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Effectiveness of laughter yoga in reducing anxiety among pre-operative patients for scheduled major surgery

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Introduction: Anxiety is a common problem among pre-operative patients. Several methods or interventions are being applied in order to relieve anxiety. Laughter yoga, however, is a method that has been used to relieve anxiety but has not yet been tested to pre-operative patients. Therefore, this study determined the effectiveness of laughter yoga in reducing anxiety among pre-operative middle-aged patients scheduled for major surgery.

Methods: After Ethics Review Board approval, a quasi-experimental study was conducted among 40 purposely-selected pre-operative patients in two tertiary hospitals. Anxiety level was measured prior to administration of laughter yoga using the State-Trait Anxiety Inventory with a Cronbach alpha of 0.83. After Laughter yoga, anxiety level was then measured again. Gathered data were analyzed in SPSS version 20 using paired and independent t-test and ANCOVA.

Results: After analysis of the data gathered, the results showed that there was a significant decrease in the anxiety level of patients in the experimental group. From an anxiety level of 44.00, the rating went down to 36.85. Meanwhile in the control group, the anxiety level at the pretest at 41.25, went up to 42.50. Laughter yoga was an effective non-pharmacologic intervention for reducing anxiety of pre-operative patients.

Conclusion: It is therefore concluded that laughter yoga causes a significant decrease in the anxiety level of patients.

Biography

Denise Allison Garcia, Camille Garcia and Keanu Raphael Garrido are senior nursing students at the University of Santo Tomas College of Nursing. With the guidance of their advise, Mrs. Crestita B. Tan, PhD, they were able to come up with this study as a requirement for their undergraduate degree.

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