

STUDY OF EFFECT OF MASSAGE ON HIGH BLOOD PRESSURE OF SENIOR CITIZENS



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Abstract:

The purpose of the present study was to find out the effect of massage on high blood pressure of senior citizens. The researcher hypothesized that there would be a significant effect of massage on high blood pressure of senior citizens and was found true. The source of data was taken from Anantnag town of J&K. The subjects were 20 in number and were selected on random sampling basis. All subjects were male and were 60 years or more of age. The subjects were divided into two groups of 10 members each, with one group taken as experimental group and another as controlled one. Blood pressure of all the subjects was recorded in start and at the end and as such comparisons were made. Sphygmomanometer and stethoscope were used to measure the blood pressure. The subjects in Experimental group were given a proper massage for 4 weeks under the observation of researcher. Pre and post research records of subject's blood pressure records were analyzed statistically. The results of the study revealed that massage had a considerable effect in lowering down high blood pressure of senior citizens.

Keywords: Blood pressure, Massage, Sphygmomanometer & Stethoscope.

Introduction:

Massage is one of the oldest forms of treatment for human illness. Over the centuries it has been referred in history. Literature, art, as well as in medicine various systems and techniques has been developed for treating patients. Many mechanical massaging devices have been developed, but none can function as skilled human hands in manipulating the soft tissues of the body. When circulation is impaired, fresh blood is unable to reach and nourish the tissues, and waste products collect. This causes a decreased exchanged of fluids within the tissues, leading to fatigue and a general imbalance within our body system. Massage increases the tone of muscles being treated by passively increasing the contracting power of the muscles bringing a deep sense of relaxation, massage also improves circulation, maintain fluid balance, and relieve excess tension. A good massage affects you on all levels of your being. Physically, its benefits include relaxing and toning your muscles; assisting the venous flow of blood; soothing the nervous system; encouraging the lymphatic flow; and stretching the connective tissue of Holistic massage also affects the energy centres or chakras of the "subtle body". On a mental level, massage not only relieves stress and anxiety, it also helps you to become more

conscious of your body whole, of the parts that you are in touch with and of those that feel off'. Once you are aware of where your energy blocks lie, you can “cut off”. Once you are aware of where your energy blocks lie, you can begin to try and integrate your body and, in developing a more positive image, take responsibility for your own happiness and health

High Blood Pressure: High blood pressure is a common in which blood flows through arteries at a higher than normal pressures. Blood pressure usually rises with age and body size. A person is said to have a high blood pressure if his pressure reading is more than 120/80 mmHg. Hypertension is another term for high blood pressure. In modern day life more and more people are getting suffered from hypertension because of physical inactivity, abnormal diet patterns and many such other reasons.

Purpose of the Study:

The purpose of the study was to examine the effect of massage high blood pressure of senior citizen.

Sources of Data:

The researcher collected data pertaining to the study from Anantnag city, J&K, and divided it in two groups, one as Experimental Group and another group as the Controlled Group. Criterion Measures: For the present study the researcher measured Blood Pressure of the selected subjects with the help of sphygmomanometer.

Administration of Test:

After the selection of subjects, the researcher administered sphygmomanometer to measure the Blood Pressure before and after the training programme of 4 weeks.

Collection of Data:

To find out the effect of Blood Pressure on senior citizen the data was collected through administration of sphygmomanometer on selected variables before and after the training programme of 4 weeks and the data was collected through standard procedure.

Statistical, Analysis & Interpretation of Data:

The researcher has administered two tests in each subject i.e. first test before starting the massage and second test after four week of massage. The score of all the tests were arranged in a tabulated form with a view to analysis it further by standard statistical procedure the purpose behind the analysis was:

• **Initial Test:**

It was conducted on both the experimental and Control group before giving the massage.

• **Final Test:**

It was conducted after four weak massages on Experimental group.

• **Scoring of Data:**

The subjects score on blood pressures constituted the score for the purpose of study.

• **Level of Significance of ‘t’ Ratio:-**

For testing hypothesis the level of significance was set at 0.05 level of confidence and the degree of freedom was 18.

The massage was given to experimental group only to found its effects. The test was conducted on both the groups experimental as well as control group.

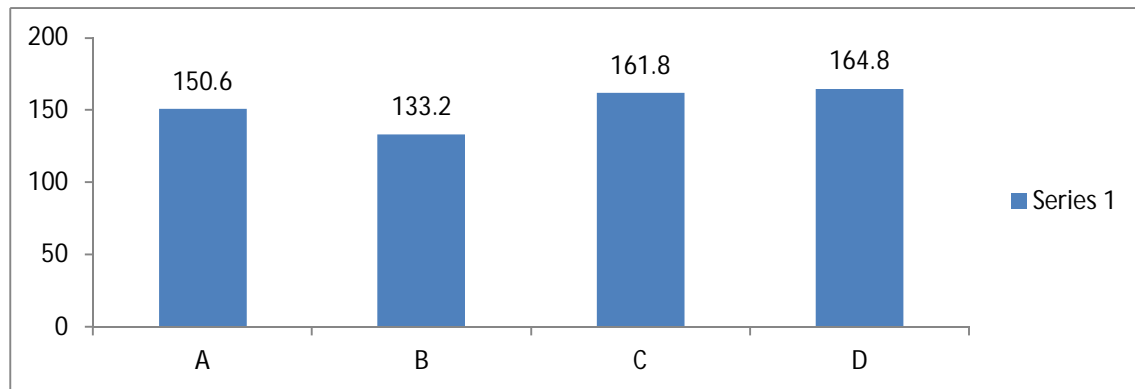
Table No: 1
Showing the Systolic Blood Pressure of Initial and Final
Test of Experimental and Control Group

Group		Mean	S.D.	Mean Difference	T.T.	C.T.
Experimental Group	Initial Test	150.6	8.56	17.40	2.101	5.07
	Final Test	133.2	6.78			
Control Group	Initial Test	161.8	13.34	3.00		0.81
	FinalTest	164.8	13.86			

Table No: 1 indicates that the Mean of the initial test is 150.6 and in final test is 133.2 their Standard Deviation (S.D.) of initial test is 8.56 and in final test is 6.78. The Mean Difference of Experimental group Systolic Blood Pressure of Initial test and Final test is 17.40 as in Initial test. The ‘t’ value of Experimental group is 2.101 at the level of significance 0.05 for 18 degree of freedom which was greater than ‘t’ value. Hence, the hypothesis is accepted.

The control group of S.D. of initial test is 13.34 and final test is 13.86. Mean difference of Control group Systolic Blood Pressure of Initial and final test is 3.00 the Mean of initial test is 161.8 and final test is 164.8.

Graph No: 1
Graph Showing the Systolic Blood Pressure of Initial and Final Test of Experimental and Control Group



SCALE:-

Y-AXIS:1 CM. =20 No.
A- Experimental group Initial Test
B- Experimental group Final test
C- Control group initial test
D- Control group Final test

Table No: 2
Showing the Diastolic Blood Pressure of Initial and Final Test of Experimental and Control Group

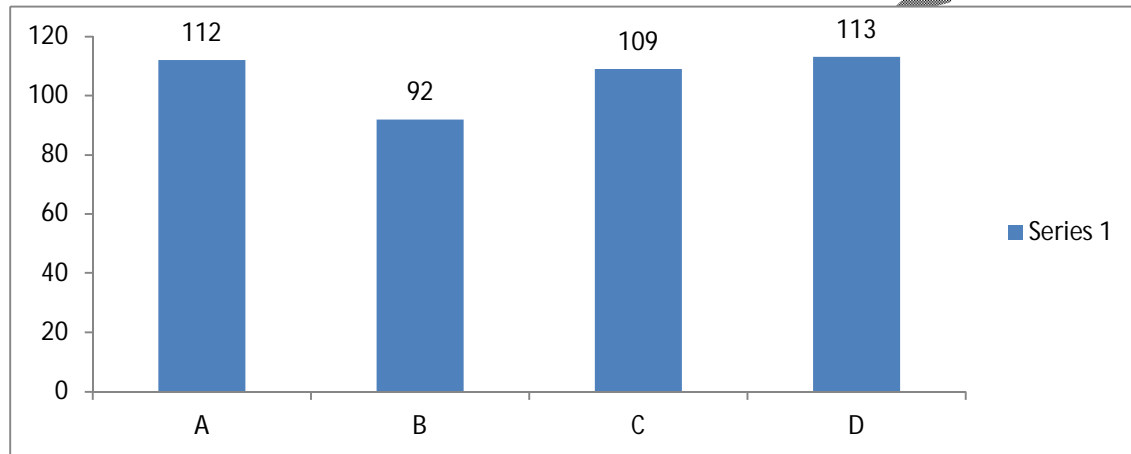
Group		Mean	S.D.	Mean Difference	T.T.	C.T.
Experimental Group	Initial Test	112	14.69	20	2.101	3.28
	Final Test	92	12.48			
Control Group	Initial Test	109	16.46	4		0.61
	Final Test	113	12.68			

Table No: 2 indicate that the Mean of the initial test is 112 and in final test is 92 their Standard Deviation (S.D.) of initial test is 14.69 and in final test is 12.48. The Mean Difference of Experimental group Diastolic Blood Pressure of Initial test and Final test is 20 as in Initial test.

The 't' value of Experimental group is 2.101 at the level of significance 0.05 for 18 degree of freedom which was greater than 't' value. Hence, the hypothesis is accept

The control group of S.D. of initial test is 16.46 and final test is 12.68. Mean difference of Control group Diastolic Blood Pressure of Initial and final test is 4.00 the Mean of initial test is 109 and final test is 113.

Graph No: 2
Graph Showing the Diastolic Blood Pressure of Initial and Final Test of Experimental and Control Group



SCALE:-

Y-AXIS:1 CM. =20 No.
A-Experimental group Initial Test
B-Experimental group Final test
C- Control group initial test
D- Control group Final test

Discussion on Findings:

The present study was undertaken with a view to know the effect of “Effect of Massage on High Blood Pressure of Senior Citizen”. 20 subjects of each group (10 subjects’ Experimental group and 10 subjects Control group) was selected randomly, all the subjects taken from Anantnag. Two groups are made one is Experimental group and another is Control group. The age of the subjects was 60 years.

Two tests were conducted:

- 1) Initial test which was taken before giving massage.
- 2) Final test was taken after completion four weeks massage.

In the programme of massage only pressure therapy types was used. It is to be remembered that this massage was given only to Experimental group not the Control group. The duration of practices was 1 hour. Result of the study clearly indicates that in the initial test. The blood pressure of subjects was approximately same of Experimental and Control group but

after four weeks massage. The Systolic Blood Pressure and Diastolic Blood Pressure decreased Experimental group, but there is no change in Blood Pressure of control group.

Conclusion:

On the basis of finding of this study the following conclusion were drawn:-

- After the statistical evaluation of Blood Pressure i.e. Systolic Pressure. The 't' score of Experimental Group pressure is 5.07 and control group 't' score is 0.81. This we can conclude that after massage Systolic Pressure of Experimental group is decreased.
- After the statistical evaluation of Diastolic Pressure. The score of Diastolic Pressure is 3.28 and Control group score is 0.61. This we can conclude that after massage there are positive effects in Diastolic Pressure of Experimental group.

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