

## Chapter 5

### SUMMARY AND CONCLUSION

Pain which is a major problem faced by middle-aged women in India and the sleep disturbance or sleeplessness adds to the existing health concerns. Rising empirical research in this field indicates a rising understanding of the necessity to address pain and sleeplessness jointly. Biases in cognitive processing have been separately linked to sleeplessness and chronic pain. Additionally, these biases offer new, possibly treatable targets. However, little research has been done on how it contribute to the co-occurrence of pain and sleeplessness(Todd, Austin , Clarke & Notebaert, 2022)

Reiki and existential therapy when administered together is very effective in reducing the outlook towards both pain and insomnia. Reiki as an alternative healing therapy served as personal growth system as it cleanses the energy field and removes the mental and the physical blockages. Existential therapy helped in bringing in the meaning to life and human existence, adding values to the existence and setting clear goals to overcome pain and insomnia. It urges people to confront their worries and anxieties, including death dread, and to use these experiences as a springboard for more involved treatment. Both the therapy address physical pain, it helped people manage the emotional and psychological distress that often accompanies pain and insomnia.

The study aimed to examine the effectiveness of Reiki, existential therapy and their combination in reducing pain and insomnia. Based on the aim, the objectives were coined for the study

- To assess the level of Insomnia and Body Pain Intensity among Women
- To identify the relationship between Body Pain Intensity and Insomnia among Women
- To find out the effectiveness of Reiki and Existential Therapy in managing Body Pain Intensity and Insomnia among Women

The present study was done to find out the effectiveness of Reiki and Existential Therapy in managing Body Pain Intensity and Insomnia among Women. It also signifies to

identify the relationship between Body Pain Intensity and Insomnia among Women and to assess the level of Insomnia and Body Pain Intensity among Women.

### Hypotheses

- There exist a significant relationship between Body Pain and Insomnia among Women
- There exist a significant difference between the before, after and follow-up phases in managing body pain through Reiki among women
- There exist a significant difference between before, after and follow-up phases in managing body pain through Existential Therapy among women
- There exist a significant difference between before, after and follow-up phases in managing body pain through Reiki and Existential Therapy among women
- There exist a significant difference between before, after and follow-up phases in managing Insomnia through Reiki among women
- There exist a significant difference between before, after and follow-up phases in managing insomnia through Existential Therapy among women
- There exist a significant difference between before, after and follow-up phases in managing insomnia through Reiki and Existential Therapy among women

### Research method

For the present study purposive sampling was used. The participants aged 36- 64 were selected by Purposive sampling and they were allotted into four groups by simple random sampling method. Before, After and Follow-up with Waitlist Control Group Design (Randomized Control Trial method) was employed. The current study was carried out using a mixed method research methodology. **The Brief Pain Inventory (BPI)** from the Wisconsin Brief Pain Questionnaire by **Cleeland (1994)** and **Regensburg Insomnia Scale (RIS)**: a rating scale for the assessment of psychological symptoms and sleep in insomnia by **Croenlein (2013)** were used to assess the level of pain and insomnia in women. Reiki, Existential therapy and an integrated intervention was used as an intervention which was found to be effective in coping with pain and insomnia.

## **Findings**

Both the physical and the psychological dimensions were closely connected and after the intervention the symptoms reduced and the management of pain and the sleep quality improved evidently. All intervention groups showed significant improvement, with the combined approach yielding the consistent benefit.

## **Conclusions**

After analyzing the data and interpretation of the scores obtained through the Psychological Assessments before, after and follow-up phases of the intervention the following conclusion were drawn

- The hypothesis of a significant relationship between between pain intensity and insomnia among women was strongly supported by positive correlations.
- There was significant difference in the levels of pain and insomnia during before, after and follow-up phases of the Reiki group
- There was a significant difference in the levels of Pain and insomnia in the Before, After and follow-up phases of the Existential therapy intervention.
- Reiki and Existential therapy as an integrated model is more effective in reducing the levels of Pain and insomnia among women.
- Interventions to overcome pain and insomnia can significantly improve the well- being and overall mental health of women.
- The integrated intervention was very helpful in dealing with various dimensions of pain and insomnia.

## **Implications**

The implications of the present study are as follows. The integrated system of interventions helps in

- Reducing tension and anxiety, resulting in a relaxing effect that promotes deeper sleep.

- Improving the state of relaxation to help manage chronic pain.
- Promotes resilience and personal development, which may help people manage chronic pain.
- Focuses on the psychological and emotional causes of sleeplessness, including existential discomfort and anxiety.
- Structuring the meaning and purpose, which can enhance overall general well-being.

### **Recommendations**

- Other psychological issues can be included for future studies.
- Future work should test the protocol with men and evaluate long term maintenance effects
- The future researcher may focus on the need for the development of programmes and healing techniques in order to ensure better management of pain and insomnia among women.
- Health care providers can take into account about the issues of pain and insomnia by intensifying health education in order to improve the quality of life of the women.

Overall the findings demonstrate that integrated mind-body interventions hold meaningful promise for improving women's pain and sleep outcomes.