

REVIEWER'S REPORT

Manuscript No.: IJAR-52945

Date: 24-07-2025

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 isYES.....

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: Mir Jaffar

Reviewer's Comment for Publication.

General Overview:

The manuscript investigates a critical area in geriatric care—mental health among the elderly—focusing specifically on stress and anxiety reduction through the application of Progressive Muscle Relaxation (PMR) techniques. The study is set within selected old age homes in the Thiruvananthapuram (TVM) district of Kerala and applies a quasi-experimental research design to explore the efficacy of PMR. The subject matter is highly relevant and contributes meaningfully to the growing body of literature on non-pharmacological interventions for psychological well-being in older adults.

Abstract Review:

The abstract provides a comprehensive summary of the research, including its design, objectives, methodology, inclusion and exclusion criteria, tools used, and key findings. It effectively conveys the core intent and results of the study. The presentation of statistical data (means, standard deviations, and significance) offers a clear understanding of the intervention's impact. The repetition of certain phrases in the abstract (e.g., "The Study findings revealed...") is noted but does not diminish the clarity of the findings. The use of recognized tools such as the Hamilton Anxiety Rating Scale and Perceived Stress Scale enhances the validity of the study.

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Introduction Review:

The introduction begins by contextualizing the problem of stress in the elderly, particularly those in institutional settings. It highlights the unique stressors that older adults face—such as loss, declining health, and changes in living arrangements—thereby establishing a strong rationale for the study. The general overview of stress and its dual role (both as a motivator and a potential health risk) adds depth and relevance to the discussion. The section effectively frames the significance of using relaxation techniques like PMR in addressing psychological challenges among the aging population.

Research Design and Methodology:

The use of a quasi-experimental design with control and experimental groups is appropriate for assessing the effectiveness of a behavioral intervention like PMR. The selection of 50 participants per group, guided by Slovin's formula, reflects an attempt at statistical rigor. The inclusion and exclusion criteria are detailed and logically constructed to ensure a homogeneous and appropriate sample population. The demographic variables chosen for analysis (e.g., age, sex, education, duration of stay) are pertinent to understanding the factors influencing stress and anxiety.

The data collection instruments are well-chosen and standardized. The reliability testing using Karl Pearson's method strengthens the credibility of the tools. The study also demonstrates ethical sensitivity by setting clear participation criteria and acknowledging the health conditions that could contraindicate participation in physical activity.

Findings and Results:

The results are clearly presented, with relevant numerical data showing pre- and post-intervention comparisons. The reported reduction in stress and anxiety scores following the PMR technique is both statistically significant and clinically meaningful. The use of specific data points (e.g., mean scores and standard deviations) supports the conclusion that PMR is an effective technique for stress and anxiety reduction in this demographic.

Language and Presentation:

The language is largely clear and direct, making the study accessible to a broad academic audience. Minor grammatical issues and typographical inconsistencies are present but do not hinder comprehension. The overall structure, from abstract to findings, supports a coherent flow of ideas.

Contribution to the Field:

This study makes a valuable contribution to geriatric mental health research by demonstrating the efficacy of a low-cost, non-invasive technique that can be implemented in institutional settings. It offers practical implications for caregivers, health professionals, and policymakers focused on improving the quality of life for the elderly.

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Conclusion of Review:

The study is a well-structured and relevant investigation into the benefits of Progressive Muscle Relaxation for elderly individuals experiencing stress and anxiety in old age homes. Its methodological soundness, use of standardized tools, and statistically validated outcomes make it a commendable contribution to applied health sciences and geriatric care literature.