

METHODOLOGY

CHAPTER – III

METHODOLOGY

The study on ‘Effects of Spiritual Quotient, Management of Depression and Enhancement of General Well Being in Nuns through Positive Therapy’ was carried out involving the following steps:

- Objectives
- Research Questions
- Null Hypothesis
- Area
- Sample
- Tools
- Procedure
- Analysis of Data

OBJECTIVES

- To identify the level of spiritual quotient in the sample
- To identify the level of depression in the sample
- To identify the level of general well being in the sample
- To identify the causes of depression in the sample
- To identify the symptoms of depression in the sample
- To identify the negative emotions of the sample
- To help in the management of depression and enhancement of general well being in the sample through Positive Therapy

RESEARCH QUESTIONS

- What is the level of spiritual quotient in the sample?
- What is the level of depression in the sample?
- What is the level of general well being in the sample?
- What are the causes of depression in the sample?
- What are the symptoms of depression in the sample?
- What are the negative emotions of the sample?

- Does Positive Therapy help in the management of depression and enhancement of general well being in the sample through Positive Therapy?

NULL HYPOTHESES

The hypothesis is stated as Null Hypotheses, so that they can be either accepted or rejected, based on the results.

- Nuns do not experience depression
- Positive Therapy does not help in the management of depression in nuns
- Positive Therapy does not help in the enhancement of General Well Being in nuns

AREA

St. Mary's Convent, Podanur, Coimbatore was selected for the study. The reasons for selecting this area were:

- Availability of the required sample
- Permission and facilities provided by the convent authorities to carry out the action research
- Co-operation of the nuns to serve as subjects in the action research

SAMPLE

Fifty one nuns from St.Mary's Convent, Coimbatore were selected to serve as the sample for the study. They were in the age range of 58 to 85 years.

TOOLS

- Case Study Schedule created by the investigator was used to collect information on personal data, family background and other relevant information about the respondents (Annexure I).
- Spiritual Quotient Questionnaire (2009) constructed & standardized by Swati Chopra was used to assess the level of spiritual quotient of the sample (Annexure II)
- Beck's Depression Inventory (Revised 1971) constructed & standardized by Beck, Ward, Mendelson, Mock & Erbaugh was used to assess the level of depression among the sample (Annexure III).

- WHO General Well Being Index (1998) constructed and standardized by World Health Organization was used to assess the level of general well being of the sample (Annexure IV)
- For intervention, Hemalatha Natesan's Positive Therapy- Handbook for Healthy, Happy and Successful Living (2004) and audio CD on Relaxation Therapy (2001) were used.
- Case Study Re-assessment schedule by the investigator (Annexure V).
- Positive Therapy Handbook (Hemalatha Natesan, 2004).

Case Study Schedule was constructed by the investigator for the present study on nuns. The schedule was designed to collect the personal details of the subjects such as name, age, qualification and education. The Case Study Schedule supplements to identify the symptoms, negative emotions and health habits of the sample.

Spiritual Quotient Questionnaire (2009) constructed and standardized by Swati Chopra consists of 10 questions, followed by four alternatives, each. The scoring key and norms are provided by the author.

Depression Inventory (1971) constructed and standardized by Beck, Ward, Mendelson, Mock & Erbaugh consists of 21 items followed by four alternatives, 'Always', 'Often', 'Sometimes' and 'Never'. The scoring key and norms are provided by the authors.

WHO General Well being Index (1998) constructed and standardized by World Health Organization consists of 5 statements followed by six alternatives, 'All of the time', 'Most of the time', 'More than half of the time', 'Less than half of the time', 'Some of the time' and 'At no time'. The scoring key and norms are given by the author.

Positive Therapy Handbook for healthy, happy and successful living (Hemalatha Natesan, 2004) describes in detail, the procedure involved in Positive Therapy, a package, which combines the Eastern Techniques of Yoga and the Western Techniques of Cognitive Behaviour Therapy. The strategies of the therapy are described clearly and crisply in simple language.

Audio CD on Relaxation Therapy (Hemalatha Natesan, 2001) involves Deep Breathing, Relaxation Training and Autosuggestion in the author's own voice.

Case Study Re-assessment Schedule is similar to the Case Study Schedule except personal details.

PROCEDURE

From St. Mary's Convent, Coimbatore, 60 nuns were screened using Case Study Schedule (2009), Beck's Depression Inventory and WHO General Well Being Index. Out of them 51 subjects with 'Severe to Moderate Depression' and 'Low Well Being' were selected to serve as the sample through purposive sampling. Spiritual Quotient of the selected sample was assessed using Spiritual Quotient Questionnaire (2009) by Swati Chopra. The subjects were divided into smaller batches of 10 in a batch for Positive Therapy. The subjects were re-assessed using Case Study Re-assessment Schedule, Beck's Depression Inventory and WHO General Well Being Index and again re-assessed for depression alone as a follow up of the intervention.

TREATMENT - POSITIVE THERAPY

Positive Therapy is a package combining the Eastern techniques based on Yoga and Western techniques based on Cognitive Behaviour Therapies. The assumption of Positive Therapy is that any behavior problem is owing to the way an individual perceives himself/herself, the situation, the people around and his/her future. Thus it aims at modifying negative thoughts, beliefs, emotions and behaviour by using a number of techniques, focusing on the present.

STRATEGIES

Positive Therapy has four strategies namely Relaxation Therapy, Counselling Exercises and Behavioural Assignments. In this action research, all the techniques were used.

RELAXATION THERAPY

Relaxation Therapy helps the subjects to have a relaxed state, which promotes a positive attitude towards life. As the focus is on breathing, unwanted thoughts are eliminated, helping the subjects to relax. Hence, Relaxation Therapy is given as the first step in Positive Therapy.

Relaxation Therapy involves 3 steps namely Deep Breathing Practice, Relaxation Training and Autosuggestion.

Deep Breathing Practice

In Deep Breathing Practice, the subjects were asked to sit erect, breathe in slowly for 4 counts (4 seconds) and breathe out gradually for 6 counts (6 seconds). This was repeated 5 times with their eyes open and 5 times with their eyes closed.

Relaxation Training

After Deep Breathing Practice, Relaxation Training was given. They were given instructions to relax different parts of the body from head to foot. They were given directions and Autosuggestion under the relaxed state.

“I am healthy

I am happy

I love everyone; everyone loves me

I am bold and confident

I can achieve what I want

I am a successful person

I can face my problems boldly and solve them successfully

I am not afraid of anyone; God is with me

Today is an excellent day; I will enjoy every minute of this day

Thank you God for giving me all that I need – long life, good health, wealth, love, happiness and success”

COUNSELLING

In Positive Therapy, Counselling involves the following techniques:

- ◆ Rational Emotive Therapy
- ◆ Thought Stopping
- ◆ Symptom Stopping
- ◆ Cognitive Restructuring
- ◆ Assertiveness Training

In the present research, Individual Counselling was given using all the techniques except Symptom Stopping.

Rational Emotive Therapy

Most of the subjects had irrational thoughts and beliefs such as, ‘No one loves me’

‘I am always sick ’

Their irrational thoughts were refuted by appealing to their reason.

Thought Stopping

The subject was asked to sit in a relaxed state, close the eyes, breathe in slowly and get the negative disturbing thought (one at a time) and breathe out saying ‘Stop’ and push the thought away. This practice was given 5 times. Then he/she was asked to follow the same procedure but say ‘Stop’ mentally and throw out the thought. This practice was also given 5 times. The same procedure was followed for the other negative thought. In due course, the individuals learnt to throw out disturbing, negative thoughts automatically.

Cognitive Restructuring

In this, the subjects were helped to replace the negative thoughts with positive thoughts. The subject was asked to breathe in slowly and breathe out, saying each of the positive statements such as

‘Everyone loves me’

‘I am healthy’

(3 times each)

The subjects were asked to strongly believe that they had acquired the positive qualities and start behaving accordingly. Thus, they were helped to get rid of their negative, self-defeating thoughts and develop positive, self-enhancing thoughts.

Assertiveness Training

Assertiveness is the ability to stand up for one’s rights without offending the rights of others. Unfortunately, many people suffer due to lack of assertiveness. The subjects who were unassertive were asked to identify and report the situations where she suffered due to unassertiveness. Some of the subjects were unassertive to say ‘No’ when they had to say ‘No’ either to the superior or to their colleagues. Hence, the subjects were trained to be assertive by having a straight posture, with an upright face, audible voice and direct eye contact. The researcher played the role of the subject as an assertive person and the subject was asked to imitate the researcher. After practice for a couple of times, the subject was asked to behave in similar assertive manner in real life situations.

EXERCISES

Positive Therapy involves three exercises to help people get rid of their stress and develop a cheerful state. They are,

- Tension Releasing Exercise
- Smile Therapy
- Laugh Therapy

Tension Releasing Exercise

Stress causes fear, anxiety, anger and / or worry, leading to tension. Tension Releasing Exercise helps to throw out all these. In this exercise, the subjects were asked to stand with their feet one foot apart, close the palms and bring them towards the chest, breathing in slowly; then breathe out forcefully through the mouth making a loud sound (Ha), simultaneously throwing down the hands sidewise and opening the palms. As they breathed out, the following instructions were given, three times each:

“Tension goes out”

“Fear goes out”

“Anger goes out”

“Anxiety goes out”

“Worry goes out”

Smile Therapy

In the modern world, life has become highly mechanical and many people have even forgotten to smile. Smile, not only changes the facial expression but also changes the mood of a person to a cheerful one. Hence, by developing the habit of smiling, one can replace the negative emotions. In other words, one cannot have negative emotions such as fear, anxiety, worry or anger, while smiling.

In Smile Therapy, the subjects were asked to say (Eee), with a broad smile, breathe in slowly through the mouth, with a hissing sound (without involving the vocal cords), close the mouth smilingly and breathe out gradually through the nose, without any sound. They were asked to enjoy the cool breeze entering through the mouth and feel the coolness spreading through the chest to the abdomen. This practice was given 5 times.

Laugh Therapy

In this, the subjects were asked to stand in a circle, bend down the back and the head slightly, and breathe in slowly lifting up the head and the back and start laughing loudly without any inhibition. They were encouraged to look at each other, make gestures, clap hands etc. while laughing. They were asked to laugh louder and louder for a longer duration. This practice was given 5 times. The sample enjoyed practicing Laugh Therapy.

BEHAVIOURAL ASSIGNMENTS

The subjects were asked to follow the assignments to ensure optimum health.

- Always have positive thoughts. Modify negative thoughts with positive thoughts
- Have positive attitude towards self, life and others
- Live in the present, concentrate on what you do and enjoy what you do
- Enjoy work. Strongly believe that you can complete your work on time
- Accept responsibilities with a smile
- Face problems boldly and solve them successfully
- Enjoy the company of family members and friends
- Have some physical exercise such as walking, jogging, exercise etc.
- Have some recreation such as, playing games, reading books, listening to music etc.
- Develop a sense of humour, enjoy jokes; laugh heartily
- Practice Deep Breathing for 5 minutes in the morning, facing east and for 5 minutes in the evening, facing west
- Have Deep Breathing, as and when possible, throughout the day
- Practice Relaxation Training for 20 minutes in the morning, preferably, after the exercise and at night, before going to sleep
- Practice Tension Releasing Exercise in the evening
- Practice Smile Therapy and Laugh Therapy, at least once a day, preferably with friends/family members

- Avoid poor health habits such as not eating in time, over eating, excessive coffee consumption, etc.
- Pray to God with full faith

DURATION

Positive Therapy was given personally once a week (for 6 sessions) followed by their individual practice using the CD provided. On the whole, 6 sessions were given to all the subjects. The duration of each session was one hour. Individual Counselling was given where needed.

RE-ASSESSMENT

All the subjects were re-assessed after six weeks using the Case Study Re-assessment Schedule, Beck’s Depression Inventory and WHO General Well Being Index. The subjects were re-assessed again for depression after 3 weeks as a follow up.

EXPERIMENTAL DESIGN

A single test group without control group was used in this study. The dependant variables, ‘Depression’ and ‘General Well Being’ were measured both before and after Positive Therapy.

	Time Period I	Treatment	Time Period II
Test Area	Level of phenomenon Before Treatment Depression (A) General Well Being (C)	Positive Therapy →	Level of phenomenon After Treatment Depression (B) General Well Being (D)

$$\text{Treatment Effect} = (A - B) + (D - C)$$

ANALYSIS OF DATA

The data will be analyzed statistically using the SPSS 16.0.