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Effectiveness of foot reflexology on the level of anxiety among patients with alcohol dependence in selected de addiction centre

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Abstract

Alcohol dependence is a more addicted in men's life. Foot reflexology is an alternative therapy to reduce the anxiety level. This study was conducted to assess the effectiveness of foot reflexology on the level anxiety among patients with alcohol dependence in selected de addiction Centre.

Methods: This was a pre-experimental one group pretest Posttest design. Study was conducted among 30 alcohol dependence patients who had moderate and severe anxiety and met the inclusion criteria were included in the study. Each participant gave consent and was subjected to screening for anxiety level by using the modified Speiberger state trait anxiety inventory scale. The foot reflexology was given for the alcoholic dependence patient for 6 days. Posttest was conducted on 7 day with the same tool.

Results and Conclusion: The data were analyzed by using descriptive statistics. $97 \pm 5.21\%$ and the mean percentage was 60.63% of the total mean score revealing moderate anxiety whereas during pre-test the overall mean score was 108.63 ± 14.34 which is 67.90% and the difference in mean percentage was 7.27% , (severe anxiety). It shows that the foot reflexology was effective to reduce the anxiety level among patients with alcohol dependence.

Keywords: Speiberger, alcohol dependence, addiction centre, foot reflexology, anxiety, patients

Introduction

Alcoholic beverages, known since Vedic period, are used for worship purposes, medicinal preparations, and widely consumed as a recreation and relaxation. Alcohol is not only detrimental to the health and welfare of the individual, family, community and society in large. The overall occurrence of alcohol use among more than 18 years of age was 9.7% and exclusively among males was 17.1% . The highest frequency (17.1%) was among 46–55 years age groups and the residents of joint families (37.0%). One-third of the users began drinking before 20 years of age and half of them consumed for getting relief from pain, strain, tiredness. Anxiety is an unpleasant state that involves a complex combination of emotions (fear, worry, apprehension). Anxiety interferes with the sufferer's ability to sleep or other day to day function. People with high levels of anxiety are at an increased risk of becoming alcoholics. Anxiety can lead to alcohol dependence, and likewise, alcohol dependence can lead to anxiety.

Alcohol dependence anxiety has been identified as a major contributor to the global burden of disease. Globally 5.9% of death occurs due to alcoholism. Alcoholism is a main cause of family unhappiness, tensions and total disorganization. Excessive use of alcohol is a component cause of more than 200 disease and injury conditions. Reflexology is also known as regional therapy and reflex massage therapy. Its principle is that each area of the hands and feet represents each part of the body, such as the heart, liver, spleen, lungs, kidneys, and other internal organs, and when various areas of the hands and feet are massaged, it can stimulate energy, blood, nutrition, or nerves, resulting in therapeutic effects, including relieving mental stress, detoxifying the body, promoting blood circulation, losing weight, delaying aging, and improving internal health.

Investigated among 30 patients with alcohol dependence in the selected de-addiction center at Chennai. Purposive sampling technique was used to collect the samples. Structured interview schedule and State Trait Anxiety Inventory (STAI) were used to assess the effectiveness of foot reflexology among the patients.

Foot reflexology was implemented for 10-15 minutes daily for one week and posttest was done on 7th day of data collection. The collected data was organized, tabulated and analyzed by using descriptive statistics. $97 \pm 5.21\%$ and the mean percentage was 60.63% of the total mean score revealing moderate anxiety whereas during pre-test the overall mean score was 108.63 ± 14.34 which is 67.90% and the difference in mean percentage was 7.27%, (severe anxiety). It shows that the foot reflexology was effective to reduce the anxiety level among patients with alcohol dependence.

Need for the study

Globally, 107 million people are estimated to have an alcohol use disorder. This breakdown can be viewed by gender for any country here; 70 percent globally (75 million) were male relative to 32 million females. The scatter plot compares the prevalence of alcohol use disorders in males versus that of females. The overall prevalence of alcohol use among ≥ 18 years of age was 9.7% and exclusively among males was 17.1%. In Tamil Nadu, in previous south Indian studies it was noted 76.8% harmful use of alcohol with 95% confidence interval (71.1%-81.7%) and 12.4% alcohol dependence.

Statement of the problem

A study to assess the effectiveness of foot reflexology on the level of anxiety among patients with alcohol dependence in selected de-addiction Centre at Kanyakumari district.

Objective

- To assess the pre-test and post-test level of anxiety among patients with alcohol dependence.
- To evaluate the effectiveness of foot reflexology on the level of anxiety among patients with alcohol dependence.
- To find out the association between the pre-test level of anxiety among patients with alcohol dependence with their selected demographic variables.

Hypotheses

- **H₁:** There is a significant difference between the pre-test and post-test level on anxiety among patient with alcohol dependence.
- **H₂:** There is a significant association between the pre-test levels of anxiety among alcohol dependence with their selected demographic variables.

Research Methodology

Pre-experimental one group pretest posttest design was used in this study. Purposive sampling technique was used for selecting the samples. 30 alcohol dependence patients who fulfilled the inclusion criteria were included for the study. Pre assessment on the level of anxiety was assessed by modified Speiberger state trait anxiety inventory scale followed by foot reflexology was given by the researcher for a period of 6 days. Post test was conducted on the 7th day with the same tool.

Criteria for sample selection Inclusion criteria

Patients who

- Are moderate and severe level of anxiety.
- Are willing to participate in this study.

- Can follow the instruction.
- Are between the age group of 14-45 years.
Are only male.

Exclusion criteria

Patients who:-

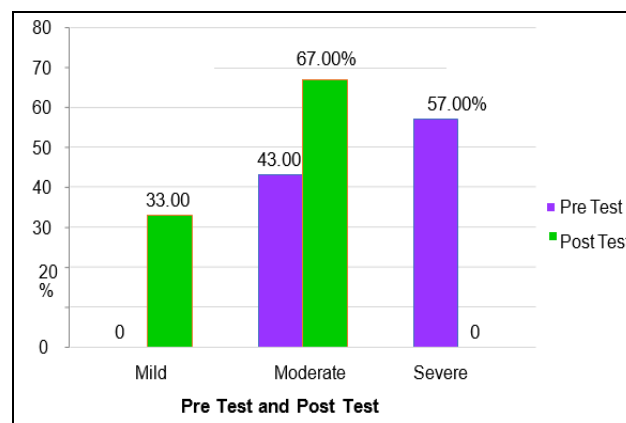
- Has mild anxiety.
- Were having psychotic illness and cognitive impairment.

Result -1: Frequency and the percentage distribution of demographic variables among patients with alcohol dependence

Based on age, majority of belongs to the age between 36-45 years (50%). Regarding marital status, majority of them were married (70%). Based on the residence, majority of them belongs to urban (63%). Regarding family type, majority of them were nuclear family (57%). Based on the family income, majority of them were $< 10,000$ (63%). Regarding occupational status, 54 % is belongs to private. Based on the educational status, 43% of them belong to up to high school education. Regarding the duration of alcoholism, 77 % of them belong to > 4 years.

Result 2: Assessment of pre-test and the post-test level of anxiety among patient with alcohol dependence

The finding showed that, pre-test level of anxiety in experimental group, majority of them had severe anxiety 57% and the post-test level of anxiety in experimental group, the majority of them had moderate anxiety 67%.



Result III: Effectiveness of foot reflexology on level of anxiety among patients with alcohol dependence

The experimental group pre-test mean score of level of anxiety among patient with alcohol dependence was 54.3 with SD 5.52 and the post- test mean score of level of anxiety was 35.8 with SD 1.52. The calculated 't' value 11.91 was found to be significant at $p < 0.05$ level.

Result IV: Association between the anxiety levels with their selected demographic variables

The study revealed that, significant of ($p < 0.05$) level shows that there was no significant association between the pre-test level of anxiety and the selected demographic variables among the patient with alcohol dependence.

Conclusion

The study was done to assess the effectiveness of foot reflexology on the level of anxiety among patients with

alcohol dependence in selected de-addiction centre at Nagercoil. The mean score of effectiveness of foot reflexology on anxiety among patients with alcohol dependence was 54 in pre-test and 37 in post-test. The standard deviation was 13.2 and 1.52 in pre-test and posttest. The calculated 't' value was 11.91 at $p < 0.05$ significance which showed that Hence the hypothesis H_1 is accepted. From the results of the study, it was concluded that foot reflexology was effective in reducing level of anxiety among alcohol dependence patients.

Conflict of Interest

Not available

Financial Support

Not available

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