The Plan of the study

“Purposeful action is the goal of all that is truly educative.” - Dewey (1935)
Today human life is generally being affected by the social environment, particularly extra organizational changes, the family, relocation, economic and financial condition, race and class and residential or community condition. In everyday life we are subjected to a wide range of pressures (mental, physical, social etc.) we also have a wide range of resources and strategies for coping-up with these pressures. Sometimes we cope-up well from the pressure and don’t feel any adverse effect upon us. But sometimes we may feel difficulty in dealing with the situation and at that time we may need some therapeutic administration.

There are several types of disorders or disturbed behaviors which cause a variety of abnormalities in mental health e.g. Psychological dysfunction, resulting from injury to the nervous system; emotional problems resulting in somatic diseases; forms of delinquency and social deviance (alcoholism, drug addiction, criminality etc.); psychosocial problems (e.g. maladjustments in family or society, immaturity reactions etc.), which plague so many peoples. Everyone, whether rich, famous or poor, has worries and fear. Today clinicians are concerned with all sorts of disturbed behaviors, their severity and duration. At one end there are deranged people called insane, mad or lunatic and in modern terminology are as psychotics. At the other end there are unhappy people, unable to cope effectively with life demands; limited in their ability to love, work or find meaning in their lives, either over extended periods or in brief, stress related episodes. Several anxiety disorders lead to the onset of biological or neurochemical imbalances in a patient, which require drug treatment. On the other hand, if these disorders are diagnosed in an early stage they may be treated by cognitive restructuring, relaxation therapies etc although these therapies would also be required during drug-
treatment. These therapies cause body relaxation and improve the cognition of the patient/client. Different psychotherapies have been applied on the patients, having different types of anxiety disorders. Therefore there is a pressing need to investigate a particular psychotherapy which may cope up the patient in a most effective way.

Therefore present study was undertaken to compare the effect of JPMRT, YN and CRT on different anxiety disorders and the therapy for a particular anxiety disorder was investigated. The directional hypothesis for this study was that, there will be significant difference between Yoga nidra, Cognitive Restructuring & JPMRT on different anxiety disorders. Seven types of disorders were considered and for each disorder 3 sub hypotheses were made related to three types of therapies.

For the collection of data, structured interview, sign and symptoms, categorization of different anxiety disorders were administered on the subject with the help of check-list designed according to DSM-IV TR.

In this study control group could not be formed for the comparison with treatment groups. It was due to difficulty in retaining the contacts with the patient, suffering from anxiety disorder because they were involved in some treatment by semi-medico, non-medico professionals and thus were unable to attend the sessions organized in the present study. The methods and procedure are described in the next chapter ‘Research Methods and Procedure’.