

# Effect of Foot Reflexology on Psychological Wellbeing of Elderly



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## Abstract

Distress is a major reason for visits to primary care practitioners. Health care professionals opine that psychological distress is a major factor for physical and mental discomforts. Foot reflexology in general is found to be more successful treatment course for the management of psychological distress. Therefore a quasi experimental study was used to assess effect of foot reflexology on psychological wellbeing for elderly in selected old age home of Indore. One group pretest posttest research design was adopted. Sample size was 30 elderlies. Randomization was used to select subjects. The investigator used the modified Psychological General Wellbeing Index (Modified PGWBI) to assess the level of psychological wellbeing. Results were analyzed by comparing the differences between pre test scores before foot reflexology and post test scores after 15 days intervention of foot reflexology using the same tool. Study findings showed that the mean score level of psychological wellbeing was 58.3 at pre test which has increased to 60.27 at post test indicating that there was statistically significant difference between pre test and post test of psychological general wellbeing index score at the level  $p \leq 0.001$ . The result confirmed that foot reflexology was effective in enhancing the level of psychological wellbeing for elderly.

**Keywords:** Foot reflexology, Psychological wellbeing, elderly.

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## Background

Ageing is a biological process and experienced by the mankind in all times. It refers to a sequence of changes across a life span of an individual. Though ageing is a multidimensional process, it is the closing period of the life of an individual. It is a period when people move away from their more desirable period or times of 'usefulness'.

Ageing is toil, some treadmill grinding to a tragic halt as the years pile up. The elderly feel a sense of social isolation because of the disjunction from various bonds viz., work, relationships, and diminish of relatives and friends, mobility of children to far off places for jobs. The situation of the elderly still worsens when there is physical incapacity and financial stringency. (Kumar, 1992)<sup>1</sup>.

Receiving reflexology helps in relaxing the body & mind,

relieves stress & tension, improves the nervous system functions, helps to balance and normalize all body functions, removes congestion and blockages by improving elimination of toxins held within the body alleviates pain and improves life energy. (Barbara Kevin, 2003)<sup>2</sup>.

Reflexology is based on the principle that the foot, divided in reflex zones, is a mirror image of the body. Each reflex zone corresponds to a part of the body. Specific manipulation and pressure of these zones reduces and eliminates blockages in corresponding glands, organs and other parts of the body. (Valerie Vomer, 2003)<sup>3</sup>.

## Need of the Study & Literature Review

Old age puts more wrinkles in our minds than our faces.

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