

EFFECTIVENESS OF MIRROR TRACING TASK ON DISTRESS TOLERANCE AMONG ALCOHOLICS

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ABSTRACT

The study was conducted to evaluate the effectiveness of mirror tracing task on distress tolerance among alcoholics. A Pre-experimental One group pre test and post test design was used. 60 alcoholics admitted in de-addiction ward at Government Rajaji Hospital, Madurai were selected using consecutive sampling technique. The study was conducted in de-addiction ward at Government Rajaji Hospital, Madurai. Pre test was conducted on the first day after obtaining informed consent from all the subjects then mirror tracing task was given for 15-20 minutes –twice a day for 5 Consecutive days (total 10 sessions) for the subjects having mild and moderate level of distress tolerance as measured by the scores on Distress Tolerance Scale. Post test was assessed on 7th day using the same tool. The findings reveal that the post-test practice score of 53.54 was significantly higher than the mean pre-test practice score 41.39 as evident from the “t” value at 0.05 level of significance. The study concluded that mirror tracing task is cost effective, non invasive, non pharmacological complementary and alternative therapy to enhance the level of distress tolerance among alcoholics.

KEYWORDS: Cost Effective, Non Invasive, Non Pharmacological Complementary and Alternative Therapy