy and radiation therapy.

BENEFITS OF YOGA

Cancer is a very broad and complex illness which results in the weakening of the immune system that cannot cope up with the proliferation of the damaged cells. Therefore yoga strengthens the immune system and encourages the inner healing forces in various ways as following:

- Through relaxation it calms down the nervous system decreasing the stress and anxiety which resulted in lowering of immune functioning
- Through breathing exercise by improving the respiration rate releasing out the tension and restoring the balance and calmness.
- Through meditation it helps to develop clarity of thoughts that enables to acknowledge and accept the reality and cope up with fears.
- Through physical postures it helps to clear out the toxins, increasing the energy levels enhancing the functioning of internal organs and systems.

Vethathiri., (2009)

YOGA ASANAS

PADMASANA

Also called as lotus yoga pose.

Steps:

a) Sit on the mat/ sheet with legs crossed, spine long and extended
b) Take the right foot and place the ankle along the inside of the left thigh and take the left foot and place the ankle along the inside of the right thigh.

c) Place the hands on the thighs and make the tip of thumb touches the tip of the index finger and sit in a meditation state. Continue it for 4 minutes.

**SIDDHASANA**

**Steps**

a) Sit with legs stretched forward.

b) Bend the left leg and place it near the perineum. The sole of the left foot is placed under the right thigh.

c) Bend the right leg, place the right foot over the left ankle, and the heel of the right foot at the root of the genitals.

d) Maintain the spine, neck and head in a straight, upright posture.

e) Place both hands near the thigh joints, slightly bend at elbows on either side, join the index fingers and thumbs respectively and sit in a meditation state.

**SUKHASANA**

**Steps:**

a) Sit down on the mat/ sheet.

b) Stretch the legs in front.

c) Keep the head, neck and spine erect.

d) Fold the left leg at the knee and bring it closer to the body.

e) Lift the right knee and slide the left foot under the right thigh. The sole of the left foot should be turned up.

f) Similarly, fold the right leg and put the right foot under the left calf.

g) The sole should be tilted up and the foot should support the left shin.

h) Place the hands on the thighs and make the tip of thumb touches the tip of the index finger and sit in a meditation state.
VAJRASANA:

Steps:

a) With knees, ankles and big toes touching the ground, take a kneeling position.

b) Sit on the heels and place palms on the knees.

c) The spine should be erect and take deep breaths.

d) Continue it for 3 minutes.

SAVASANA:

Steps:

a) Start by sitting straight up, legs extended together in front.

b) Softly roll the back vertebrae by vertebrae on to the floor, forming a straight line with the body.

Cc) Slowly move the feet apart a little wider than the hips.

d) Place the arms out to the sides of the body, facing the palms upwards. Take deep breaths.

e) Continue it for 3 minutes.

Vethathiri., (2009)

PRANAYAMA

Pranayama techniques are best practiced while sitting on the floor on a folded blanket. One must empty the bladder and bowels before starting pranayama yoga. The place suitable for yoga must be clean and calm.

TYPES OF PRANAYAMA

- Nadi Sodhana
- Shitali Pranayama
- Ujjayi Pranayama
- Kapalabhati Pranayama
- Digra Pranayama
- Bhastrika Pranayama
- Bahya Pranayama
Bhramari Pranayama

Udgit pranayama

Nadi Sodhana

Steps:

a) Sit in Padmasana. Siddhasana or Sukhasana on a carpet or blanket.
b) Keep the waist, back, neck and spine erect.
c) Sit peacefully and breathe normally.
d) Close the eyes. Close the right nostril with the right thumb.
e) Inhale slowly through the left nostril and fill the lungs.
f) After complete inhalation, press the left nostril with the ring finger of the right hand and close the left nostril.
g) Open the right nostril, exhale and breathe slowly out.
h) After complete exhalation, again inhale through the right nostril and fill the lungs.
i) Close the right nostril by pressing it with the right thumb.
j) After opening the left nostril, breathe out slowly.
k) Continue doing this exercise for around 10 - 15 times in 4 minutes.

Shitali Pranayama

Steps:

a) Sit in a comfortable position with legs and take five deep breaths.
b) Open the mouth in a "o" shape and start to inhale through the mouth.
c) Exhale with the nose.
d) Repeat this exercise for five to ten times in 4 minutes

Vethathiri., (2009)

DEEP BREATHING EXERCISES

The 4-7-8 (or relaxing breath) Exercise

The exercise takes almost no time or equipment and can be done anywhere.
Steps:

a) Sit in a comfortable position.

b) Place the tip of the tongue against the ridge of tissue just behind the upper front teeth.

c) Exhale completely through the mouth, with whoosh sound.

d) Close the mouth and inhale quietly through the nose to a mental count of 4.

e) Hold the breath for a count of 7.

f) Exhale completely through the mouth, making a whoosh sound to a count of 8.

g) Do the exercise for 10 minutes.


DEEP BREATHING EXERCISES FOR CANCER

Deep, rhythmic breathing expands the diaphragm muscle, expanding the lung’s air pockets, invoking the relaxation response, and massaging the lymphatic system. Blood is pumped around the body by the heart, transporting nutrients and oxygen to the cells. Once the cells have absorbed what they need, they excrete debris and toxins, which then get flushed and deactivated by lymphatic fluid. Lymphatic system relies on the act of breathing and bodily movement to move all that waste fluid around. The expansion and contraction of the diaphragm actually stimulates the lymphatic system. The sympathetic nervous system, which is stimulated in times of stress and anxiety, controls the fight or flight response, including spikes in cortisol and adrenaline that can be damaging when they persist too long. Chronic stress depletes the body of nutrients and destabilizes brain and endocrine chemistry. This is counteracted by the parasympathetic nervous system which is activated during deep breathing techniques.

Pick, (2006)
BENEFITS OF DEEP BREATHING EXERCISE:

- Deep breathing reduces stress.
- Deep breathing releases endorphins which relieves head aches, sleeplessness, backaches and other stress related aches and pains.
- Deep breathing helps to clear and focus mind.
- Deep breathing strengthens weak abdominal and intestinal muscles.

MUSCLE RELAXATION EXERCISE

- Feel the difference while tensing and relaxing different muscle groups.
- Tense every muscle group for 5-10 seconds and relax it for 10 seconds.

Steps

a) Sit in a comfortable chair.
b) Bring attention to left hand. Clench left hand to make a fist and then relax it. Repeat this for 2 times.
c) Bring attention to right hand. Clench right hand to make a fist and then relax it. Repeat this for 2 times.
d) Bend both hands back at the wrists. Repeat this for 2 times.
e) Make a tight fist with both hands, and pull hands toward shoulders. Repeat this for 2 times.
f) Shrug the shoulders Hold it, then relax the shoulders. Repeat this for 2 times.
g) Wrinkle forehead. Tense those muscles and then relax. Repeat this for 2 times.
h) Close the eyes as tightly as possible. Feel the tension all around the eyes. After holding this state, then relax. Repeat this for 2 times.
i) Clench the jaw, biting the teeth together. Then relax. Repeat this for 2 times.
j) Press the lips together as tightly as possible. Now relax the lips. Repeat this for 2 times.

k) Bring attention to the neck. Put the head back and press the back of the head against the back of the chair and then relax. Repeat this for 2 times.

l) Bring head forward. Push chin against the chest. Hold it, then relax. Repeat this for 2 times.

m) Arch back, sticking out the chest and stomach. Then allow those muscles to become loose. Repeat this for 2 times.

n) Tense the stomach muscles and then relax it. Repeat this for 2 times.

o) Bring attention to legs. Lift up and stretch them out. Feel the tension in the thighs. Then, let legs drop, relaxing the thigh muscles. Repeat this for 2 times.

p) Point the toes upward. Tense both the calf muscles Then, let them relax. Let the feet fall. Repeat this for 2 times.

q) Scan the different muscle groups covered, and bring attention to any lingering muscle tension. If tension exists over any muscle groups, bring relaxation to those muscle groups and then relax it. Repeat this for 2 times.

**TIPS**

1. Sit in a comfortable chair.

2. Bring awareness to the feelings of tension and relaxation. Pay attention to the feelings and notice the muscles feel when moving from tension to relaxation.

3. Practice regularly. Do at least two cycles of tension – relaxation for each muscle group.
GUIDELINES

1. Practice at least 20 minutes per day. Two 20 minutes periods are preferable.
2. Find a quiet location to practice.
3. Practice at regular times. On awakening, before retiring, or before meals are generally the best times. A consistent daily relaxation routine will increase the likelihood of generalization effects.
4. Practice on an empty stomach. Food digestion after meals will tend to disrupt deep relaxation.
5. Assume a comfortable position. The entire body including head should be supported. Lying down on a sofa or bed or sitting in a reclining chair are two ways of supporting the body most completely.
6. It is advantageous to experience the full depth of the relaxation response consciously without going to sleep.
7. Loosen any tight clothing and take off shoes, watch, glasses, contact lenses, jewellery, and so on.
8. Make a decision not worry about anything.

Tull M.,(2009)

BENEFITS OF MUSCLE RELAXATION EXERCISE

The beneficial effects of muscle relaxation are,

- Reduction in stress
- Returns heart beat to normal
- Reduction in aches and pains
- Reduction in the effect of phobia
- Helps counter insomnia
- Helps control and reverse the effects of certain difficult to treat ailments
- Improves concentration

Matthew.,(2011)
PART –II

SECTION A: STUDIES RELATED TO INCIDENCE AND PREVALENCE OF CANCER

Francisci et.al., (2003) conducted a study about the prevalence of cancer in central European countries like Austria, Netherlands, Germany, Poland, Slovakia, Slovenia, Switzerland covering a population of 13 million inhabitants. The sample size is 465000 cases of cancer. The weight of 1 year prevalence was < 15% of total prevalence. Prevalent cases between 1 to 5 years since diagnosis represented 22% to 34% of the total prevalence. Prevalent cases between 5 to 10 years since diagnosis represented 17% to 23% of the total prevalence. Finally cases diagnosed > 10 years before range between 26% and 50%.

Forman et.al., (2003) investigated the cancer prevalence in the UK. 8 cancer registries in UK provided data based on > 1.5 million cases of cancer. Total prevalence was calculated using methods based on modelling incidence and survival trends. Approximately 1.5% of males and 2.5% of females in the UK population are living with cancer. Approximately 7.5% of people aged >65 years in the UK population are living with cancer. For males half of prevalent cases had been diagnosed >5 years and 30% are > 10 years and in females 60% of prevalent cases had been diagnosed >5 years and 40% are > 10 years.

Tanuja et.al.,(2007) conducted a study regarding cancer incidence among Indians residing in different geographic regions around the world. Incidence rates were obtained for India from Globocan 2002. The study concluded as the lowest total cancer incidence rates in India (111 and 116 per 100000 among males and females, respectively, and the highest among US whites (362 and 296 per 100000 among males and females, respectively). Cancer incidence rates among Indians residing outside of India were intermediate Singapore (102 and 132 per 100000 among males and females respectively), UK (173 and 179 per 100000 among males and females respectively)
Deepak Ganjewala.,(2009) conducted a study towards trends of prevalence of cancer in Madhya Pradesh (MP), Uttar Pradesh, (UP) and Rajashthan (RJ). Both male and female patients from the area included in the study with cancers admitted during 1st to 30th April, 2005 at Cancer Hospital and Research Institute, Gwalior was examined. 43 including 16 males and 27 females were admitted. The study findings showed that 41% and 51% patients were in age group 25-50 and 50-75 years, respectively. Of 41% patients in age group 25-50 years, 37% were female whereas in age group 50-75 years 30 of 51% were males.

Putila.et.al.,(2009) conducted a study Association of Arsenic Exposure with Lung Cancer Incidence Rates estimated from respective state-wide cancer registries and the SEER database in the United States. Poisson regression was used to determine the association between each variable lung cancer incidence. ANOVA was used to assess interaction effects between covariates. Sediment levels of arsenic were significantly associated with an increase in incident cases of lung cancer (P<0.001). These effects persisted after controlling for smoking and income (P<0.001). Across the U.S., exposure to arsenic may contribute to up to 5,297 lung cancer cases per year. There was also a significant interaction between arsenic exposure levels and smoking prevalence (P<0.05).

Delphine.et.al.,(2010) conducted a study about the correlation between Human Papillomavirus prevalence and cervical cancer incidence .Cervical cancer incidence data were extracted from a cancer registry covering the surrounding or nearby area of the prevalence survey. 13 areas were included in this analysis. The relation between high-risk HPV prevalence and cervical cancer incidence was investigated within 10-year age groups from age 25 to 65 years. A Poisson regression model was used to predict cervical cancer incidence from HPV prevalence, and the strength of the correlation was assessed using Spearman’s rank correlation coefficient. The rank correlation was weakest in women ages 25 to 34 years and strongest in women ages 55 to 64 years.
Watling et al., (2010) conducted a study in Scotland to analyse the effects of prevalence and incidence screening on uptake and detection of cancer using faecal occult blood testing. The design used was Design Analysis of prevalence and incidence screening. The positive predictive value of a positive faecal occult blood test result for cancer was 11.0% for prevalence screening, 6.5% for the first incidence screen and 7.5% for the second incidence screen.

Day L.W., (2011) conducted a study to determine Colo Rectal Cancer (CRC) screening prevalence and to calculate CRC incidence among American Indian/Alaska Natives (AI/AN) in San Franciscico. A retrospective cohort study was done. The sample size was 142,051. The study results were CRC was more common among women than men and among AI/AN living in the Alaska region compared to the Pacific Coast region.

Thammakumpee K. et al., (2007) conducted a study to assess the clinical manifestation, diagnostic investigation, treatment, and survival of patients with small-cell lung cancer (SCLC). Retrospective study design was adopted. 116 evaluative SCLC patients were enrolled. SCLC was common in elderly men who smoked. Major symptoms were cough 81%, weight loss 72%, and dyspnea 67%. Hoarseness and superior vena cava syndrome (SVC syndrome) were present in 18% and 17% respectively. 49 patients (42%) presented with limited-stage disease and 67 (58%) with extensive-stage disease. 30 patients (26%) received chemotherapy alone, 23 patients (20%) received radiotherapy alone, 33 patients (28%) received combined chemoradiotherapy, and 30 patients (26%) received supportive treatment. The overall response to chemotherapy was complete remission in 12 cases (19%), and partial response in 20 cases (32%).
SECTION B: STUDIES RELATED TO LEVEL OF STRESS AMONG PATIENTS WITH CANCER

Sehnen et al. (2003) conducted a study to investigate stress in different tumor patients by means of a cancer-specific questionnaire in the course of radiotherapy. Disease-specific aspects of psychosocial stress (Herschbach's Questionnaire on Stress in Cancer Patients, QSC) were self-assessed by 265 patients with different tumor types (157 male, 108 female; median age 58.6 years) Significant increases in stress were observed (p < 0.001). Women showed significantly higher stress, younger patients displayed a decrease in anxiety, whereas elderly patients demonstrated an increase. Breast cancer patients had the highest stress levels.

Akechi T. et al. (2004) conducted a study to elucidate the psychological distress of terminally ill cancer patients. This study attempted to determine the prevalence of adjustment disorders (AD), major depression (MD) and post traumatic stress disorder (PTSD) among terminally ill cancer patients. 209 consecutive terminally ill cancer patients were selected The proportions of patients diagnosed with AD, MD, and PTSD were 16.3%, 6.7%, 70% respectively. The factors underlying psychological distress are multifactorial.

Namiki S. et al. (2007) conducted a study to investigate the level of psychological distress of Japanese men with localized prostate cancer following surgery or radiotherapy. The study was a retrospective cross-sectional survey of 253 men following radical prostatectomy and 87 with radiotherapy were collected. The results after logistic regression modelling analysis showed a mean anxiety and depression scores as 4.0 and 4.7 respectively. For anxiety 291 patients (85%) scored 7 points or less and on the depression scale 183 patients (54%) scored 4 points or less. The cases with psychological distress scored lower in all domains of health related quality of life. This showed that Japanese men with localized prostate cancer following surgery or radiotherapy had severe psychological distress.
Mosher C.E.et.al.,(2010) conducted a study to document the prevalence of distress among metastatic breast cancer patients. This study used the one item Distress Thermometer (DT) with cut off score >4. A total of 173 metastatic breast cancer patients rated their distress on the DT. 60% met the cut off criteria. Meeting this cut off was not associated with age, ethnicity, time since diagnosis or medical treatments. 61% had anxiety and depression, fatigue and sleep disturbance, with 70% reporting decrements in sleep quality. Results point to a high prevalence of distress, sleep problems, fatigue across metastatic breast cancer patients.

SECTION C: STUDIES RELATED TO QUALITY OF SLEEP AMONG PATIENTS WITH CANCER

Davidson J.R.et.al., (2002) conducted a cross sectional survey study to examine the prevalence of reported sleep problems in patients attending 6 clinics at a regional cancer centre using a brief sleep questionnaire. The sample size was 982. Mean age of respondents was 64.9 years (SD ± 12.5). The most common prevalent problems were excessive fatigue (44%), insomnia (31%) and excessive sleepiness (28%). Chi square tests showed significant variation. The breast clinic had the high prevalence of insomnia and fatigue. Insomnia involved multiple awakenings (76% of cases). In a multivariate logistic regression analysis showed that the contributors of insomnia were thoughts, concerns and pain/discomfort.

Davis J.E., (2010) conducted study on “A comparison of disrupted sleep patterns in women with cancer-related fatigue and postmenopausal women without cancer” at United states in which the global sleep quality and state anxiety were self-reported by 30 fatigued female breast cancer chemotherapy outpatients using Pittsburgh Sleep Quality Index (PSQI). Result showed that fatigued breast cancer patients showed significant sleep difficulties, characterized by prolonged sleep onset latency (M=54.3, SD±49.2min) and
frequent nighttime awakenings, despite 40% of the patients using sleep medications three or more times a week.

**Delgado M.et.al.,(2011)** conducted a study to find the association between self reported sleep disturbance and other symptoms in patients with advanced cancer. 101 patients with advanced cancer underwent randomised clinical trials. The Pittsburgh sleep quality index (PSQI) and Edmonton Symptom assessment scale (ESAS) were used. The PSQI score was correlated with the ESAS items of pain (r=0.27), dyspnea (r= 0.25), well being (r= 0.35) and sleep(r= 0.44). The study concluded that sleep disturbance is associated with increased frequency of pain, depression, anxiety, and a worse sense of well-being.

**SECTION D: STUDIES RELATED TO CORRELATION BETWEEN LEVEL OF STRESS AND QUALITY OF SLEEP**

**Palesh.et.al.,(2007)** conducted a study among 93 women with metastatic breast cancer in a large intervention trial examining the effect of the breathing and relaxation exercises on their symptoms. They completed measures of life stress, and sleep disturbance at baseline, 4, 8 and 12 months. Greater life stress at baseline predicted more problems getting to sleep and more daytime sleepiness. Changes in number of hours of sleep was correlated with changes in problems getting to sleep (r = −0.26, p < 0.01), and changes in daytime sleepiness (r = −0.21, p < 0.05).This showed that there is a correlation between stress and sleep disturbance.

**Vadiraja et.al.,(2009)** conducted a study to assess the psychological distress in breast cancer patients with metastases and their circadian rhythms of sleep and stress hormones and the effectiveness of yoga intervention. 66 breast cancer survivors with metastatic disease and adequate performance status. Paired “ t” test (16.02) showed significant decrease in salivary cortisol in yoga group (p < 0.01) alone. The results offered preliminary support for stress reduction benefits of yoga intervention and the psychological distress is high in breast
cancer patients with metastases and affects their circadian rhythms of sleep and stress hormones.

**SECTION E: STUDIES RELATED TO EFFECTIVENESS OF MULTICOMPONENT INTERVENTION ON STRESS AND QUALITY OF SLEEP AMONG PATIENTS WITH CANCER (YOGA, DEEP BREATHING EXERCISE, MUSCLE RELAXATION EXERCISE)**

Michael Speca et al., (2000) investigated the effects of participation in yoga on mood disturbance and symptoms of stress in cancer outpatients. A randomized, wait list controlled design was used. 90 patients (mean age, 51 years) completed the study. After the intervention, patients in the treatment group had significantly lower score on total mood disturbance and lower overall symptoms of stress. Overall reduction in total mood disturbance was 65%, with a 31% reduction in symptoms of stress. This study concluded that the programme was effective in decreasing mood disturbances and stress symptoms in both male and female patients with a wide variety of cancer diagnoses, stages of illness and ages.

Karin et al., (2001), conducted a study to assess the effectiveness of relaxation training in reducing treatment related symptoms and improving emotional adjustment in cancer patients. A meta analytic study was done with 15 studies. The statistical analysis was done with the aid of D-STAT progressive muscle relaxation was used in 87.5% of the interventions. In 11 studies PMR was combined with guided imagery. The significance level was set at p <0.05. In 86.66% of studies patients were instructed or suggested to practice relaxation at home. The studies point to a significant effect of relaxation on the reduction of tension on the mood. Intervention features of relaxation training, the time the professional spent with the patient and the schedule of intervention were relevant to the effect of relaxation on stress.
Khurshid S.J., (2003) conducted a study to determine the effect of muscle relaxation therapy on stress level of cancer breast patient in selected hospitals. A non probability convenience sampling technique was used. Data was collected from 40 patients. A Likert scale containing 50 items was developed. Two group pre test, post test experimental design was used. The major findings of the study were, majority of the patients were between the age group of 31 to 50 years. Relaxation therapy showed significant decrease in stress level of cancer patient in experimental group. Analysis of data for ‘t’ value at 0.05 level of significance revealed that the calculated value (2.09) are more than table value. The Independent ‘t’ value was 9.2 which was significant at p < 0.05 level. Analysis of data for ‘t’ value at p < 0.05 level of significance revealed that the calculated value are more than table value.

Paul Grossman et.al., (2004) investigated a meta analysis study which aimed to assess the effect of mindfulness based stress reduction that employs yoga to alleviate suffering associated with physical, psychosomatic and psychiatric disorders. Overall investigation data is gathered from 20 investigations. Cohen’s effect size was calculated by dividing the mean difference with their standard deviation. Individuals receiving mindfulness training entered the data set. The mean effect size is, $d = 0.50$ for mental health. and the mean effect size is, $d = 0.42$ for mental health. The result studies shows that the use of yoga might enhance general features of coping with distress and disability in everyday life or stress.

Michael A.et.al, (2004) conducted a study on reductions of cancer specific thought intrusions and anxiety symptoms with stress management intervention (muscle relaxation, guided imagery among 199 women with breast cancer. There were no significant differences in terms of cancer duration ($\chi^2 = 6.60$, df=3), marital status ($\chi^2 = 0.82$, df=1). The effect of condition on distress was most evident, where the difference was significant ($Z = 2.63$, P< 0.01; Cohen’s $d = 0.43$). The study concluded that group based stress
management intervention is a clinically useful adjunct to offer to women treated for breast cancer.

**Cohen L. et al., (2004)** suggests that stress reduction programme including yoga, regulated breathing, visual imagery and meditation tailored to the cancer setting help patients cope with the effect of treatment and improve the quality of life. The researcher used 39 patients with lymphomas who were undergoing treatment or who had concluded treatment within twelve months. The patients were made to participate in 7 weekly yoga sessions and patients in the wait-list control group were free to participate in the programme after 3 month follow up assessment. The study result was 89% of the participants completed at least 2-3 yoga session and 58% of the participants completed at least 5 yoga sessions. The experimental group reported significantly lower sleep disturbance score during follow up compared with patients in wait list control group. This concluded better subjective sleep quality, faster sleep latency and longer sleep duration and less use of sleep medication.

**Kochupillai V. et al., (2005)** states stress which is a psychological process acts through the immune-neuroendocrine axis and affects the cellular process of the body and immune function, leading to disease states including cancer. Rhythmic breathing processes are known to reduce stress and improve immune function. Cancer patients who had completed the standard therapy were studied. The researcher increased the natural killer cells significantly (p < 0.001) at 12 and 24 weeks of the practice compared to the baseline. Increase in natural killer cells at 24 weeks were significant (p < 0.05) compared to controls. The researcher helped to control the tobacco habit in 21% of individual who were followed up to 6 months of practice. Thus the researcher concluded that the breathing processes demonstrated a increase in natural killer cells and reduction in tobacco consumption.

**Wilson R.W. et al., (2006),** conducted a study to assess the effectiveness of deep breathing and active relaxation for cancer patients. 39 patients with a variety of solid tumors volunteered for the study. Randomised clinical trial
design was used. Participants were advised to exercise 20 – 40 min of the stress management techniques, deep breathing (38%) and active relaxation (37%) was used by the patients. Paired ‘t’ test comparing baseline value with final recorded values, indicated a significant improvement over time in mental health ($p < 0.05$). Subscale score participants evaluations of the combined intervention were favourable 90% felt it was helpful for them and 100% would recommend it to other patient.

**Andersen Barbara. et.al., (2007)** conducted clinical trial tests whether a psychological intervention (progressive muscle relaxation exercise, positive ways to cope, effective use of social support) for cancer patients can reduce patients emotional distress and enhance their functional immunity. 227 breast cancer patients were randomized to intervention. Descriptive analysis and ANOVA statistics was done. A path model revealed that intervention participation directly improved health ($p < 0.05$) at 12 months. These effects remained when statistically controlling for baseline levels of stress, immunity and health as well as socio demographic, disease and cancer treatment variables. The impact of Event Scales (IES) quantified the frequency of intrusive thoughts and avoidant behaviours. Distress reduction ($z=2.11$, $p < 0.01$) is highlighted as an important mechanism by which health can be improved.

**Alyson B.et.al (2007)** conducted a study to examine the impact of yoga including physical poses, breathing, and meditation exercises on quality of life, fatigue, distress and spiritual well-being among a multi ethnic sample of breast cancer patients. 128 patients from an urban cancer center were randomly assigned to a 12 week yoga intervention. Regression analyses indicated that the control group had a greater decrease in social well being with the intervention group ($p <0.001$). The mean number of classes attended by active participants was ($7 \pm 3.80$). Secondary analyses indicated favourable outcomes for the intervention group compared with the control group in overall QOL
(P<0.008), emotional well-being (P<0.015), social well-being (P<0.004), spiritual well-being (P<0.009), distress (P<0.031).

Banerjee B., et al., (2007) conducted a study to assess the effects of an integrated yoga programme in modulating perceived stress levels, anxiety, as well as depression levels and radiation induced DNA damage were studied in 68 breast cancer patients undergoing radiotherapy. Two questionnaires Hospital anxiety and depression scale (HADS) and Perceived Stress Scale and DNA damage assay were used in the study. There was a significant decrease in the yoga intervention group whereas the control group did not show any change. An integrated approach of yoga intervention modulates the stress and DNA damage levels in breast cancer patients during radiotherapy.

Puthusseril V., (2008) conducted a study to compare effects of rhythmic breathing relaxation and foot massage on depression, anxiety and quality of life. The design used was prospective quasi experimental design. 90 rural women with breast cancer receiving radiation therapy were selected. Subjects were randomly selected. Inferential and descriptive statistics were used to analyze the data and 0.05 level of significance was fixed. Baseline data revealed that the patients were mostly in the 40-69 year age group with a mean age of 47 years. 3 out of 4 women were housewives and 50% belonged to poor socio economic group coming from rural areas. The breathing exercise group showed greater reduction in anxiety and depression than the foot massage group.

Kanmani S., (2009) conducted a study to evaluate the effectiveness of progressive muscle relaxation technique in reducing anxiety among cancer patients. The sample size was 60 and they were selected by convenient sampling. Spielberg’s anxiety inventory scale was used. Based on the objectives and hypothesis the data was analysed by using both descriptive and inferential statistics. Majority of them were females under 41-50 years. The obtained ‘t’ value 10.6 was significant, p < 0.05. The results revealed that there was significant between anxiety with their sex, family history of cancer.
Suzanne M. (2009) stated that mind body therapies (MBT) like deep breathing exercises are used by 16.6% of adults in the United States. MBT included relaxation techniques (deep breathing exercises, progressive muscle relaxation), yoga, tai chi, and qigong. Among uses of MBT (n=5170), they assessed the medical conditions were most frequently treatment with MBT. Most of 50% of respondents used MBT in conjunction with conventional medical care, 20% used MBT for conditions they thought conventional medicine would not help. There is a positive association between MBT use and several medical conditions including stress, depression. The results suggest that the use of relaxation techniques of 14.2% reduces stress.

Ulger O. (2010) in his study sought to assess the effects of yoga on the quality of life of patients with breast cancer. 20 patients between 30 and 50 years of age presently under the treatment of breast cancer were included in the study. 8 session of yoga programme including warming and breathing exercise, asanas, relaxation in supine position and meditation were applied to participants. The pre and post yoga quality of life assessment for patients were conducted using Nottingham Health Profile (NHP). Patients stress level were assessed using STAT-I and STAT-II anxiety inventory. Their satisfaction level of yoga programme was evaluated using Visual Analog scale. It was found that the patients quality of life scores after the yoga programme were better than the score obtained before the yoga programme (p < 0.05). After the session there was a statistically significant decrease in their STAT-I and STAT-II scores (p < 0.05). Thus the researcher concluded that the yoga therapy is valuable in helping to achieve relaxation and diminishing stress in cancer patients.

Karen Mustain. (2010) conducted a study to assess the effectiveness of yoga in reducing fatigue and improving sleep quality among cancer survivors. A 4 week yoga programme (75 minute yoga class twice a week for 4 weeks) was given as intervention. 410 survivors were accrued (96% female, mean age = 54, 75% breast cancer) and women are practising yoga more than men. ANCOVA’s with baseline values as covariates revealed significant differences.
(t value=17.3) in Sleep Quality (SQ), fatigue and Quality Of Life (p<0.05) between groups at post- intervention. The paired ‘t’ value was 22.14. This study finding revealed that yoga participants demonstrated greater improvements in SQ, fatigue and QOL from pre- to post-intervention compared to control group. ANCOVA’s also revealed the yoga group reduced sleep medication use.

**SECTION F: STUDIES RELATED TO NURSES ROLE IN MULTICOMPONENT INTERVENTION**

Judith., (2011) based on the health analysis survey data most common Complementary and Alternative Medicine therapy in the US cancer survivor population of 13.8 million, yoga is the third most common practice, followed by deep breathing exercises (14%) and meditation (9.7%). This trend of increasing CAM use is anticipated to continue, affecting the nature of healthcare for years to come. As a result, oncology nurses and other healthcare providers will continue to encounter an increasing number of CAM users in their patient population, many of whom will seek yoga as a way to address health concerns. So nurses play a vital role in providing holistic care to cancer patients.
CHAPTER – III
METHODOLOGY

This chapter includes research approach, research design, research setting, population, sample, criteria for sample selection, sample size and sampling procedure, instrument and scoring procedure, validity, reliability, pilot study, data collection procedure and plan for data analysis.

RESEARCH APPROACH

An Evaluative approach was used for this study

RESEARCH DESIGN

Quasi experimental non- equivalent pre test and post test control group design was adopted to assess the effectiveness of multicomponent intervention

SCHEMATIC REPRESENTATION

<table>
<thead>
<tr>
<th>GROUP</th>
<th>PRE TEST</th>
<th>INTERVENTION</th>
<th>POST TEST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experimental group</td>
<td>O₁</td>
<td>X</td>
<td>O₂</td>
</tr>
<tr>
<td>Control group</td>
<td>O₁</td>
<td>-</td>
<td>O₂</td>
</tr>
</tbody>
</table>

The symbols used:

O₁ - Pre test to assess the level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group.

X - Demonstrating and assisting to do yoga for 20 minutes, deep breathing exercises for 10 minutes and muscle relaxation exercises for 20 minutes to a group of patients with cancer who are undergoing radiation therapy for 50 minutes daily in the morning and evening for 20 days

O₂ - Post test to assess the level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group.
RESEARCH SETTING

The study was conducted at Erode cancer center for experimental group and Health Care Globus (H.C.G) cancer center at Erode for control group. Erode cancer center is a 55 bedded cancer speciality hospital having 3 floors specialised in oncology, providing chemotherapy, radiation therapy and surgical treatment to the patients with cancer. It has an operation theatre and number of surgeries done is 8 per month. It has a chemotherapy ward with 20 beds and radiation therapy ward with 27 beds and 8 special rooms. Daily an average of 70 patients are receiving radiation therapy. The number of inpatients for radiation therapy is an average of 22-24 per day, 45-48 per month, 530 per year. The number of inpatients for chemotherapy is an average of 13-15 per day, 250 per month, 2900 per year. The number of inpatients for brachytherapy is an average of 1-2 per month, 12-15 per year. The number of outpatients is 90-115 per day.

The H.C.G cancer center is situated within the Senthil Multi speciality hospital which is 150 bedded hospital specialised in medical, Surgical, Neurology, Nephrology, OBG, and Oncology care to the sick patients. It has an operation theatre and average number of surgeries done is 12 per month. It has a chemotherapy ward with 25 beds and radiation therapy ward with 25 beds and 12 special rooms. It has a separate unit for surgical oncology with 12 beds. Daily an average of 90 patients are receiving radiation therapy. There is a separate radiation therapy unit in the ground floor. The number of inpatients for radiation therapy is an average of 26-30 per day, 50-53 per month, 600 per year. The number of inpatients for chemotherapy is an average of 15-18 per day, 280 per month, 3500 per year. The number of outpatients is 100-120 per day.
POPULATION
Patients who are diagnosed with cancer in stomach, colon/rectum, oesophagus, lungs, breast, prostate, brain, larynx, oral, bladder, uterus, ovary, cervix, skin and lymphoma and undergoing radiation therapy.

SAMPLE
Patients with cancer who are undergoing radiation therapy and got admitted in Erode Cancer centre and H.C.G Cancer Centre at Erode.

CRITERIA FOR SAMPLE SELECTION
INCLUSION CRITERIA
- Patients with age group of 30 to 55 years.
- Both male and female patients.
- Patient who got newly admitted for first course of treatment with radiation therapy.
- Patient receiving a minimum of 21 fractions of radiation therapy for treatment.
- Patients got admitted in the In Patient Department for 20 days.
- Patients who are willing to participate in the study.

EXCLUSION CRITERIA
➢ Patients who are critically ill.
➢ Patients who are on chemotherapy and post surgical radiation therapy.

SAMPLE SIZE AND SAMPLING PROCEDURE
SAMPLE SIZE
The sample size for this study consists of 60. 30 were in experimental group and 30 were in control group.
SAMPLING TECHNIQUE

Non probability purposive sampling technique was used to select the samples for the study. For experimental group patients were selected from Erode cancer center, Erode and for control group patients were selected from H.C.G cancer center, Erode.

INSTRUMENT AND SCORING PROCEDURE

INSTRUMENT:

The tool consists of 3 parts.

PART – I

It consists of demographic variables such as age, sex, education, occupation, marital status, religion, family monthly income, type of family, area of residence, duration of illness, duration of treatment.

PART – II

Stress assessment rating scale was used to measure the level of stress among patient with cancer who are undergoing radiation therapy. The tool is adopted from Herschbach, Keller, Knight et al., (2004). It contains 23 items. It is rated as almost never, sometimes, often, fairly often and very often. It is scored as 0, 1, 2, 3, 4, 5 respectively. The total score is 115.

PART- III

Sleep assessment rating scale was used to assess the quality of sleep among patient with cancer who are undergoing radiation therapy. This tool is adopted from Hays, R.D., & Stewart, A.L., (1992). This scale contains 12 questions. It has 9 negative items and 3 positive items. It is rated as all of the time, most of the time, a good bit of the time, some of the time, a little bit of the time and none of the time. The total score is 69.
SCORING PROCEDURE

PART II

Stress assessment rating scale was used to measure the level of stress.

Stress scores are interpreted as follows.

<table>
<thead>
<tr>
<th>Level of stress</th>
<th>Score</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>No stress</td>
<td>0-22</td>
<td>0-19</td>
</tr>
<tr>
<td>Mild stress</td>
<td>23-53</td>
<td>20-32</td>
</tr>
<tr>
<td>Moderate stress</td>
<td>54-84</td>
<td>33-64</td>
</tr>
<tr>
<td>Severe stress</td>
<td>85-115</td>
<td>65-100</td>
</tr>
</tbody>
</table>

PART III

Sleep assessment rating scale was used to assess the quality of sleep. It has 9 negative items and 3 positive items.

For the positive response, scores were measured as follows:

- All of the time       - 6
- Most of the time      - 5
- A good bit of the time- 4
- Some of the time      - 3
- A little bit of the time- 2
- None of the time      - 1

For the negative response, scores were measured as follows:

- All of the time       - 1
- Most of the time      - 2
- A good bit of the time- 3
- Some of the time      - 4
- A little bit of the time- 5
- None of the time      - 6
The total score is interpreted as

<table>
<thead>
<tr>
<th>Quality of sleep</th>
<th>Score</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good sleep</td>
<td>51-69</td>
<td>68-100</td>
</tr>
<tr>
<td>Poor sleep</td>
<td>32-50</td>
<td>34-67</td>
</tr>
<tr>
<td>Very Poor sleep</td>
<td>12-31</td>
<td>0-33</td>
</tr>
</tbody>
</table>

VALIDITY AND RELIABILITY OF THE TOOL

VALIDITY

The content validity of the tool was established in consultation with medical oncologists and four experts in the field of medical surgical nursing. It was modified according to the suggestion and recommendation of the experts.

RELIABILITY

The Reliability of the stress assessment rating scale was established by testing the equivalence using interrater method. Karl Pearson correlation formula was used and found to be reliable ($r=0.95$). Reliability of the sleep assessment rating scale was established by testing the equivalence using interrater method. Karl Pearson correlation formula was used and found to be reliable ($r=0.97$)

PILOT STUDY

The pilot study was conducted in H.C.G. Cancer Center, Erode. The researcher obtained written permission from the institution and oral permission from the participant prior to the study. The purpose of the study was explained to the subjects. Clients fulfilling the inclusion criteria were chosen by using purposive sampling technique. Sample size was 12, out of which 6 were in experimental group and 6 were in control group. Patients receiving first fraction of radiation therapy were selected as samples. On first day, data pertaining to the demographic variable was collected then pre test was conducted to the participants by using stress assessment rating scale and sleep assessment rating scale in both the group by structured interview schedule.
After pre test, Multi component intervention was demonstrated to the experimental group for 50 minutes in the morning and evening. Next day onwards the patients were assisted to do yoga for 20 minutes, deep breathing exercises for 10 minutes and muscle relaxation exercises for 20 minutes morning and evening for 10 days. On completion of 10 days of intervention in both groups post test was done by using the same scale.

Findings of the pilot study revealed that, for experimental group, the level of stress in pre test 84.6 (SD±5.18) is higher than the post test level of stress 61.2 (SD±6.46) and the pre test quality of sleep 29.6 (SD±3.36) is lower than the post test the quality of sleep is 42.2 (SD±6.26). The paired ‘t’ value for experimental group was 27.36 (table value= 2.0452) at P<0.05 level of significance. Independent ‘t’ value was 3.786 (table value= 2.306) at P< 0.05 level of significance shows that there is a significant improvement in the quality of sleep between experimental group and control group. The findings revealed a negative correlation between the level of stress and quality of sleep, r = -0.9. Result of the pilot study showed that it is feasible and practicable to conduct the main study.

DATA COLLECTION PROCEDURE

The main study was conducted in Erode cancer center and H.C.G cancer center at Erode. The data collection period was for 5 weeks. The investigator obtained written permission from the medical oncologists from both cancer centers and oral consent was obtained from the samples prior to the study. The purpose of the study was explained to the subjects. Patients fulfilling inclusion criteria were selected as samples by using purposive sampling technique. Every day 5 samples were selected for each group. On 1st day, in experimental group data pertaining to the demographic variables was collected by interview then pre test was conducted to the participants by using stress assessment rating scale and sleep assessment rating scale. Multi component intervention was demonstrated to the participants for 50 minutes in
the morning and evening. From next day onwards the participants were assisted to do yoga for 20 minutes, deep breathing exercises for 10 minutes and muscle relaxation exercises for 20 minutes by the samples both morning and evening for 20 days. Every day 5 patients were given the intervention in experimental group. For control group data pertaining to the demographic variables was collected by interview then pre test was conducted to the participants by using stress assessment rating scale and sleep assessment rating scale. In experimental group after completion of 20th day, post test was done by using the same scale and for control group also post test was done by using the same scale. Information booklet on multicomponent intervention was given after post test to make use of it at home setting to all the participants.

**PLAN FOR DATA ANALYSIS**

Data obtained was collected and analyzed by using descriptive statistics and inferential statistics and the effectiveness was evaluated.

<table>
<thead>
<tr>
<th>SL. NO</th>
<th>DATA ANALYSIS</th>
<th>METHOD</th>
<th>PURPOSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Descriptive statistics</td>
<td>Frequency percentage, Mean, standard deviation</td>
<td>To describe the demographic variables of patients with cancer undergoing radiation therapy. To assess the pre test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental group and control group. To assess the post test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group.</td>
</tr>
<tr>
<td>2.</td>
<td>Inferential statistics</td>
<td>Paired ‘t’ test</td>
<td>To compare the pre test and post test level of stress among patients with cancer who are undergoing radiation therapy in experimental and control group. To compare the pre test and post test quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group.</td>
</tr>
<tr>
<td>Independent ‘t’ test</td>
<td></td>
<td></td>
<td>To compare the post test level of stress among patients with cancer who are undergoing radiation therapy between experimental and control group. To compare the post test quality of sleep among patients with cancer who are undergoing radiation therapy between experimental and control group.</td>
</tr>
<tr>
<td>Karl Pearson Correlation (r)</td>
<td></td>
<td></td>
<td>To find out the relationship between the post test level of stress and quality of sleep in experimental group.</td>
</tr>
<tr>
<td>‘Chi’ square test ($\chi^2$)</td>
<td></td>
<td></td>
<td>To find the association between the post test level of stress among patients with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group. To find the association between the post test quality of sleep among patients with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.</td>
</tr>
</tbody>
</table>
PROTECTION OF HUMAN SUBJECTS:

The research proposal was approved by the dissertation committee. The consent was obtained from the Medical Director of both settings. Verbal consent was taken from the patients with cancer by explaining the purpose of the study before collecting the data.
CHAPTER - IV
DATA ANALYSIS AND INTERPRETATION

This chapter deals with the analysis and interpretation of the data collection to evaluate the effectiveness of multicomponent intervention programme on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospitals at Erode.

ORGANIZATION OF DATA
The data has been tabulated and organized as follows

SECTION A : Distribution of demographic variables of patients with cancer undergoing radiation therapy in experimental and control group

SECTION B : Assess the pre test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group

SECTION C : Assess the post test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group

SECTION D : Comparison between the pre test and post test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental group

SECTION E : Comparison between the pre test and post test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in control group

SECTION F : Comparison of the post test level of stress among patients with cancer who are undergoing radiation therapy between experimental and control group

SECTION G : Comparison of the post test quality of sleep among patients with cancer who are undergoing radiation therapy between experimental and control group
SECTION H : Correlation between the post test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental group

SECTION I : Association between the mean post test level of stress among patients with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.

SECTION J : Association between the mean post test quality of sleep among patients with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.
SECTION A: DISTRIBUTION OF DEMOGRAPHIC VARIABLES OF PATIENTS WITH CANCER WHO ARE UNDERGOING RADIATION THERAPY

TABLE 1: Frequency and percentage distribution of demographic variables among patients with cancer who are undergoing radiation therapy in experimental group and control group

\[ n_1 = 30, n_2 = 30 \]

<table>
<thead>
<tr>
<th>S. NO</th>
<th>DEMOGRAPHIC VARIABLES</th>
<th>EXPERIMENTAL GROUP</th>
<th>CONTROL GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Frequency</td>
<td>Percentage %</td>
</tr>
<tr>
<td>1.</td>
<td>Age (in Years)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.1</td>
<td>30 –35 years</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>1.2</td>
<td>36 –40 years</td>
<td>6</td>
<td>20</td>
</tr>
<tr>
<td>1.3</td>
<td>41– 45 years</td>
<td>5</td>
<td>17</td>
</tr>
<tr>
<td>1.4</td>
<td>46 – 50 years</td>
<td>10</td>
<td>33</td>
</tr>
<tr>
<td>1.5</td>
<td>51 - 55 years</td>
<td>6</td>
<td>20</td>
</tr>
<tr>
<td>2</td>
<td>Sex</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.1</td>
<td>Male</td>
<td>10</td>
<td>33</td>
</tr>
<tr>
<td>2.2</td>
<td>Female</td>
<td>20</td>
<td>67</td>
</tr>
<tr>
<td>3</td>
<td>Educational Status</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.1</td>
<td>No formal education</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>3.2</td>
<td>Primary education</td>
<td>15</td>
<td>50</td>
</tr>
<tr>
<td>3.3</td>
<td>High school education</td>
<td>5</td>
<td>17</td>
</tr>
<tr>
<td>3.4</td>
<td>Higher Secondary education</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>3.5</td>
<td>Graduate</td>
<td>4</td>
<td>13</td>
</tr>
<tr>
<td>4</td>
<td>Occupational Status</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.1</td>
<td>Unemployed</td>
<td>5</td>
<td>17</td>
</tr>
<tr>
<td>4.2</td>
<td>Coolie</td>
<td>15</td>
<td>50</td>
</tr>
<tr>
<td>4.3</td>
<td>Government employee</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>4.4</td>
<td>Private sector worker</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>4.5</td>
<td>Self employment</td>
<td>4</td>
<td>13</td>
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<tr>
<td></td>
<td>Marital Status</td>
<td></td>
<td></td>
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<tr>
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<td>----------------</td>
<td>-----</td>
<td>-----</td>
</tr>
<tr>
<td>5</td>
<td>Single</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>5.1</td>
<td>Married</td>
<td>22</td>
<td>73</td>
</tr>
<tr>
<td>5.2</td>
<td>Widow</td>
<td>2</td>
<td>7</td>
</tr>
<tr>
<td>5.3</td>
<td>Divorced</td>
<td>2</td>
<td>7</td>
</tr>
<tr>
<td>5.4</td>
<td>Separate</td>
<td>3</td>
<td>10</td>
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<table>
<thead>
<tr>
<th></th>
<th>Religion</th>
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</thead>
<tbody>
<tr>
<td>6</td>
<td>Hindu</td>
<td>18</td>
<td>60</td>
<td>14</td>
<td>47</td>
</tr>
<tr>
<td>6.1</td>
<td>Muslim</td>
<td>2</td>
<td>7</td>
<td>7</td>
<td>23</td>
</tr>
<tr>
<td>6.2</td>
<td>Christian</td>
<td>10</td>
<td>33</td>
<td>9</td>
<td>30</td>
</tr>
<tr>
<td>6.3</td>
<td>Others</td>
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<table>
<thead>
<tr>
<th></th>
<th>Family Monthly Income</th>
<th></th>
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<tbody>
<tr>
<td>7</td>
<td>Rs. 3000- Rs.8000</td>
<td>16</td>
<td>53</td>
<td>15</td>
<td>49</td>
</tr>
<tr>
<td>7.1</td>
<td>Rs. 8001- Rs.13000</td>
<td>11</td>
<td>37</td>
<td>11</td>
<td>37</td>
</tr>
<tr>
<td>7.2</td>
<td>Rs. 13001- Rs.18000</td>
<td>2</td>
<td>7</td>
<td>2</td>
<td>7</td>
</tr>
<tr>
<td>7.3</td>
<td>Rs.18001 and above</td>
<td>1</td>
<td>3</td>
<td>2</td>
<td>7</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Type of family</th>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Nuclear Family</td>
<td>19</td>
<td>63</td>
<td>18</td>
<td>60</td>
</tr>
<tr>
<td>8.1</td>
<td>Joint Family</td>
<td>11</td>
<td>37</td>
<td>12</td>
<td>40</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Area of residence</th>
<th></th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Urban</td>
<td>10</td>
<td>33</td>
<td>5</td>
<td>17</td>
</tr>
<tr>
<td>9.1</td>
<td>Rural</td>
<td>20</td>
<td>67</td>
<td>25</td>
<td>83</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Duration of illness</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>&lt; 1 year</td>
<td>7</td>
<td>23</td>
<td>12</td>
<td>40</td>
</tr>
<tr>
<td>10.1</td>
<td>1-3 years</td>
<td>19</td>
<td>64</td>
<td>11</td>
<td>36</td>
</tr>
<tr>
<td>10.2</td>
<td>4-5 years</td>
<td>3</td>
<td>10</td>
<td>5</td>
<td>17</td>
</tr>
<tr>
<td>10.3</td>
<td>&gt; 5 years</td>
<td>1</td>
<td>3</td>
<td>2</td>
<td>7</td>
</tr>
</tbody>
</table>
Table 1 shows the distribution of demographic variables among patients with cancer undergoing radiation therapy in both experimental group and control group.

Regarding age in experimental group, majority 10(33%) belonged to the age group of 46-50 years, 6(20%) belonged to the age group of 36-40 years and 51-55 years, 5(17%) belonged to the age group of 41-45 years 3(10%) belonged to the age group of 30-35 years. In control group majority of patients 12(40%) belonged to the age group of 51-55 years, 8(27%) belonged to the age group of 46-50 years, 4(13%) belonged to the age group of 41-45 years and 3(10%) belonged to the age group of 30-35 years, 3(10%) belonged to the age group of 36-40 years (fig 2).

With regard to sex, in experimental group, 20(67%) were females and 10(33%) were males. In control group, majority 19(64%) were females and 11(36%) was male (fig 3).

With regard to educational status in experimental group, majority of the patients 15(50%) had primary education, 5(17%) had high school education 4(13%) were graduates and 3(10%) had no formal education and had higher secondary education. In control group, 13(44%) had primary education, 7(23%) had higher secondary education and 7(23%) had no formal education, 2(7%) had high school education and 1(3%) was graduate (fig 4).
Regarding occupational status in experimental group, majority 15(50%) were coolie workers, 5(17%) were unemployed, 4(13%) were self employed, and 3(10%) were government employee and private sector worker. In control group majority 15(50%) were coolie workers, 9(30%) were unemployed, 3(10%) were private sector workers, 2(7%) were government employee and 1(3%) was self employed (fig 5).

Regarding marital status in experimental group, majority 22(73%) were married, 2(7%) were widow, 2(7%) were divorced, 3(10%) were separated and 1(3%) was single. In control group 24(80%) of the patients with cancer undergoing radiation therapy were married 2(7%) were separated, 2(7%) were widow and 1(3%) was single and 1(3%) was divorced (fig 6).

Regarding religion in experimental group, majority 18(60%) were Hindus 10(33%) were Christians and 2(7%) were Muslim. In control group, majority of the patients with cancer undergoing radiation therapy 14(47%) were Hindus 9(30%) were Christians and 7(23%) were Muslims (fig 7).

In regard to family monthly income, in experimental group majority 16(53%) were in between Rs 3000-Rs.8000, 11(37%) were in between Rs 8001-Rs.13000, 2(7%) were in between Rs 13001-Rs.18000 and 1(3%) had an income above Rs. 18000. In control group majority 15(49%) were in Rs 3000-Rs.8000, and 11 (37%) was in between Rs.8001.- Rs. 13000, 2(7%) were in between Rs 13001-Rs.18000 and 2(7%) had an income above Rs. 18000 (fig 8).

Regarding type of family, in experimental group majority of the patients 19(63%) were in nuclear family and 11(37%) were in joint family. In control group majority 18(60%) were in nuclear family least 12(40%) were in joint family (fig 9).
With regard to area of residence in experimental group majority 20(67%) were in rural area and 10(33%) were in urban area. In control group majority of the patients 25(83%) were in rural area and 5(17%) were in urban area (fig 10).

In regard to duration of illness, in experimental group majority of the patients with cancer undergoing radiation therapy 19(64%) had duration of illness for 1-3 years, 7(23%) had duration of illness for less than 1 year, 3(10%) had duration of illness for 4-5 years and 1(3%) had the illness for more than 5 years. In control group majority 12(40%) had duration of illness for less than 1 year, 11(36%) had duration of illness for 1-3 years, 5(17%) had duration of illness for 4-5 years and 2(7%) had the illness for more than 5 years (fig 11).

In regard to duration of treatment, in experimental group 18(60%) had duration of treatment for 1-3 years, 8(27%) had duration of illness for 1-3 years and 4(13%) had a duration of treatment for 4-5 years. In control group majority 12(40%) had duration of treatment for less than 1 year, 11(37%) had duration of illness for 1-3 years, 6(20%) had duration of illness for 4-5 years and 1(3%) had the duration of treatment for more than 5 years (fig 12).
Fig 2: Percentage distribution of patients with cancer who are undergoing radiation therapy according to their Age in experimental group and control group.
Fig 3: Percentage distribution of patients with cancer who are undergoing radiation therapy according to their Sex in experimental group and control group.
EDUCATIONAL STATUS

Fig 4 : Percentage distribution of patients with cancer who are undergoing radiation therapy according to their Educational status in experimental group and control group
Fig 5: Percentage distribution of patients with cancer who are undergoing radiation therapy according to their occupational status in experimental group and control group.
Fig 6: Percentage distribution of patients with cancer who are undergoing radiation therapy according to their Marital status in experimental group and control group.
Fig 7: Percentage distribution of patients with cancer who are undergoing radiation therapy according to their Religion in experimental group and control group.
FAMILY MONTHLY INCOME

Fig 8: Percentage distribution of patients with cancer who are undergoing radiation therapy according to their family monthly income in experimental group and control group.
Fig 9: Percentage distribution of patients with cancer who are undergoing radiation therapy according to their Type of family in experimental group and control group.
AREA OF RESIDENCE

Fig 10: Percentage distribution of patients with cancer who are undergoing radiation therapy according to their Area of residence in experimental group and control group.
Fig 11: Percentage distribution of patients with cancer who are undergoing radiation therapy according to their Duration of illness in experimental group and control group.
Fig 12: Percentage distribution of patients with cancer who are undergoing radiation therapy according to their duration of treatment in experimental group and control group.
SECTION B: Assess the pre test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group

TABLE 2: Frequency and percentage distribution of pre test level of stress among patients with cancer who are undergoing radiation therapy in experimental and control group

<table>
<thead>
<tr>
<th>S.NO</th>
<th>LEVEL OF STRESS</th>
<th>EXPERIMENTAL GROUP</th>
<th>CONTROL GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>F</td>
<td>%</td>
</tr>
<tr>
<td>1</td>
<td>No stress (0-23)</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>2</td>
<td>Mild Stress (23-53)</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>3</td>
<td>Moderate Stress (54-84)</td>
<td>13</td>
<td>43</td>
</tr>
<tr>
<td>4</td>
<td>Severe Stress (85-115)</td>
<td>17</td>
<td>57</td>
</tr>
</tbody>
</table>

Table 2 depicts that, in pre test majority 17(57%) had severe level of stress and 13(43%) had moderate level of stress where as in the control group 16(53%) of them had severe level of stress and 14(47%) had moderate level of stress (fig 13).
LEVEL OF STRESS

Fig 13: Percentage distribution of level of stress among patients with cancer who are undergoing radiation therapy in experimental group and control group in pre test
TABLE 3: Frequency and percentage distribution of pre test quality of sleep scores among patients with cancer who are undergoing radiation therapy in experimental and control group.

<table>
<thead>
<tr>
<th>S.NO</th>
<th>QUALITY OF SLEEP</th>
<th>EXPERIMENTAL GROUP</th>
<th>CONTROL GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>F</td>
<td>%</td>
</tr>
<tr>
<td>1</td>
<td>Good Sleep (51-69)</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>2</td>
<td>Poor Sleep (32-50)</td>
<td>10</td>
<td>33</td>
</tr>
<tr>
<td>3</td>
<td>Very Poor Sleep (12-31)</td>
<td>20</td>
<td>67</td>
</tr>
</tbody>
</table>

Table 3 depicts that, in the pre test 20(67%) had very poor quality of sleep and 10(33%) had poor quality of sleep. In the control group majority 17(57%) had very poor quality of sleep and the 13(43%) had poor quality of sleep (Fig 14).
Fig 14: Percentage distribution of quality of sleep scores among patients with cancer who are undergoing radiation therapy in experimental group and control group in pre test.
SECTION C: Assess the post test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group

TABLE 4: Frequency and percentage distribution of post test level of stress among patients with cancer who are undergoing radiation therapy in experimental and control group.

\[ n_1 = 30; n_2 = 30 \]

<table>
<thead>
<tr>
<th>S. NO</th>
<th>LEVEL OF STRESS</th>
<th>EXPERIMENTAL GROUP</th>
<th>CONTROL GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>F</td>
<td>%</td>
</tr>
<tr>
<td>1</td>
<td>No stress(0-22)</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>2</td>
<td>Mild Stress (23-53)</td>
<td>6</td>
<td>20</td>
</tr>
<tr>
<td>3</td>
<td>Moderate Stress (54-84)</td>
<td>24</td>
<td>80</td>
</tr>
<tr>
<td>4</td>
<td>Severe Stress (85-115)</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

Table 4 depicts that in the post test level of stress score 24(80%) of patients had moderate level of stress and 6(20%) of patients had mild level of stress where as in the control group 15(50%) of patients had severe level of stress and 15(50%) patients had moderate level of stress (Fig 15).
Fig 15: Percentage distribution of level of stress among patients with cancer who are undergoing radiation therapy in experimental group and control group in post-test.
**TABLE 5:** Frequency and percentage distribution of post test quality of sleep scores among patients with cancer who are undergoing radiation therapy in experimental and control group.

\[ n_1 = 30; \, n_2 = 30 \]

<table>
<thead>
<tr>
<th>S. NO</th>
<th>QUALITY OF SLEEP</th>
<th>EXPERIMENTAL GROUP</th>
<th>CONTROL GROUP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>F</td>
<td>%</td>
</tr>
<tr>
<td>1</td>
<td>Good Sleep (51-69)</td>
<td>12</td>
<td>40</td>
</tr>
<tr>
<td>2</td>
<td>Poor Sleep (32-50)</td>
<td>18</td>
<td>60</td>
</tr>
<tr>
<td>3</td>
<td>Very Poor Sleep (12-31)</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

Table 5 depicts that, in the post test quality of sleep scores 18(60%) of patients had poor quality of sleep and 12(40%) of patients had good quality of sleep. In the control group majority 16(53%) of patients have very poor quality of sleep and the 14(47%) of patients have poor quality of sleep (Fig 16).
Fig 16: Percentage distribution of quality of sleep scores among patients with cancer who are undergoing radiation therapy in experimental group and control group in post test.
SECTION D: Comparison between the pre test and post test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental group.

TABLE 6: Comparison of mean, standard deviation, mean difference and paired ‘t’ value of pre test and post test level of stress among patients with cancer who are undergoing radiation therapy in experimental group.

<table>
<thead>
<tr>
<th>S No</th>
<th>VARIABLE</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Mean Difference</th>
<th>Paired ‘t’ value</th>
<th>Table value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Pre test</td>
<td>81.3</td>
<td>7.8</td>
<td>15.4</td>
<td>21.43</td>
<td>2.0452</td>
</tr>
<tr>
<td>2</td>
<td>Post test</td>
<td>65.9</td>
<td>9.06</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

df= 29  p<0.05

Table 6 shows that the mean pre test scores of level of stress in experimental group is 81.3 (SD ±7.8) and post test mean score is 65.9 (SD ± 9.06) and the mean difference is 15.4. The post test mean score (65.9) was lower than the pre test mean score is (81.3). The paired ‘t’ value was 21.43 which was significant at P< 0.05 level, which showed that multicomponent intervention is effective in reducing stress.
TABLE 7: Comparison of mean, standard deviation, mean difference and paired ‘t’ value of pre test and post test quality of sleep scores among patients with cancer who are undergoing radiation therapy in experimental group.

<table>
<thead>
<tr>
<th>S No</th>
<th>VARIABLE</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Mean Difference</th>
<th>Paired ‘t’ value</th>
<th>Table value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Pre test</td>
<td>29.96</td>
<td>3.63</td>
<td>18.07</td>
<td>27.36</td>
<td>2.0452</td>
</tr>
<tr>
<td>2</td>
<td>Post test</td>
<td>48.03</td>
<td>5.46</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table 7 shows that the mean pre test scores of quality of sleep scores in experimental group is 29.96 (SD ± 3.63) and post test mean score is 48.03 (SD ± 5.46) and the mean difference is 18.07. The post test mean score (48.03) was higher than the pre test mean score is (29.96) The paired ‘t’ value was 27.36 which was significant at P< 0.05 level, which showed that multicomponent intervention is effective in improving sleep.
SECTION E: Comparison between the pre test and post test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in control group

TABLE 8: Comparison of mean, standard deviation, mean difference and paired ‘t’ value of pre test and post test level of stress among patients with cancer who are undergoing radiation therapy in control group.

<table>
<thead>
<tr>
<th>S No</th>
<th>VARIABLE</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Mean difference</th>
<th>Paired ‘t’ Value</th>
<th>Table value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Pre test</td>
<td>84.03</td>
<td>5.31</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Post test</td>
<td>84.46</td>
<td>5.17</td>
<td>0.43</td>
<td>1.48</td>
<td>2.0452</td>
</tr>
</tbody>
</table>

df = 29

Table 8 shows that the mean pre test scores of level of stress in control group is 84.03 (SD ± 5.31) and post test mean score is 84.46 (SD ± 5.17) and the mean difference is 0.43. The post test mean score (84.46) was higher than the pre test mean score (84.03). The paired ‘t’ value was 1.48 which was not significant at P< 0.05 level.
TABLE 9: Comparison of mean, standard deviation, mean difference and paired ‘t’ value of pre test and post test quality of sleep scores among patients with cancer who are undergoing radiation therapy in control group.

<table>
<thead>
<tr>
<th>S No</th>
<th>VARIABLE</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Mean difference</th>
<th>Paired ‘t’ Value</th>
<th>Table value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Pre test</td>
<td>31.16</td>
<td>4.32</td>
<td>1.08</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Post test</td>
<td>30.08</td>
<td>4.31</td>
<td>1.08</td>
<td>1.24</td>
<td>2.0452</td>
</tr>
</tbody>
</table>

n= 30

df= 29

p<0.05

Table 9 shows that the mean pre test scores of quality of sleep scores in control group is 31.16 (SD ± 4.32) and post test mean score is 30.08 (SD ± 4.31) and the mean difference is 1.08. The post test mean score (30.08) was lower than the pre test mean score (31.16) The paired ‘t’ value was 4.31 which was not significant at P< 0.05 level.
SECTION F: Comparison of the post test level of stress among patients with cancer who are undergoing radiation therapy between experimental and control group.

TABLE 10: Comparison of mean, standard deviation, mean difference and independent ‘t’ value of post test level of stress among patients with cancer who are undergoing radiation therapy between experimental group and control group.

\[ n_1 = 30; n_2 = 30 \]

<table>
<thead>
<tr>
<th>S. No</th>
<th>GROUP</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Mean Difference</th>
<th>Independent ‘t’ value</th>
<th>Table value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Experimental Group</td>
<td>65.9</td>
<td>9.06</td>
<td>18.56</td>
<td>10.88</td>
<td>2.001</td>
</tr>
<tr>
<td>2</td>
<td>Control Group</td>
<td>84.46</td>
<td>5.17</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

df = 58                                                                                             ( P < 0.05)

Table 10 shows that the mean post test of level of stress scores in experimental group 65.9 (SD ± 9.06) was significantly lower than the mean post test level of stress scores in control group 84.46 (SD ± 5.17) and the mean difference is 18.56. The Independent ‘t’ value was 10.88 which was significant at P < 0.05 level.
SECTION G: Comparison of the post test level of quality of sleep scores among patients with cancer who are undergoing radiation therapy between experimental and control group.

TABLE 11: Comparison of mean, standard deviation, mean difference and independent ‘t’ value of post test quality of sleep among patients with cancer who are undergoing radiation therapy between experimental group and control group.

\[ n_1= 30; \, n_2=30 \]

<table>
<thead>
<tr>
<th>S. No</th>
<th>GROUP</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Mean Difference</th>
<th>Independent ‘t’ value</th>
<th>Table value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Experimental Group</td>
<td>48.03</td>
<td>5.46</td>
<td>17.95</td>
<td>14.7</td>
<td>2.001</td>
</tr>
<tr>
<td>2</td>
<td>Control Group</td>
<td>30.08</td>
<td>4.3</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

\[ \text{df}= 58 \quad (P < 0.05) \]

Table 11 shows that the mean post test quality of sleep scores in experimental group 48.03 (SD \( \pm \) 5.46) was significantly higher than the mean post test quality of sleep scores in control group 30.08 (SD \( \pm \) 4.3) and the mean difference is 17.95. The Independent ‘t’ value was 14.7 which was significant at \( P < 0.05 \) level.
SECTION : H : Correlation between the post test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental group

TABLE 12: Correlation between the mean post test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental group.

<table>
<thead>
<tr>
<th>S. No</th>
<th>VARIABLE</th>
<th>Mean</th>
<th>SD</th>
<th>Correlation coefficient</th>
<th>Table Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Level of stress</td>
<td>65.9</td>
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Table 12 shows a negative correlation ($r= -0.9$ post test) between level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy which was significant at $p>0.05$ level. Hence it indicates that as the level of stress increases, quality of sleep decreases.
SECTION I: Association between the post test level of stress among patient with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.

TABLE 13: Association between the mean post test level of stress among patients with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group

<table>
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<td></td>
<td>F</td>
<td>%</td>
<td>F</td>
<td>%</td>
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<td>46-50 years</td>
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|     |     |     | 8.297 | df=8 | NS |

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|     |     |     | 2.242 | 15.51 | NS |

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|     |     |     | 12.59 | NS |

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<th>Rs 13001- Rs 18000</th>
<th>Rs 18001 and above</th>
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|     |     |     | 16.362 | df= 6 | S |

### 8. Type of Family

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<td>2</td>
<td>7</td>
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<td>10.4</td>
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<td>3</td>
<td>7</td>
<td>23</td>
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<td>-</td>
</tr>
<tr>
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<td>1-3 years</td>
<td>4</td>
<td>14</td>
<td>14</td>
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S- Significant  
NS- Non significant

Table 13 Chi Square value were calculated to find the association between the post test level of stress scores among patients with cancer who are undergoing radiation therapy. The findings revealed that there was no significant association with demographic variables except for sex ($\chi^2 = 6.003$) and family monthly income ($\chi^2 = 16.362$) in experimental group.
SECTION J: To find the association between the post test quality of sleep among patients with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.

TABLE 14: Association between the mean post test quality of sleep among patients with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.

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<td>VERY POOR</td>
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<td></td>
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<td>%</td>
<td>F</td>
<td>%</td>
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S – Significant  
NS- Non significant

Table 14 Chi Square value were calculated to find the association between the post test quality of sleep scores among patients with cancer who are undergoing radiation therapy. The findings revealed that there was no significant association with demographic variables except for sex ( $\chi^2 = 9.999$) in experimental group.
CHAPTER - V
DISCUSSION

The discussion chapter deals with sample characteristics and objectives of the study. The aim of this present study was to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospitals at Erode.

Distribution of Sample Characteristics

- Regarding age in experimental group, among the patients with cancer 10(33%) belonged to the age group of 46-50 years and least 3(10%) belonged to the age group of 30-35 years. In control group majority of patients 12(40%) belonged to the age group of 51-55 years and least 3(10%) belonged to the age group of 30-35 years and least 3(10%) belonged to the age group of 36-40 years. These findings are consistent with the findings Of Puthusseril V.,(2008) who reported that the patients with cancer were mostly in the 40-69 year age group with a mean age of 47 years.

- With regard to sex, in experimental group, 20(67%) were females and 10(33%) were males. In control group, majority 19(64%) were females and 11(36%) was male. These findings are consistent with the findings of Sehlen.et.al, (2003), who reported that women showed significantly higher stress.

- Regarding educational status, in experimental group, majority, 15(50%) had primary education, least 3(10%) had higher secondary education and 3(10%) had no formal education. In control group, 13(44%) had primary education and 1(3%) was graduate.

- Regarding occupational status, in experimental group, majority 15(50%) were coolie workers and 3(10%) were government employee and 3(10%) were private sector workers. In control group majority 15(50%) were coolie workers and 1(3%) was self employed.
• With regard to marital status, in experimental group, majority 22(73%) were married and 1(3%) was single. In control group 24(80%) were married and 1(3%) was single and 1(3%) was divorced.

• In regard to religion in experimental group, majority 18(60%) were Hindus and 2(7%) were Muslim. In control group, majority of the patients 14(47%) were Hindus and 7(23%) were Muslims.

• Regarding family monthly income, in experimental group majority 16(53%) were in between Rs 3000-Rs.8000 and least 1(3%) had an income above Rs. 18000. In control group 15(49%) were in Rs 3000-Rs.8000, and 2 (7%) was in between Rs.13001.- Rs. 18000 and 2(7%) had an income above Rs. 18000. These findings are consistent with the findings of Puthusseril V. (2008), who reported that the patients with cancer 50% belonged to poor socio economic group.

• With regard to type of family, in experimental group, 19(63%) were in nuclear family and least 11(37%) were in joint family. In control group majority 18(60%) were in nuclear family and least 12(40%) were in joint family.

• Regarding the area of residence, in experimental group majority of the patients 20(67%) were in rural area and 10(33%) were in urban area. In control group majority of the patients 25(83%) were in rural area and 5(17%) were in urban area These findings are consistent with the findings of Puthusseril V. (2008), who reported that the patients with cancer 50% belonged to rural areas.

• Regarding duration of illness, in experimental group majority 19(64%) had duration of illness for 1-3 years and 1(3%) had the illness for more than 5 years. In control group majority 12(40%) had duration of illness for less than 1 year and 2(7%) had the illness for more than 5 years.
• Regarding duration of treatment, in experimental group majority of the patients 18(60%) had duration of treatment for 1-3 years and 4 (13%) had a duration of treatment for 4 -5 years. In control group majority 12(40%) had duration of treatment for less than 1 year and 1(3%) had the duration of treatment for more than 5 years.

THE FINDINGS OF THE STUDY ARE DISCUSSED ACCORDING TO THE OBJECTIVES FOLLOWS

1. To assess the pre test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group.
2. To assess the post test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group.
3. To compare the pre test and post test level of stress among patients with cancer who are undergoing radiation therapy in experimental and control group.
4. To compare the pre test and post test quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group.
5. To compare the post test level of stress among patients with cancer who are undergoing radiation therapy between experimental and control group.
6. To compare the post test quality of sleep among patients with cancer who are undergoing radiation therapy between experimental and control group.
7. To find out the relationship between the post test level of stress and quality of sleep in experimental group.
8. To find the association between the post test level of stress among patients with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.
9. To find the association between the post test quality of sleep among patients with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.

OBJECTIVE 1

To assess the pre test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group.

Among cancer patients in experimental group majority 17(57%) had severe level of stress and 13(43%) had moderate level of stress and 20(67%) had very poor quality of sleep and 10(33%) had poor quality of sleep where as in the control group 16(53%) of them had severe level of stress and 14(47%) had moderate level of stress and in the control group majority 17(57%) had very poor quality of sleep and the 13(43%) had poor quality of sleep.

OBJECTIVE 2

To assess the post test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group.

Among cancer patients in experimental group , 24(80%) of patients had moderate level of stress and 6(20%) of patients had mild level of stress quality of sleep scores, 18(60%) of patients had poor quality of sleep and 12(40%) of patients had good quality of sleep where as in the control group 15(50%) of patients had severe level of stress and 15(50%) patients had moderate level of stress 16(53%) of patients have very poor quality of sleep and the 14(47%) of patients have poor quality of sleep.
OBJECTIVE 3

To compare the pre test and post test level of stress among patients with cancer who are undergoing radiation therapy in experimental and control group.

The data analysis showed that the mean pre test scores of level of stress in experimental group is 81.3 (SD ±7.8) and post test mean score is 65.9 (SD ± 9.06) respectively. The post test mean score was lower than the pre test mean score. The paired ‘t’ value was 21.43 which was significant at P< 0.05 level.

The study findings showed that the mean pre test scores of level of stress in control group is 84.03 (SD ±5.31) and post test mean score is 84.46 (SD ± 5.17) respectively. The post test mean score was higher than the pre test mean score.

This study was consistent with the study finding of Khurshid S .J., (2003) who reported that muscle relaxation therapy showed significant decrease in stress level of cancer patient in experimental group. Analysis of data for ‘t’ value at p <0 .05 level of significance revealed that the calculated value (2.09) are more than table value.

Therefore, the research hypothesis $H_1$ that is the mean post test level of stress scores is significantly lower than the mean pre test level of stress scores in experimental group was accepted.

OBJECTIVE 4

To compare the pre test and post test quality of sleep among patients with cancer who are undergoing radiation therapy in experimental and control group.

The data analysis showed that the mean pre test scores of quality of sleep scores in experimental group is 29.96 (SD ±3.63) and post test mean
score is 48.03 (SD ± 5.46) respectively. The post test mean score was higher than the pre test mean score. The ‘t’ value was 27.36 which was significant at P<0.05 level.

The study findings showed that the mean pre test scores of quality of sleep scores in control group is 31.16 (SD ±4.32) and post test mean score is 30.08 (SD ± 4.31) respectively. The post test mean score was lower than the pre test mean score. This study was consistent with the study finding of Karen Mustain., (2010) who reported that ANCOVA’s with baseline values revealed significant differences in Sleep Quality ( p<0.05) at post- intervention. The paired ‘t’ value was 22.14. This study findings revealed that yoga participants demonstrated greater improvements in sleep quality from pre- to post-intervention. ANCOVA’s also revealed that the yoga group has reduced sleep medication use.

Therefore the research hypothesis $H_2$ that is the mean post test quality of sleep scores is significantly higher than the mean pre test quality of sleep scores in experimental group was accepted.

**OBJECTIVE 5**

To compare the post test level of stress among patients with cancer who are undergoing radiation therapy between experimental and control group.

The data analysis showed that the mean post test of level of stress scores in experimental group 65.9 (SD ± 9.06) was significantly lower than the mean post test level of stress scores in control group  84.46 (SD± 5.17). The Independent ‘t’ value was 10.88 which was significant at P < 0.05 level.

This study was consistent with the study finding of Khurshid S.J., (2003) who reported that muscle relaxation therapy showed significant decrease in stress level of cancer patient in experimental group. The Independent ‘t’ value was 9.2 which was significant at p < 0.05 level.
Analysis of data for $t$ value at $p < 0.05$ level of significance revealed that the calculated value are more than table value.

Therefore the research hypothesis $H_3$ that is the mean post test level of stress scores in the experimental group is significantly lower than the mean post test level of stress scores in control group was accepted.

**OBJECTIVE 6**

To compare the post test quality of sleep among patients with cancer who are undergoing radiation therapy between experimental and control group

It was found that the mean post test quality of sleep scores in experimental group 48.03 (SD ± 5.46) was significantly higher than the mean post test quality of sleep scores in control group 30.08 (SD ± 4.3). The Independent ‘$t$’ value was 14.7 which was significant at $P < 0.05$ level.

This study was consistent with the study finding of Karen Mustain, (2010) who reported that ANCOVAs with baseline values revealed significant differences (t value=17.3) in Sleep Quality (p<0.05) between groups at post-intervention. This study findings revealed that yoga participants demonstrated greater improvements in sleep quality from pre- to post-intervention compared to control group. ANCOVA’s also revealed that the yoga group has reduced sleep medication use

Therefore the research hypothesis $H_4$ that is the mean post test quality of sleep scores in the experimental group is significantly higher than the mean post test quality of sleep scores in the control group was accepted.
OBJECTIVE 7

To find out the relationship between the post test level of stress and quality of sleep in experimental group

The findings of the study showed that there is a negative correlation (r= -0.9) between post test level of stress and quality of sleep among patients with cancer who are undergoing radiation therapy which is significant at p< 0.05 level. Hence it indicate that as the level of stress increases, quality of sleep decreases.

These findings are consistent with the findings of Palesh.et.al., (2007) who conducted a study among 93 women with metastatic breast cancer. They completed measures of life stress, and sleep disturbance at baseline, 4, 8 and 12 months. Greater life stress at baseline predicted more problems getting to sleep and more daytime sleepiness. Changes in number of hours of sleep was correlated with changes in problems getting to sleep ( r = −0.26, p < 0.01), and changes in daytime sleepiness (r = −0.21, p < 0.05).This showed that there is a correlation between stress and sleep disturbance.

Therefore the research hypothesis H₅ that is there will be a significant relationship between post test level of stress scores and quality of sleep scores among patient with cancer who are undergoing radiation therapy in experimental group was accepted.

OBJECTIVE 8

To find the association between the post test level of stress among patients with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.

Chi Square value were calculated to find out the association between post test level of stress scores among patients with cancer who are undergoing radiation therapy. The findings revealed that there was no significant association with the demographic variables such as age, sex, educational
status, occupational status, marital status, religion, type of family, area of residence, duration of illness, duration of treatment except sex ($\chi^2 = 6.003$), $p<0.05$ and family monthly income ($\chi^2 = 16.362$), $p<0.05$ in experimental group. This study was consistent with the study finding of Sehlen.et.al, (2003) who reported that women showed significantly higher stress ($p < 0.001$).

It revealed that there is no association between the level of stress among cancer patients with their selected demographic variables except for sex and family monthly income.

Therefore the research hypothesis $H_6$ that is there will be a significant association between post test level of stress among patient with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group was rejected except for sex and family monthly income.

**OBJECTIVE 9**

To find the association between the post test quality of sleep scores among patients with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group.

Chi Square value were calculated to find out the association between post test quality of sleep scores among patients with cancer who are undergoing radiation therapy. The findings revealed that there was no significant association with the demographic variables such as age, sex, educational status, occupational status, marital status, religion, family monthly income, type of family, area of residence, duration of illness, duration of treatment except sex ($\chi^2 = 9.999$), $p<0.05$ in experimental group.

These findings are consistent with the findings of Karen Mustain,. (2010) who reported that 96% female had poor sleep quality. ANCOVAs with baseline values as covariates revealed significant differences in Sleep Quality (SQ) between groups at post- intervention.
It revealed that there is no association between the quality of sleep among cancer patients with their selected demographic variables except for sex.

Therefore the research hypothesis $H_7$ that is there will be a significant association between post test quality of sleep scores among patient with cancer who are undergoing radiation therapy with their selected demographic variables in experimental group was rejected except for sex.
CHAPTER – VI
SUMMARY, CONCLUSION, IMPLICATIONS, RECOMMENDATION AND LIMITATIONS

This chapter is discussed under 5 headings

1. Summary
2. Conclusion
3. Implications
4. Recommendation
5. Limitations

SUMMARY OF THE STUDY

The aim of the study was to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in Erode Cancer Center and H.C.G Cancer center at Erode. The design used for the present study was Quasi experimental non equivalent pre test and post test control group design. The conceptual frame work was based on modified Roy’s Adaptation Model(1984). Sample size was 60, out of which 30 were in experimental group and 30 were in control group. The sample was selected by non-probability purposive sampling technique and the level of stress and quality of sleep was assessed by stress assessment rating scale and sleep assessment rating scale respectively.

Every day 5 samples were selected in both groups. For experimental group, on first day pre test was conducted and multi component intervention programme was demonstrated to the participants for 50 minutes in the morning and evening. From 2nd day onwards the participants were assisted to do yoga for 20 minutes, deep breathing exercises for 10 minutes and muscle relaxation exercises for 20 minutes for 20 days. After completion of 20 days of intervention, post test was conducted for both experimental and control group. The data was analyzed using descriptive statistics and inferential statistics.
MAJOR FINDINGS OF THE STUDY

The major findings are,

- In experimental group, among the patients with cancer undergoing radiation therapy majority 10(33%) belonged to the age group of 46-50 years and least 3(10%) belonged to the age group of 30-35 years. In control group majority of patients 12(40%) belonged to the age group of 51-55 years and least 3(10%) belonged to the age group of 30-35 years and 36-40 years.

- In experimental group, majority 20(67%) were females and least 10(33%) were males. In control group, majority 19(64%) were females and least 11(36%) were males.

- In experimental group, majority, 15(50%) had primary education and least 3(10%) had higher secondary education and 3(10%) had no formal education. In control group, majority 13(44%) had primary education and least 1(3%) was graduate.

- In experimental group, majority 15(50%) were coolie workers and least 3(10%) were government employee and private sector workers. In control group majority 15(50%) were coolie workers and least 1(3%) was self employed.

- In experimental group, majority 23(76%) were married and least 1(3%) was single. In control group majority 24(80%) were married and least 1(3%) was single and divorced.

- In experimental group, majority 18(60%) were Hindus and least 2(7%) were Muslim. In control group, majority of the patients 14(47%) were Hindus and least 7(23%) were Muslims.

- In experimental group majority 16(53%) were in monthly income of Rs 3000-Rs.8000 and least 1(3%) had an income above Rs. 18000. In control group majority 15(49%) were in monthly income of
Rs 3000-Rs.8000, and least 2 (7%) were in monthly income of Rs.13001.- Rs. 18000 and in monthly income of above Rs. 18000.

- In experimental group, majority 19(63%) were in nuclear family and least 11(37%) were in joint family. In control group majority 18(60%) were in nuclear family and least 12(40%) were in joint family.

- In experimental group majority of the patients with cancer undergoing radiation therapy 20(67%) were in rural area and least 10(33%) were in urban area. In control group majority of the patients with cancer undergoing radiation therapy 25(83%) were in rural area and least 5(17%) were in urban area.

- In experimental group majority of the patients 18(60%) had duration of illness for 1-3 years and least 1(3%) had the illness for more than 5 years. In control group majority 12(40%) had duration of illness for less than 1 year and least 2(7%) had the illness for more than 5 years.

- In experimental group majority of the patients 18(60%) had duration of treatment for 1-3 years and least 4 (13%) had a duration of treatment for 4 -5 years. In control group majority 12(40%) had duration of treatment for less than 1 year and least 1(3%) had the duration of treatment for more than 5 years.

- The post test mean score of level of stress 65.9 (SD ± 9.06) is lower than the pre test mean score 81.3(SD ± 7.8). The paired ‘t’ value was 21.43 (table value= 2.0452), which was significant at  P< 0.05 level and showed that, there is a significant reduction in level of stress in experimental group after multicomponent therapy

- The post test mean score of quality of sleep 48.03 (SD ± 5.46) is higher than the pretest mean score 29.96(SD ± 3.63). The paired ‘t’ value was 27.36 (table value= 2.0452), which was significant at  P< 0.05 level and showed that there is a significant improvement in the quality of sleep in experimental group after multicomponent therapy
The mean post test score of level of stress in the experimental group 65.9 (SD ± 9.06) was significantly lower than the mean post test level of stress in control group 84.46 (SD ± 5.17). Independent ‘t’ value was 10.88 (table value= 2.001) which was significant at P < 0.05 level. This showed that there is a significant reduction in the level of stress between experimental group and control group.

The mean post test score of quality of sleep in the experimental group 48.03 (SD ± 5.46) was significantly higher than the mean post test score of quality of sleep in control group 30.08 (SD ± 4.3). Independent ‘t’ value was 14.7 (table value= 2.001) which was significant at P < 0.05 level. This showed that there is a significant improvement in the quality of sleep between experimental group and control group.

The correlation value between the post test level of stress and quality of sleep in experimental group is r = – 0.9 which is significant at p <0.05 level. This showed that there is a negative correlation between level of stress and quality of sleep, (i.e) as level of stress increases, quality of sleep decreases.

The association between post test level of stress scores among patients with cancer who are undergoing radiation therapy with the selected demographic variables revealed that there was no significant association with demographic variables except for sex ($\chi^2 = 6.003$) and family monthly income ($\chi^2 = 16.362$) in experimental group.

The association between post test quality of sleep scores among patients with cancer who are undergoing radiation therapy with the selected demographic variables revealed that there was no significant association with demographic variables except for sex ($\chi^2 = 9.999$) in experimental group.
CONCLUSION

The present study was conducted to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospitals at Erode. The mean pre test scores of level of stress in experimental group is 81.3 (SD ± 7.8) and post test mean score is 65.9 (SD ± 9.06) respectively. The post test mean score was lower than the pre test mean score. The independent ‘t’ value was 21.43 which was significant at P < 0.05 level. The mean pre test scores of quality of sleep scores in experimental group is 29.96 (SD ± 3.63) and post test mean score is 48.03 (SD ± 5.46) respectively. The post test mean score was higher than the pre test mean score. The independent ‘t’ value was 27.36 which was significant at P < 0.05 level. The results of the study concluded that multicomponent intervention programme was effective in reducing stress and improving sleep among patients with cancer who are undergoing radiation therapy.

IMPLICATIONS

The findings of the study have certain important implication for nursing service, nursing education, nursing administration, and nursing research.

Nursing service

- The nurse can conduct in service education about the non pharmacological measures used in treating cancer patients.
- Nurse as the change agent, can introduce the various measures for the reduction of stress and improving good sleep among cancer patients who are undergoing radiation therapy in the ward.
Nursing education

♣ The nurse educator can orient the students with alternative therapies in reducing the level of stress and improving the quality of sleep among cancer patients who are undergoing radiation therapy.

♣ Nurse educators can motivate the students to do mini projects on measures to relieve stress and techniques to promote good sleep among patients with cancer who are undergoing radiation therapy.

♣ Nurse educators can conduct workshops/seminars to update the knowledge of students to promote practicing relaxation techniques among patients with cancer who are undergoing radiation therapy.

Nursing administration

♣ Nurse administrator can organize continuing education programmes regarding promoting optimal wellbeing of the cancer patients who are undergoing radiation therapy.

♣ Nurse administrator can organise conferences and can enhance the knowledge and practice of relaxation techniques among patients with cancer who are undergoing radiation therapy in reducing stress and improving sleep.

♣ Nurse administrator can prepare and distribute information booklet about multicomponent intervention programme to patients with cancer.

Nursing research

♣ The study findings can be a baseline for further studies to build upon for improving the body of knowledge in nursing.

♣ The study findings can be effectively utilized by the emerging researchers to conduct further studies.
RECOMMENDATION

Based on the findings the following recommendations are stated,

- Similar study can be replicated in a larger samples thereby findings can be generalized to a large population.
- Comparative study can also be done between the effectiveness of various other non pharmacological measures on reducing discomfort such as stress and sleep.
- Comparative study can also be done between the effectiveness of yoga and muscle relaxation exercises on level of stress and quality of sleep.
- Experimental study can also be done between the effectiveness of multicomponent intervention on anxiety and depression in cancer patients.

LIMITATIONS

- It was time consuming for the researcher to clarify the doubts of the samples about multicomponent intervention.
BIBLIOGRAPHY

BOOKS


**JOURNALS**


**NET REFERENCE**
41. http://www.springerlink.com
42. http://www.fallasleepin15min.com
44. http://www.cancer.org
Date: 06-07-2011

To

The Principal,
Bishop’s College of Nursing,
C.S.I. Mission Compound,
Dharapuram,
Tirupur District-638656

Madam/ Sir,

Herewith we confirm your student Ms. T.J. Glads Robala, M.Sc (N) II Year student to do her project on “A study to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospitals at Erode” in our hospital.

She has to abide the rules and regulations of our hospital.

Dr. K. VELAVAN, M.D.R.T.,
Reg. No. 52086
Consultant Oncologist
ERODE CANCER CENTRE
Velavan Nagar, Perundurai Road,
Thindal, ERODE - 638 009
Medical Director
To:
The Principal,
Bishop’s College of Nursing
Dharapuram.

Dear Sir/Madam

Sub: Permission to carry out research for Ms. Glads Robala T.J. II-year M.Sc (Nursing) Student, study on, “A study to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospital at Erode,” regarding.

With reference to your letter, the student is permitted to undergo research in our institution, subject to the following terms and conditions:

1. He/She should abide to the hospital rules and regulations.
2. He/She should not unnecessarily interfere with patients.

Regards,

Dr. P. Suthahar
Medical Director and Consultant Oncologist
APPENDIX - B

LETTER SEEKING EXPERT’S OPINION FOR CONTENT VALIDITY

From
Ms. T.J.Glads Robala,
M.Sc (Nursing) II Year,
Bishop’s College of Nursing,
Dharapuram.

To

Respected Madam / Sir,

Sub : Requisition for content validity of tool

I am doing M.Sc(Nursing) II year in Bishop’s College of nursing, Dharapuram under The T.N. Dr.M.G.R. Medical University, Guindy, Chennai. As a partial fulfilment of my M.Sc(Nursing) Degree programme, I am conducting a research on, “A study to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospitals at Erode”. A tool has been developed for the research study. I am sending the above stated for your expert and valuable opinion. I will be thankful for your kind consideration. Kindly return it to the undersigned.

Thanking you,

Yours sincerely,

(T.J.Glads Robala)

Enclosure:
1) Certificate of content validity
2) Statement of problem, objectives, operational definition, hypothesis
3) Description of the tool and tool for data collection
4) Self addressed envelope
APPENDIX - C

MEDICAL SURGICAL NURSING

LIST OF EXPERTS OF VALIDATION

1) Dr. P. Suthahar, MDRT.,
   Consultant Radiation Oncologist
   H.C.G Cancer Centre,
   Erode district

2) Dr. R. Sampath, M.D.,DMRT.,
   Consultant Radiation Oncologist
   Erode Cancer Centre,
   Erode district

3) Dr. Mrs. Shanthi Appavu, Ph.D(N).,
   Principal,
   Christian college of Nursing,
   Neyyoor, K.K. District

4) Dr. Mrs. Sara, Ph.D(N).,
   HOD, Medical Surgical Nursing Department
   Rani meyammai college of nursing,
   Annamalai university,
   Chithambaram

5) Prof. Mr. S. Victor Devasirvadam,M.Sc(N),Ph.D(N)
   Vice Principal,
   Sara nursing college,
   Dharapuram,
   Tirupur district

6) Prof. Mr. Balasubramaniam,M.Sc (N)
   Medical Surgical Nursing Department
   KMCH college of nursing,
   Coimbatore
CERTIFICATE FOR VALIDITY

This is to certify that the interview schedule and rating scale on "A study to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospitals, Erode" has been validated by me and found appropriate with mentioned suggestions.

Signature : [Signature]
Name : [Name]
Designation : [Consultant Radiation Oncologist, Admin. In-Charge]
College : [College]
CERTIFICATE FOR VALIDITY

This is to certify that the interview schedule and rating scale on "A study to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospitals, Erode" has been validated by me and found appropriate with mentioned suggestions.

Signature: [Signature]
Name: Dr. R. Sampath
College: [College]

Dr. R. Sampath, MD., DM, DDS
Consultant Radiation Oncologist
Reg. No: 20327
ERODE CANCER CENTRE
PERUNDURAI ROAD, THINDAL PO.
ERODE - 638 012.
CERTIFICATE FOR VALIDITY

This is to certify that the interview schedule and rating scale on “A study to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospitals, Erode” has been validated by me and found appropriate with mentioned suggestions.

Signature :

Name

Designation :

College :

PRINCIPAL
CHRISTIAN COLLEGE OF NURSING
NEYYOOR-629802
K.K.DIST., TAMILNADU
SOUTH INDIA.
APPENDIX-D

CERTIFICATE FOR VALIDITY

This is to certify that the interview schedule and rating scale on “A study to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospitals, Erode” has been validated by me and found appropriate with mentioned suggestions.

Signature : [Signature]
Name : B. SARA
Designation : READER IN NURSING
College : RAMANATHAN COLLEGE OF NURSING
ANAMALAI UNIVERSITY

ANAMALAI UNIVERSITY
CERTIFICATE FOR VALIDITY

This is to certify that the interview schedule and rating scale on "A study to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospitals, Erode" has been validated by me and found appropriate with mentioned suggestions.

Signature : [Signature]
Name : P. GANESAN
Designation : Reader in Nursing
College : Annamalai University
CERTIFICATE FOR VALIDITY

This is to certify that the interview schedule and rating scale on “A study to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospitals, Erode” has been validated by me and found appropriate with mentioned suggestions.

Signature : K. Balasubramanian
Name : K. Balasubramanian
Designation : Professor
College : KMCH College of Nursing, Coimbatore
CERTIFICATE OF ENGLISH EDITING

TO WHOM SO EVER IT MAY CONCERN

This is to certify that the dissertation work, *A study to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospitals at Erode*, done by Ms. T.J. Glads Robala, II year M.Sc (Nursing) student of Bishop’s college of Nursing, Dharapuram is edited for English language appropriateness by **P. SAMPATH**

Date :

Address :

Signature

(P. SAMPATH)

P. SAMPATH, M.A., M.Phil., M.Ed., Lecturer in English, Maharani Teacher Training Institute, Dharapuram.
CERTIFICATE OF TAMIL EDITING

TO WHOM SO EVER IT MAY CONCERN

This is to certify that the dissertation work, A study to evaluate the effectiveness of multicomponent intervention on stress and quality of sleep among patients with cancer who are undergoing radiation therapy in selected hospitals at Erode, done by Ms. T.J. Glads Robala, II year M.Sc (Nursing) student of Bishop’s college of Nursing, Dharapuram is edited for Tamil language appropriateness by

Date :

Address :

Signature

D.M. Senthil Kumar, M.A., B.Ed., M.Phil.
Guest Lecturer.
Department of Tamil,
Alagappa University Study Centre,
DHARAPURAM - 638656.
This is to certify that

Thava Selvar / Thava Selvi ....J. J. GALOOS ROBALA....

has successfully completed the

AGATHAIVU COURSE - FIRST STAGE
(அகத்தைவு - குண்டல் யோகம்)
in Simplified Kundalini Yoga (Manavalakalai)

Regd.No.220 Phone: 04258-223939
Dharapuram Manavalakalai Mandram Trust
held at ...............V ilIKKAI, M a t h .H a t ., C. A. C. CoI ong
Pollachi Road, DHA RAPURAM-639 666
awarded this day of ...............S. S. 11, 1. S. N

Be blessed with Divine Power.

For THE PRESIDENT

WCSC
APPENDIX - H

PART – I

DEMOGRAPHIC VARIABLES

1) Age
   a. 30 – 35 years
   b. 36 – 40 years
   c. 41 – 45 years
   d. 46 – 50 years
   e. 51 - 55 years

2) Sex
   a. Male
   b. Female

3) Educational status
   a. No formal education
   b. Primary education
   c. High school education
   d. Higher secondary education
   e. Graduate

4) Occupational status
   a. Unemployed
   b. Coolie
   c. Government employee
   d. Private sector worker
   e. Self employment

5) Marital Status
   a. Single
   b. Married
   c. Widow
   d. Divorced
   e. Separate
6) Religion
   a. Hindu
   b. Muslim
   c. Christian
   d. Others

7) Family monthly income
   a. Rs.3000 – Rs.8000
   b. Rs.8001 – Rs 13000
   c. Rs.13001 – Rs 18000
   d. Rs.18001 and above

8) Type of family
   a. Nuclear family
   b. Joint family

9) Area of residence
   a. Urban
   b. Rural

10) Duration of illness
    a. < 1 year
    b. 1-3 years
    c. 4-5 years
    d. > 5 years

11) Duration of treatment
    a. < 1 year
    b. 1-3 years
    c. 4-5 years
    d. > 5 years
### PART II
### STRESS ASSESSMENT RATING SCALE

Listen carefully to each question and choose the best response which applies to you.

<table>
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<tr>
<th>Sl. No</th>
<th>STATEMENT</th>
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<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>I often feel tired and weak</td>
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<td>2</td>
<td>I am suffering pain due to surgery/illness</td>
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<td>3</td>
<td>I feel unconfident in relationships with other people</td>
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<tr>
<td>4</td>
<td>I am suffering pain due to unknown causes (headaches, lower back pain, belly aches)</td>
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<tr>
<td>5</td>
<td>I am afraid of the progression of my disease</td>
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<td>6</td>
<td>Other people often react unsympathetic</td>
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<td>7</td>
<td>Body care has become difficult since I developed cancer</td>
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<tr>
<td>8</td>
<td>I am afraid of developing pain</td>
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<tr>
<td>9</td>
<td>I have the feeling to be of less value of other people</td>
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<tr>
<td>10</td>
<td>I am afraid of having to go to the hospital again</td>
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<tr>
<td>11</td>
<td>I feel physically imperfect</td>
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<td>12</td>
<td>I cannot follow my hobbies (e.g. sports) as much as before I developed cancer</td>
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<tr>
<td>13</td>
<td>I often have trouble sleeping</td>
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<tr>
<td>14</td>
<td>I am afraid of not being able to work anymore.</td>
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<tr>
<td>15</td>
<td>I do not feel well informed about my illness/treatment</td>
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<tr>
<td>16</td>
<td>I am often tense and nervous</td>
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<tr>
<td>17</td>
<td>I have had sex less frequently since developing cancer</td>
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<tr>
<td>18</td>
<td>I do not feel adequately informed about possibilities for social/financial support</td>
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<tr>
<td>19</td>
<td>It is difficult to talk with my family about my situation</td>
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<tr>
<td>20</td>
<td>Since I developed cancer, I have been going out less (to the movies, out to eat, visiting friends etc..)</td>
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<tr>
<td>21</td>
<td>Different doctors gave different informations about my illness</td>
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<tr>
<td>22</td>
<td>I have too few opportunities to talk about emotional problems with a specialist</td>
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<tr>
<td>23</td>
<td>It is difficult for my spouse/partner to empathise my situation</td>
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</tbody>
</table>
PART-III
SLEEP ASSESSMENT RATING SCALE

Listen carefully to each question and choose the best response which applies to you

1) How long did it take for you to fall asleep during the past 4 weeks?
   0 - 15 minutes ................. 1
   16 - 30 minutes ................. 2
   31 - 45 minutes ................. 3
   46 - 60 minutes ................. 4
   More than 60 minutes ........... 5

2) On the average, how many hours did you sleep each night during the past 4 weeks?
   0 – 2 hours .................. 1
   3 – 4 hours .................. 2
   5 – 6 hours .................. 3
   7 – 8 hours ................. 4
<table>
<thead>
<tr>
<th>Sl No</th>
<th>STATEMENT</th>
<th>1</th>
<th>2</th>
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<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>How often do you feel that your sleep was not quiet (moving restlessly, feeling tense, speaking, etc., while sleeping)?</td>
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<td>4</td>
<td>How often did you get enough sleep to feel rested upon waking in the morning?</td>
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<td>5</td>
<td>How often did you awaken short of breath or with a headache?</td>
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<td>6</td>
<td>How often did you feel drowsy or sleepy during the day?</td>
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<td>7</td>
<td>How often did you have trouble falling asleep?</td>
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<tr>
<td>8</td>
<td>How often did you awaken during your sleep time and have trouble falling asleep again?</td>
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<td>9</td>
<td>How often did you have trouble staying awake during the day?</td>
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<tr>
<td>10</td>
<td>How often did you snore during your sleep?</td>
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<tr>
<td>11</td>
<td>How often did you take naps (5 minutes or longer) during the day?</td>
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<tr>
<td>12</td>
<td>How often did you get the amount of sleep you needed?</td>
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<td></td>
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</tbody>
</table>
பகுதி - I

1) மக்கள்
   (அ) 30-35 ஆண்டுகள்
   (ஆ) 36-40 ஆண்டுகள்
   (இ) 41-45 ஆண்டுகள்
   (ஈ) 46-50 ஆண்டுகள்
   (ஐ) 51-55 ஆண்டுகள்

2) ப்ளான்ட்
   (அ) கொண்டு
   (ஆ) பூமி

3) கால்பினி குறுக்கிட்டி
   (அ) பெருந்தென் குறுக்கிட்டி திடேகா
   (ஆ) கல்லிறங்கு குறுக்கிட்டி
   (இ) பாராண்டாக்கு குறுக்கிட்டி
   (ஈ) பெருந்தென் குறுக்கிட்டி
   (ஐ) பாண் குறுக்கிட்டி

4) பூந்தி
   (அ) பூந்தி திடேகா
   (ஆ) கொண்டு
   (இ) அன்றி ஆபிரின்
   (ஈ) தாவர குறுக்கிட்டி
   (ஐ) பொடி குறுக்கிட்டி

5) கிருத்தல் குறுக்கிட்டி
   (அ) குறுக்கிட்டி
   (ஆ) கிருத்தல் குறுக்கிட்டி
   (இ) குறுக்கிட்டி
   (ஈ) பிற குறுக்கிட்டிகள்
   (ஐ) பிற குறுக்கிட்டி

xx
6) பகுதி
   (а) ஒருங்கால
   (ஆ) பிரிவாலிக்கணம்
   (இ) குறிப்பிட்டு

7) குழுப்பாரதா மத்தியப்பல்லு குழுப்பாரதாப்பல்லு
   (а) க்க.3000 - க்க.8000
   (ஆ) க்க.8001 - க்க.13000
   (இ) க்க.13001 - க்க.18000
   (ஈ) க்க.18001 முற்பட்டு அதிகப்பட்டு

8) குறிப்பிட்டு
   (а) டெட்டை குறிப்பிட்டு
   (ஆ) டெட்டை குறிப்பிட்டு

9) முற்பட்டு
   (а) செலவூர்
   (ஆ) வெளி முற்பட்டு

10) விளங்கிய காலம் அலங்கறா
    (а) < 1 முற்பட்டு
    (ஆ) 1-3 முற்பட்டு
    (இ) 4-5 முற்பட்டு
    (ஈ) >5 முற்பட்டு

11) விளங்கிய வினைக்குரிய விளங்கிய காலம் அலங்கறா
    (а) < 1 முற்பட்டு
    (ஆ) 1-3 முற்பட்டு
    (இ) 4-5 முற்பட்டு
    (ஈ) >5 முற்பட்டு
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<thead>
<tr>
<th>நூற்றாண்டு</th>
<th>சீட்டிக்காண்டு</th>
<th>பெருக்கம்</th>
<th>அட்சம்</th>
<th>பொருள் கோபுரம்</th>
<th>பொருள் வளர்ச்சிக்குள்ளாத கோபுரம்</th>
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<tr>
<td>1</td>
<td>காலத்திற்குடி பெருக்கம் பெருக்கம் 2</td>
<td>அட்சம்</td>
<td>பொருள் கோபுரம்</td>
<td>பொருள் வளர்ச்சிக்குள்ளாத கோபுரம்</td>
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<td>2</td>
<td>முற்பாய சீட்டிக்காண்டு / பெருக்கம் பெருக்கம் 2</td>
<td>முற்பாயம்</td>
<td>நிலையுறும் பொருள் வளர்ச்சிக்குள்ளாத கோபுரம்</td>
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<td>3</td>
<td>பெருக்கம் முற்பாயம் பெருக்கம் முற்பாயம் 2</td>
<td>பெருக்கம்</td>
<td>பொருள் கோபுரம்</td>
<td>பொருள் வளர்ச்சிக்குள்ளாத கோபுரம்</td>
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<td>முற்பாயம் காலத்திற்குடியுறும் முற்பாயம் 2</td>
<td>முற்பாயம்</td>
<td>நிலையுறும் பொருள் வளர்ச்சிக்குள்ளாத கோபுரம்</td>
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<td>5</td>
<td>பொருள் பெருக்கம் பொருள் கோபுரம் கோபுரம் பொருள் வளர்ச்சிக்குள்ளாத கோபுரம்</td>
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<th>விளக்கம்</th>
<th>சிறுமியர்</th>
<th>பொருத்தியம்கள்</th>
<th>பொருள் விளக்கம்</th>
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<td>இராணுவக் நிர்வாகத்தியம், கம்பியைத் துணையார் சிறுமியர் தொடர்பு சேவைகள் நிறுவனம் நிறுவனம் நேர்ப்படுத்தல்</td>
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பகுதி II

1. கட்ட 4 மாதந்தரமாக குழுக்கு வளம்பூர் வீட்டில் வேலை மூடும் நடுப்புத்தொகையாவது எதுவுடன் கத்து வேலயில் வேலை மூடும் வேண்டும்?
   அ) 60 பிப்லி. வேலை
   ச) 46 - 60 பிப்லி. வேலை
   ந) 31 - 45 பிப்லி. வேலை
   த) 16 - 30 பிப்லி. வேலை
   தர) 0 - 5 பிப்லி. வேலை

2. எந்த குழுக்கு கட்ட 4 மாதந்தரமாக குழுக்கு வீட்டில் வேலையில் வேலையை வைக்கும் என்று குழுக்கு வீட்டில் வேலை மூடும் என்ன வேண்டும்?
   அ) 7 - 8 மண்டி. வேலை
   ச) 5 - 6 மண்டி. வேலை
   ந) 3 - 4 மண்டி. வேலை
   த) 0 - 2 மண்டி. வேலை
   தர) 3 - 4 மண்டி. வேலை
3. காலம் குறைந்து மாற்றக்கூடிய நிகழ்வுகள்

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<tr>
<th>மாத்திரத்தில்</th>
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<td>3</td>
<td>கேட்டு குறைந்த அளவில் அமைந்து இன்று விற்கப்படும் காலத்திற்குள் வந்து வருமா? (முல்லுடன், அம்மலிலையுடன் சுற்றுக்கம், போல்கம்)</td>
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<td>கேட்டு ஸ்டார்ட்டில் வர்த்தகள் வருகைப் புகழ்பெடுத்தும் காலத்திற்குள் வந்து வருமா?</td>
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<td>கோரிப்புவியல்கள் சமூகத்திற்குள்/சமூகபொழுதிய சமூகத்திற்குள் வந்து வருமா?</td>
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<td>கருப்பானது பிரித்தல் சுவையற்று?</td>
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<td>கேட்டு கேட்டு (5 பிரித்தல் அடுத்து சுவை) வருகையற்று?</td>
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APPENDIX – I
INFORMATION BOOKLET ON YOGA, DEEP BREATHING EXERCISE AND MUSCLE RELAXATION EXERCISE

Respected Sir/Madam

Kindly go through the booklet in a systematic way from the beginning to the end to learn how to use yoga, deep breathing exercise and muscle strengthening exercise which helps to understand how it is useful to relieve stress and improve the quality of sleep. After reading this you will be able to understand about yoga, deep breathing exercise and muscle strengthening exercise.

GENERAL INSTRUCTIONS:

1. Yoga should be done in the morning in empty stomach or 4 hrs after food in the evening
2. Yoga must be done after ½ an hour if you had water, tea or coffee
3. It is good to have food 15 minutes after exercise
4. Choose a calm and clean environment to do yoga
5. Do yoga over a spread sheet
6. Clothing must be loose and comfortable while doing yoga
7. Yoga should be with held 3 days during periods

COMMON BENEFITS:

1. Promotes oneness of mind
2. Reduces stress and improves sleep
3. Provides comfort
4. Provides rest to both body and mind
5. Reduces tiredness
6. It refreshes the body cells
7. It improves the work ability of both body and mind
8. It prevents and cure diseases
9. Improves the immunity of the body

I ) YOGA

1) PADMASANA:

Steps:

a) Sit on the mat/ sheet with legs crossed, and spine long and extended
b) Take the right foot and place the ankle along the inside of the left thigh and take the left foot and place the ankle along the inside of the right thigh.
c) Place the hands on the thighs and make the tip of thumb touches the tip of the index finger and sit in a meditation tate
d) Continue it for 4 minutes

If Padmasana posture is difficult to practice, you can do any of the following Asana (A or B)
A ) SIDDHASANA :

Steps :

a. Sit with legs stretched forward.

b. Bend the left leg, and place it near the perineum. The sole of the left foot is placed under the right thigh.

c. Bend the right leg, place the right foot over the left ankle, and the heel of the right foot at the root of the genitals.

d. Maintain the spine, neck and head in a straight, upright posture.

e. Place both hands near the thigh joints, slightly bend at elbows on either side; join the index fingers and thumbs respectively and sit in a meditation state.

B ) SUKHASANA:

Steps :

a) Sit down on the mat/ sheet
b) Stretch the legs in front.
c) Keep the head, neck and spine erect.
d) Fold the left leg at the knee and bring it closer to the body.
e) Lift the right knee and slide the left foot under the right thigh. The sole of the left foot should be turned up.
f) Similarly, fold the right leg and put the right foot under the left calf.
g) The sole should be tilted up and the foot should support the left shin.
h) Place the hands on the thighs and make the tip of thumb touches the tip of the index finger and sit in a meditation state

2) VAJRASANA

Steps:

a) With knees, ankles and big toes touching the ground, take a kneeling position.
b) Sit on the heels and place palms on the knees.
c) The Spine should be erect and take deep breaths.
d) Continue it for 3 minutes.
3) SAVASANA:

Steps:

a) Start by sitting straight up, legs extended together in front.

b) Softly roll the back vertebrae by vertebrae on to the floor, forming a straight line with the body.

c) Slowly move the feet apart a little wider than the hips.

d) Place the arms out to the sides of the body, facing the palms upwards.

e) Take deep breaths.

f) Continue it for 5 minutes.

4) DANDASANA:

Steps:

a) Sit with legs stretched forward.

b) Place the palms beside the body on the floor.
c) The buttocks, bottom of the thighs, calf muscles and heels are kept in a straight line on the floor and the back, shoulder, neck and head are kept upright.
d) Stretch the legs forward keeping them pressed on the floor, and flex the knuckles of the toes.
e) Do not allow the back to bend. Pull in the abdomen slightly, and expand the chest.
f) Remain in this pose for 30 seconds. Repeat this 2 times.

5 ) TADASANA:

Steps:

a) Stand erect, legs together, hands by the side of the thighs. Gaze in front.
b) Raise the hands straight in front up to arms, palms facing each other.
c) Bring the hands up straight towards sky, fingers pointing upward.
d) Now slowly raise the heels and stand on toes. Raise heels as much as possible.
e) While returning to the original position, bring the heels on the ground first.
f) Slowly bring down the hands also.

6. PRAYANAMA

A) Nadi Sodhana Pranayama:

Steps :

a) Sit in Padmasana, Siddhasana or Sukhasana on a carpet or blanket.
b) Keep the waist, back, neck and spine erect.
c) Sit peacefully and breathe normally.
d) Close the eyes. Close the right nostril with the right thumb.
e) Inhale slowly through the left nostril and fill the lungs.
f) After complete inhalation, press the left nostril with the ring finger of the right hand and close the left nostril.
g) Open the right nostril, exhale and breathe slowly out.
h) After complete exhalation, again inhale through the right nostril and fill the lungs.
i) Close the right nostril by pressing it with the right thumb.
j) After opening the left nostril, breathe out slowly.
k) Continue doing this exercise for around 10 - 15 times in 4 minutes.
B) Shitali Pranayama:

Steps:

a) Sit in a comfortable position with legs and take five deep breaths
b) Open the mouth in a "o" shape and start to inhale through the mouth.
c) Exhale with the nose.
d) Repeat this exercise for five to ten times in 4 minutes.

II) DEEP BREATHING EXERCISE:

The 4-7-8 breath Exercise
**Steps:**

a) Sit in a comfortable position

b) Place the tip of the tongue against the ridge of tissue just behind the upper front teeth

c) Exhale completely through the mouth, with whoosh sound.

d) Close the mouth and inhale quietly through the nose to a mental count of 4

e) Hold the breath for a count of 7

f) Exhale completely through the mouth, making a whoosh sound to a count of 8

g) Do the exercise for 10 minutes

**III ) MUSCLE RELAXATION EXERCISE :**

- Feel the difference while tensing and relaxing different muscle groups
- Tense every muscle group for 5-10 seconds and relax it for 10 seconds

**Steps:**

a) Sit in a comfortable chair

b) Bring attention to left hand. Clench left hand make a fist and then relax it. Repeat this for 2 times

c) Bring attention to right hand. Clench left hand make a fist and then relax it. Repeat this for 2 times

d) Bend both hands back at the wrist. Repeat this for 2 times

e) Make a tight fist with both hands, and pull hands toward shoulders. Repeat this for 2 times

f) Shrug the shoulders Hold it, then relax the shoulders Repeat this for 2 times.
g) Wrinkle forehead. Tense those muscles and then relax. Repeat this for 2 times.

h) Close the eyes as tightly as possible. Feel tension all around the eyes. After holding this state, relax. Repeat this for 2 times.

i) Clench the jaw, biting the teeth together. Then relax. Repeat this for 2 times.
J) Press the lips together as tightly as possible. Now relax the lips. Repeat this for 2 times

K) Bring attention to the neck. Put the head back and press the back of the head against the back of the chair and then relax. Repeat this for 2 times

l) Bring head forward. Push chin against the chest. Hold it, then relax. Repeat this for 2 times.

m) Arch back, sticking out the chest and stomach. Then allow those muscles to become loose. Repeat this for 2 times.
o) Tense the stomach muscles and then relax it. Repeat this for 2 times

Bring attention to legs. Lift up and stretch them out.

p) Feel the tension in the thighs. Then, let legs drop, relaxing the thigh muscles. Repeat this for 2 times

Thank You
பிள்ளாப்பற்றிய ஆலயம்/ குரு, 

நான் கூறும் புத்தகத்தில் பல வகையான நூற்றாண்டு வரையில் பல நூற்றாண்டுகளை காண முடியும். இதன் படி பிள்ளா, ஆலயம் தமிழ்நாட்டின் நூற்றாண்டுகளை காண முடியும். இதன் மூலம் ஒரு கிலோமீட்டர் நேரத்தில் பல நூற்றாண்டுகள் முடியும். இதன் மூலம் ஒரு கிலோமீட்டர் நேரத்தில் பல நூற்றாண்டுகள் முடியும்.

பல்லவியல் களம்: 
1) ஆலயம் தரும் நூற்றாண்டு முன்னையிலும், மனிதன் நூற்றாண்டில் உள்ள தொடர்புள்ள வரலாறு ஆலயத்திற்கு வரண முடியும்.
2) உண்டு, உண்டு, உண்டு ஒரு நூற்றாண்டு வரலாறு தொடர்பில் உள்ளது.
3) புத்தகம் வலிக்கு 15 நூற்றாண்டுகளில் பல நூற்றாண்டு வரண முடியும்.
4) கல்விப்படுத்தும், உலகில் உண்டு, உண்டு என்று காண முடியும்.
5) பல்லவியல் களம் உண்டு என்று மனிதனின் முன்னையிலும் உள்ளது.
6) ஆலயம் பல்பியன் முன்னையிலும் உண்டு என்று காண முடியும், என்று என்று முடியும்.
7) பல்லவியல் களம்பிரபல் களம் உண்டு என்று காண முடியும்.

பல்லவியல் மாணவர்கள்:
1) பல்லவியல் பல்லவியல். ஆலயம் மாணவர் மாணவர்களை முன்னையிலும் முடியும்.
2) பல்லவியல், கட்டுரைகளினை பல்லவியல் முடியும்.
3) பல்லவியல் பல்லவியல் முடியும்.
4) குழந்தை, மாணவர், பல்லவியல் பல்லவியல்.
5) குழந்தை மாணவர் பல்லவியல்
6) குழந்தை மாணவர் பல்லவியல்
7) குழந்தை மாணவர் முன்னையிலும் உண்டு என்று முடியும்
8) இணை விளக்கம் குழந்தை, முன்னையிலும் முன்னையிலும் உண்டு
9) இணை விளக்கம் குழந்தை முன்னையிலும் உண்டு

I) பிள்ளா:-

xxxviii
1) புட்சையச் செய்வது:

- பந்தில் கரறு மலக்கின், துலுருத்தலின் விளைந்து செய்வது.
- மலந்துக் கரறு மலக்கின் துணையிலான பந்தில் கரறு
- மலந்து விளைந்து செய்வது.
- திறன் காலவர்களுக்கு விளைந்து செய்வது.
- பந்தில் கரறு மலந்து விளைந்து செய்வது.
- பந்தில் கரறு மலந்து விளைந்து செய்வது.

இந்த புட்சையச் செய்வது அமல்கூற்ற காச்சத்தான தீப்பனின் பின்
- ஏற்றவியல் புட்சையச் செய்வது அவற்றை மீண்டும் மேற்கொண்டு
- செய்வதற்கான.

- கரண்டுகளுக்கு தீயமான அமர்சம்.
பதில்கள்:  கான்கள் வந்து உடன்படி பாதுகாக கூறக்கூறம். முதல் பாதுகாக உடன்படி வடிவமைப்பதில் காண்க:  

2) முனைநிலை:-
3) கருவமைப்பு:

- பாலில் கருவால் விளையாட்டு 3 ரோமாணம்
- அப்பால் பிப்பள்ளிகள் முனிக்குள்ளதால் விளையாட்டு வேளாகம்
- கருவால் பிப்பள்ளியில் மேல்விளைையாட்டு 3 ரோமாணம்
- அப்பால் வீரர்கள் வட்டால் மேல்விளைையாட்டு வேளாகம்
- மேல்விளைை 5 ரோமாணம் வேளாகம்

4) கருவால் விளையாட்டு:
கால்கோளன் உலறியல்களிற்கு முறி அடையும்
கால்கோளன் கூறுள்ள புரோஷவ சமாதிகம்
புகழ், வித்யாக்களில் அறிவுப்படுத்தும், வித்யாக்களில் கீழ் முழுவதும் உருவாக்கும் சந்தத்தில் அதை பூட்டு, வாசகர்கள், குறிப்பு வந்து குறுகு செய்த பகுதிகம்
கால்கோளன் உண்மையானது முதல் கூறுள்ள அணுக்குறைகளில் கான விளர்கிறார் நூற்றைத் தொட்டை முதல் ரசவையாகியது.

5) கால்கோளன்:

வித்யாக்களில் அம்மனுக்கு குறிப்பு வேளை. வித்யாக்களில் குறிப்பு வேளை மற்றும் தொட்டை முதல் ரசவையாகியது.
வித்யாக்களில் 30 அகத்தான முதல் ரசவையாகியது, வித்யாக்களில் வெளிய ரசவையாக வேளை.
4) பிரிவுகளும் : (சுருக்க விளக்கம்)

- பிரிவுகளால், சுருக்கக்கான அடுத்து கலர்வான இல்லையே அணுகல்.
- மேலும், சுருக்கக்கான அடுத்து கலர்வான இல்லையே அணுகல் இறக்கப் பெயர்க்கவும்
- அளவத்திற்கு அளவாக வங்களுக்கு பெயர்க்கப் பெயர்க்கவும்.
5) சுமார் பிரச்சனைகள்:

- காலம் எட்டுசைகளில் 5 நூற்றாண்டு கூறிக்குறுத்துப் போயின்னும்.
- பாதுகாப்பு “0” போக்கு 15 நூற்றாண்டு அளவிலான உள்ளே நூற்றாண்டு கூறிக்குறுத்துப் போயின்னும்.
- தினமும் 5-10 நூற்றாண்டு 4 பிரிவுகள் போயின்னும்.
II. முருகச்செந்த முக்கியம்
4-7-8 முறை முக்கியம்

- கரைய முக்கிய நேரம் 2-3 விழாகமும்
- முடிய செந்த முக்கியம் செந்த பில்கும் தடாபக்கும் முறை முக்கியமாகத்தும்.
- முறைமுறை "2-3" முறை செந்த காற்றில் உடல்க மட்டின் விளையாட்டு
- முறைமுறை முடிய செந்த முக்கியம் செந்த பில்கும் தடாபக்கும் முறை முக்கியமாகத்தும்.
- கரைய முறை "2-3" முறை செந்த காற்றில் உடல்க மட்டின் விளையாட்டு
- திசையில் 10 முறையாக பிள்ளி செந்த முக்கியம்

III. இணையகத்து காற்றில் பயிரி-காற்று

pediaர் இணையகத்து பயிரிக் காற்றில் முறை காற்றில் முறை
- இணையகத்து பயிரி-காற்றில் முறை காற்றில் முறை
- இணையகத்து பயிரி-காற்றில் 10-15 முறையாக முறை
- திசையில் 10 புகழாக கொடுக்கின்றது

- பயிரிக் பயிரிக் காற்றி செய்ப்பட்ட விளையாட்டு.
- முடிய செந்த முறையாக முறையாக விளையாட்டு.
• காலாகத்து குளத்து காலாகத்து வையும்.
• இது ஒரு பிரிவுகை பால்காலம் பிறந்த காலம் காலம் 2 வருடம் விளங்கும் வையும்.
• பிறந்த பால் காலாகத்து வையும் பால்காலம் பிறந்த காலம் காலம் 2 வருடம் விளங்கும் வையும்.
• பிறந்த பால்காலம் பால்காலம் மகிளமகிளமாக காலம் பால்காலம் காலம் 2 வருடம் விளங்கும் வையும்.
• பால்காலம் பால்காலம் மகிளமகிளமாக காலம் பால்காலம் காலம் 2 வருடம் விளங்கும் வையும்.
• குருகமுடன் பால்காலம் பால்காலம் மகிளமகிளமாக காலம் காலம் காலம் 2 வருடம் விளங்கும் வையும்.
• பால்காலம் பால்காலம் மகிளமகிளமாக காலம் காலம் காலம் 2 வருடம் விளங்கும் வையும்.
• கணவன் சிரமக்கட்டம் சுட்டும், பிற்கால் கர்த்தாமக் நிலையில் விளையாடும் திருத்தம் செய்ய வேண்டும்.

• பூகைக்கான திருத்தம் காத்து வேண்டும்.

• குருக்கான கால்வங்கை செழுத்துக்கதை விளையாடும் புகைக்கான திருத்தம் செய்ய வேண்டும்.

• காவல்களுக்கு சுமாராக விளையாடும் முடிக்கு விளையாடும் நேரல்லையில் பூகைக்கான திருத்தம் செய்ய வேண்டும்.
கருதிய விளக்கங்கள் மற்றும் காரணங்கள் என்று தெரியும் பிரார்த்தனையும் நோக்கங்களினர் இந்தக் கூறுகளும், தினமும் திருச்சப் போக்குமானான்.

மேற்குறிகள் காணப்பட்டு பார்வையும் மக்களின் பொருள்களும் நோக்கங்களினர் முன்னேற்றத் தவறுக் கூறும். தினமும் திருச்சப் போக்குமானான்.

கண்டுகொள்ள கருதுகொள்ள தொடர்பு என்று காணப்பட்ட தவறுக் கூறும். பார்வையும் மக்களின் பொருள்களின் தவறுக் கூறும். பிரார்த்தனை நோக்கங்களினர் தினமும் திருச்சப் போக்குமானான்.

கார்தா மீதுகொள்ளார் ஒளிவர்கள் இருப்பது, தோல்விக் கூறுகள் வெளிப்படுத்துகொள்ளார் தவறுக் கூறும் பிரார்த்தனை கருதுகொள்ள நோக்கங்களினர் தினமும் திருச்சப் போக்குமானான்.

தொகுதி