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Comparative effects of aroma essential oil inhalation and music listening on stress response for healthy adult**Jae Kyeum Lee and Myung Haeng Hur**
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Introduction & Aim: Stress is an important issue in modern society and stress control is an important factor in health. Healthy adults are also increasingly exposed to physical, mental and social stress, leading to disease. Long-term stress can lead to increased heart rate, elevated blood pressure, depression and anger. A stress relieving method that is easy to apply for stress relief is needed. Aroma essential oil inhalation is effective for physical and psychological relaxation. Listening to music is effective in alleviating vital signs and stress. The purpose of this research was to observe effects of the inhaled aroma essential oils and music listening on the stress response after subjects was exposed to stress source.

Method: This research is a Randomized Controlled Trial (RCT). The subjects were healthy adults between 20 and 50 years old. We randomly assigned in an experimental group-1, experimental group-2 and a control group. Experiment group-1 provides experimental treatment with 10 minutes of aroma essential oil inhalation, experiment group-2 provides experimental treatment with 10 minutes of music listening and control group provides 10 minutes of taking rest. Because it targets healthy adults, we have increased the stress by providing a 70-dB white noise to the subject and an arithmetic calculation that continually subtracts 17 from the 6,135 number. The pre-test was conducted before and after the stressor is provided and the post-test is conducted every 10 minutes and 30 minutes after the treatment. SPSS Win 22.0 was used for homogeneity test between the three groups. The homogeneity test of the experimental group-1, the experimental group-2 and the control group will be analyzed by X²-test and ANOVA, the ANOVA and the repeated measures of ANOVA will be conducted to test the differences of perceived stress, stress index between the experimental group-1, the experimental group-2 and the control group.

Results: Stress score was significantly different at 30 minutes after essential oil inhalation or music listening among experimental group-1, 2 and control group.

Conclusion: This research found that aroma essential oils inhalation of listening to music was effective in reducing stress scores. Therefore, we encourage you to aroma essential oil inhalation or listen to music to reduce stress in healthy adults.

Biography

Jae Kyeum Lee is a graduate student and is working at the Trauma Center of Eulji University Hospital. He has a working experience in the Trauma ICU and his research interests are stress and hypertension.

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