ABSTRACT

In the present study the researcher has attempted to see how effective are five sessions of biofeedback in reducing the anxiety levels and stress degrees among cancer patents and their care givers. In this process, the research work had two treatment groups one comprising the cancer patients and the other the caregivers of cancer patients. The single group pretest-posttest design was used to study the effect of biofeedback on the cancer patients. While, it was attempted to study how biofeedback could be of any use to the caregivers of cancer patients of two stages, by comparing the effectiveness using the two group experimental - control group design on them.

The populations comprised cancer patients of two stages, i.e., stage two and stage three of cancer condition, and their caregivers who were attended Bharat Cancer Hospital located at Mysore, irrespective of whether the patients belonged to Mysore or not, they were studied as patients of Mysore Hospital. There were 20 cancer patients of stage II and 20 cancer patients of stage III. As regards their care givers, there were two groups based on the level of their cancer patients as level II and level III caregivers, who were further divided as experimental and control groups. It means there was one experimental and one control group of caregivers of cancer patients of stage II and stage III with 10 in number in each cell. In total there were 80 subjects comprising 40 cancer patients and 40 primary caregivers of those very cancer patients comprised the total sample of the study.

The researcher has used GSR Biofeedback equipment, Taylor’s Manifest Anxiety Scale, Perceived Stress Scale and Personal and Clinical data sheet. The collected data were treated with descriptive statistics to describe the scores in the pre and post intervention phases. Apart from that different inferential statistics were also used. The following were found in the present study.

a. As regards anxiety, the stage two and stage three cancer patients experienced high anxiety. The same was seen when they were studied separately for male and female cancer patients. Comparatively, level three cancer patients were more severely anxious than stage two cancer patients.
b. As regards the stress degrees, the stage two and stage three cancer patients experienced severe stress degree. The same was seen when they were studied separately for male and female cancer patients. Comparatively, level three cancer patients were more severely stressed than stage two cancer patients.

c. As regards anxiety, the stage two and stage three caregivers of cancer patients experienced high anxiety.

d. As regards the stress degrees, the stage two and stage three caregivers of cancer patients experienced severe stress degree.

e. As regards anxiety, both the stage two and stage three cancer patients were at High level and after the intervention, they moved to moderate level. These differences were statistically significant. Therefore, Biofeedback as an intervention has been successful in reducing the anxiety levels among cancer patients.

f. As regards stress degree, both the stage two and stage three cancer patients were at Severe degree and after the intervention, they reached normal degree. In both the situations, these differences were statistically significant. Therefore, Biofeedback as an intervention has been successful in reducing the stress degree among cancer patients.

g. As regards anxiety levels, both the stage two and stage three caregivers of cancer patients were at High level and after the intervention, they moved to moderate level. These differences were statistically significant. Therefore, Biofeedback as an intervention has been successful in reducing the anxiety levels among caregivers of cancer patients.

h. As regards stress degree, both the stage two and stage three caregivers of cancer patients were at severe degree and after the intervention, stage two cancer patients reached no stress degree, while stage three cancer patients moved from severe to mild degree. In both the situations, these differences were statistically significant. Therefore, Biofeedback as an intervention has been successful in reducing the stress degree among caregivers of cancer patients.

i. As regards anxiety levels, the biofeedback didn’t have differential impact on male and female cancer patients.

j. As regards stress degrees, the biofeedback didn’t have differential impact on male and female cancer patients.

k. As regards Anxiety Levels, biofeedback has not differentially impacted male or female caregivers of cancer patients.
l. As regards Stress degree, biofeedback has differentially impacted male and female caregivers of cancer patients in favour of female caregivers. Hence, female caregivers of cancer patients benefit the most from the biofeedback in reducing their stress degrees.

m. As regards the anxiety levels, the cancer patients who are educated at different levels did not differ significantly on the effect of biofeedback.

n. As regards the stress degrees, the cancer patients who are educated at different levels did not differ significantly on the effect of biofeedback.

o. As regards the Anxiety Levels, biofeedback has not differentially impacted the cancer patients who have undergone different number of surgeries. Hence, biofeedback in relation to anxiety and number of surgeries are disjointed variables.

p. As regards the Stress degrees, biofeedback has not differentially impacted the cancer patients who have undergone different number of surgeries. Hence, biofeedback in relation to stress and number of surgeries are disjointed variables.

q. As regards the Anxiety Levels, biofeedback has not differentially impacted cancer patients who have undergone different cycles of chemotherapy. Therefore, biofeedback in relation to anxiety has nothing to do with chemotherapy background.

r. As regards the Stress Degree, biofeedback has not differentially impacted cancer patients who have undergone different cycles of chemotherapy. Therefore, biofeedback in relation to stress has nothing to do with chemotherapy background.

Thus, it has succeeded in establishing the fact that five days of continued intervention of biofeedback is capable of bringing about significant change in the reducing anxiety levels and stress degrees among cancer patients and their caregivers.