

THE EFFECTS OF JIN SHIN JYUTSU
ON PERCEIVED STRESS IN NURSES

Thesis by
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ABSTRACT

Purpose of the Study:

- 1) To determine the effects, if any, of Jin Shin Jyutsu (a healing art similar to acupuncture) on perceived stress in nurses.
- 2) To add to the body of nursing knowledge about alternative therapeutic modalities.

Methodology:

The study sample consisted of 34 nurses recruited from local hospitals. The study instruments consisted of a) a questionnaire rating perceived stress and somatic stress-related symptoms, b) a subjective responses questionnaire asking subjects to describe their reactions to Jin Shin Jyutsu treatment, and c) a follow-up questionnaire asking subjects about changes resulting from treatments, and use of Jin Shin Jyutsu for self-help.

The study utilized a modified cross-over design, wherein subjects were randomly placed in one of two groups. One group received a series of six Jin Shin Jyutsu treatments during the first eight weeks of the study period. The other group (control) received a series of six Jin Shin Jyutsu treatments during the second eight weeks of the study period, after completing the perceived stress/somatic stress questionnaire a second time. All subjects completed a subjective responses questionnaire after receiving the series of six treatments, and the follow-up questionnaire eight weeks after receiving the series of six treatments

Findings:

Quantitative data obtained from the study instrument were analyzed using the Wilcoxon matched-pairs signed rank test. No significant differences were found in the control group after a six week period with no intervention. All groups demonstrated significant decreases in perceived stress scores ($p=.0003$), and somatic stress scores ($p=.0001$) after a series of six Jin Shin Jyutsu treatments.

Data analysis of subjective responses to treatments revealed that 62% of subjects reported feeling more relaxed, 53% reported feeling more centered, calmer, or integrated, 41% reported improved coping/and 18% reported decreased pain or tension.

Conclusions:

This study demonstrates measurable positive responses to Jin Shin Jyutsu treatment, indicating that it may be a valuable nursing intervention for helping clients manage stress and cope with stress-related somatic symptoms

Feb. 14, 1992

Re: Jin Shin Jyutsu Research Project

Dear Research Participant:

Thank you again for participating in this study. At long last the data analysis is complete. Following is a summary of the research project and findings.

The purposes of this study were to a) determine the effects if any, of Jin Shin Jyutsu treatments on perceived stress, and b) to add to the body of nursing knowledge of alternative therapeutic modalities.

The study population consisted of 34 (30 female and 4 male), currently working 20 or more hours per week. The range of hours worked per week was from less than 25 to 40 or more, with 44% working 30-39 hours per week and 32% working 40 or more hours per week. The study population consisted primarily of acute-care hospital staff nurses (82%) and nurse managers (15%), working in all areas of three local hospitals. The educational level of participants included 2 and 3 year R.N. degrees (44%), B.A. or B.S.N (38%), and M.A. or M.S.N. (18%). Years worked as an R.N. ranged from less than 5 to 20 or more, with 50% having worked 5-14 years, and 35% having worked 15-20 or more years.

Each research participant received 6 Jin Shin Jyutsu treatments over a two month period and completed a questionnaire rating perceived stress three times at two month intervals. The questionnaire consisted of the 10 item Perceived stress Scale (Cohen & Williamson, 1988) and seven questions developed by this researcher assessing somatic stress symptoms. Control was achieved by having half of the participants complete questionnaire two times before receiving any treatments. The questionnaires given after the treatments were completed included open-ended questions assessing subjective responses to Jin Shin Jyutsu treatments.

Paired data (before and after treatment intervention or non-intervention) was analyzed using the Wilcoxon matched-pairs signed-

rank test. Data from open-ended questions was analyzed by looking for recurrent responses.

There was a significant decrease in perceived stress scores after Jin Shin Jyutsu treatments were completed ($p=.01$ in one group of 9, and $p=.03$ in another group of 9). There was a significant decrease in the somatic stress symptoms scores of one group ($p=.01$, $n=9$), but no significant change in the other group ($n=9$). These scores reflect a decrease in perceived stress and/or stress symptoms during the treatment period. There were no significant changes in scores in the participants acting as the control group.

The responses from the open-ended question after the treatments were completed were categorized as follows:

<u>Response</u>	<u>Percentage of total (n=34)</u>
Relaxation	61.8%
Calm/centered/integrated/at peace	52.9%
Improved sense of coping	41.2%
Decreased pain or tension	38.2%
Decreased headaches	20.6%
Improved Sleep	14.7%
Increased Awareness	14.7%
Feel more in control	11.7%
Increased mental alertness	9%
Improved sense of well-being	9%

One participant reported a headache after the first two treatments. Two participants reported temporary soreness after a treatment, and two participants reported temporary fatigue after the first few treatments.

Although the study sample was assumed to be generally healthy, 29% reported bone/joint pain and 32% reported muscle injury on the initial health assessment questionnaire. Of those with bone/joint pain, 50% reported a decrease in pain after the 6 Jin Shin Jyutsu treatments.

Of those reporting muscle injury, 55% reported a decrease in pain after the treatments.

Other miscellaneous responses include: decrease in stomach problems; toes straightened out; decrease in sensorium changes in foot; weight loss; felt taller; emotionally releasing; decrease in P.M.S. symptoms; improved ability to express self; a more positive attitude; decrease medication use.

The data obtained in this study support the hypothesis that Jin Shin Jyutsu treatments decrease perceived stress as measured by the Perceived Stress Scale. Additionally, this study provided rich data about the subjective responses to Jin Shin Jyutsu treatments, and provides data upon which to formulate further research questions regarding the effects of Jin Shin Jyutsu.

Your participation in this study has been greatly appreciated. I and Rose sincerely enjoyed the opportunity to work with you all. If you have any questions about this study, or about Jin Shin Jyutsu, please contact the researcher, Donna Lamke, at (707) 795-1063. Thanks again.

Sincerely,

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