

REVIEWER'S REPORT

Manuscript No. IJAR-52945

Date: 22/07/2025

Title: "A Study to Assess the Effectiveness of Progressive Muscle Relaxation Technique on Reduction of Stress and Anxiety among Elderly Residing in Selected Old Homes at TVM District, Kerala"

Recommendation:

Accept as it is

Accept after minor revision.....

√Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality	√			
Techn. Quality			√	
Clarity	√			
Significance	√			

Reviewer Name: Dr Anam Zehra

Date: 22/07/2025

Reviewer's Comment for Publication.

The manuscript presents a quasi-experimental study assessing the efficacy of progressive muscle relaxation (PMR) in reducing stress and anxiety among the elderly in selected old age homes. The topic is timely and relevant to geriatric mental health care, and the study demonstrates statistically significant findings. However, the manuscript requires minor revisions in formatting, language coherence, theoretical contextualization, and clarity in the methodology before it is considered for publication.

Recommendation: Accept after minor revision

Detailed Reviewer's Report

Strengths

1. Relevant and Timely Research Topic

The study focuses on mental health management among the elderly, a growing global and national concern given the ageing population in India. Addressing stress and anxiety in institutionalized settings adds value to applied geriatric care research.

2. Quasi-Experimental Design with Control Group

The use of a pre-test/post-test control group adds rigor and allows for meaningful comparison of the intervention's effect, enhancing internal validity.

3. Use of Standardized Scales

The Hamilton Anxiety Rating Scale and Perceived Stress Scale are well-established tools in clinical psychology, lending credibility to the study's measurement strategies.

4. Statistical Significance of Findings

The results indicate a statistically significant reduction in stress and anxiety, supporting the efficacy of PMR. The t-test application is appropriate, and Cronbach's alpha reliability (0.844) is acceptable.

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5. Ethical Sampling Considerations

The inclusion and exclusion criteria are clearly defined, safeguarding participant well-being and ensuring ethical appropriateness in a vulnerable population.

Weaknesses

1. Language and Formatting Issues

The manuscript is poorly written, with multiple grammatical errors, redundancies, and formatting inconsistencies. Several sentences are fragmented or repetitive, especially in the abstract and introduction.

2. Insufficient Theoretical Background

The study lacks a conceptual or theoretical framework supporting the use of PMR in elderly populations. No scholarly linkage to stress-coping theories (e.g., Lazarus and Folkman) is established.

3. Ambiguity in Sampling Technique

The manuscript inconsistently describes sampling as "*Non-probability random*" and "*Convenience sampling*," which are contradictory. This needs correction and justification.

4. Overstated Claims

Some conclusions in the abstract and findings sections are overstated without a nuanced interpretation of effect sizes or external validity. Long-term efficacy is not addressed.

5. Incomplete Referencing

Several references cited in the manuscript are outdated or incomplete (e.g., missing issue numbers, broken URLs, duplication). APA 7 formatting is not followed.