

Foot Reflexology for The Management of Work Stress

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Received date: July 12, 2024; **Accepted date:** July 30, 2024; **Published date:** August 07, 2024

Citation: Adrian G. Méndez, Dayma M. Clove Basulto, Yanisbel H. Rodríguez, Ydevelia M. Juviel Morell, Luis A.N Gómez, et al, (2024), Behavior of coxarthrosis at the Camilo Cienfuegos Provincial General Hospital of Sancti Spiritus, 2022, *J. General Medicine and Clinical Practice*, 7(13); DOI:10.31579/2639-4162/205

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Abstract

Introduction: Stress represents a health problem due to its impact on the quality of life of the affected individuals and the high degree of disability it leaves in their daily lives.

Objective: Determine the effectiveness of Reflexology for managing work stress. Method: Foot Reflexology is implemented to manage work stress for workers at the Dr. Juan Miguel Martínez Puentes Polyclinic. A retrospective longitudinal descriptive study was carried out for massage in the foot areas of the study sample. The variables studied were: age, sex, occupation of workers, adverse actions, effectiveness of treatment and time for symptoms to disappear.

Results: The largest numbers of patients are included in the age group between 31-40 years, and both sexes were represented with 50%. 56% of the sample had symptoms disappear with Foot Reflexology in 9 sections. 96% of the study sample was effective with the application of Foot Reflexology.

Conclusions: The study sample was characterized in relation to work stress. Of them with a high risk of stress, it decreased with the application of Foot Reflexology, which had good effectiveness with the treatment used.

Kew Words: vocational guidance; imaging; medical radiophysics

Introduction

Stress can be defined as a set of physiological reactions that occur when a person suffers a state of nervous tension, as a result of various situations in the work or personal sphere: overwork, anxiety, traumatic situations that have been experienced, etc. ⁽¹⁾

Work stress is one of the top ten work-related health problems, often a precursor to serious mental health difficulties and an important target for health and mental health promotion and prevention activities, including prevention of suicide. Worker stress is a growing concern worldwide; not only in established economies such as those in Europe or North America, but also in places undergoing rapid industrialization, such as the People's

Republic of China, China (Taiwan Province) or the Republic of Korea. In the UK, mental health problems such as stress, depression and anxiety are the second largest cause of days lost due to work-related illness [2].

In Canada's workforce, 31% of workers reported that most days at work are fairly stressful or extremely stressful. Individuals who experience work-related stress are twice as likely to have a psychiatric condition.[3].

63% of workers in Japan reported experiencing stress at work, reflecting a 10% increase over the past 15 years. [4]. In China (Taiwan Province), 8% of men and 7% of women report that they often or always feel very stressed at work, suggesting that there may be a lower level of work stress in these

workers compared to others. In Asian countries, the relationship between work stress and physical and mental health, worker morale, and job satisfaction is similar to that found in Western countries.[5].

In a study in Cuba, it was shown that medical students experience a greater number of symptoms than the general population. According to foreign statistics, the prevalence of stress is up to 64.5% in first-year students of medical university. [6,7].

Alternative and complementary therapies (complementary and alternative) therapies /medicine, CAT or CAM) currently constitute an important part of the interventions developed in health and requested by those seeking to solve a problem, maintain or improve their health and well-being situation. Worldwide, a progressive interest in this type of therapies has emerged over the last decades. In the United States, for example, according to a recent national registry, 36% report having used some type of therapy in the past 12 months.[8]. Furthermore, according to what Robb describes, studies estimate that more than 50% of North Americans participate in some type of TAC, assuming expenses even in the millions because they are not included in health insurance.[9].

Foot Reflexology is the most used; It is a manual therapy based on the existence of reflex zones in the feet that represent all the organs and parts of the body, which can be treated remotely by simply pressing or massaging these points. This alternative healing technique allows you to act on a specific symptom or relieve pain, but also regulate, in depth: the function of a diseased organ, improve body circulation, promote the elimination of waste and toxins and stimulate the body's energy. in order to avoid new imbalances.[10].

Mental health problems represent 8% of the total loss of years of quality of life, such that for people between 15- and 44-years old living in countries with developed economies, neuropsychiatric diseases occupy 12% of the total diseases. The World Health Organization forecasts estimate that by 2020 depression will become the third cause of morbidity next to coronary heart disease and traffic accidents and the first cause of disability. ^(eleven) Between 35.5% and 50.3% of severe cases of mental disorder in developed countries and up to between 76.3% and 85.4% in underdeveloped countries have not received care during the year. prior to the interview. The most prevalent disorders were anxiety, depression and stress disorders, followed by drug use disorders. ^(eleven) The occupational health of workers and workplaces varies substantially according to economic structures, levels of industrialization, state of development, climatic conditions and tradition of occupational health and safety. 20 to 50% of workers may be exposed to occupational hazards in industrialized countries. This percentage can be much higher in developing and newly industrialized countries. Mechanical and physical risks as well as chemical agents are the main problems in industrial manufacturing.[12].

In Cuba, there is currently no doubt that work stress has important consequences at the individual and organizational levels. Bennis has pointed out that a healthy organization is one capable of maintaining adequate contact with its environment and adapting to it, developing and maintaining its sense of identity as an organization by imbuing it in its members, enhancing and maintaining internal integration and establishing defined mission, strategies and development expectations. The deterioration of the quality of work life in a given organization and high levels of stress can have

a negative impact on the contributions that its human resources must make to preserve that healthy state.[12].

At the current level of development of society, work activity is carried out fundamentally in organizations made up of people who associate to achieve certain objectives, this causes the work relationship with the environment in which they are part to be close and multifaceted. On the other hand, one of the basic objectives of the organization is to smooth out the tensions that occur among its members. These tensions can appear both for reasons linked to the tasks performed and to aspects of the multifaceted and complex social life of the organization. the same.[12].

On the other hand, social and technological development itself makes the demands on the organization increasingly more complex, both in terms of meeting its objectives, and its relationship with the environment, and with its members. [12]

Based on the incidence of work stress in the workers of the Dr. Juan Miguel Martínez Puentes Polyclinic in Sancti Spíritus during the period from January to August 2019, the authors carried out this research to know the current state within the workplace. The need to carry out a Foot Reflexological treatment to improve stress management in the community of the Dr. Juan Miguel Martínez Puentes Polyclinic, which will contribute to its recovery and raise the level of quality in the services provided. Therefore, this work aims to determine the effectiveness of Foot Reflexology for managing work stress.

Methods

A retrospective longitudinal descriptive study was carried out at the Juan Manuel Martínez Puentes University Polyclinic in Sancti Spíritus, in the period from January to August 2019. To evaluate the initial and final state of stress in the study sample, the Test of Burnout. [13] The population was represented by the 344 workers of the workplace under study. The study sample included 50 (14.53%) workers from the Dr. Juan Miguel Martínez Puentes Polyclinic who met the selection criteria for the study. The simple random sample technique was used for sample selection.

The variables used in the research were characterization of the workers treated with selected variables: Age group, sex, occupation of the workers, adverse actions, effectiveness of the treatment and time of disappearance of symptoms.

To learn about stress and the benefits of Foot Reflexology, a bibliography search on the subject and updates on the internet was carried out. For the application of Foot Reflexology in the study sample, initially the Burnout Test was performed to know their state of stress, opinion data was collected. To evaluate the results after the application of Foot Reflexology, the Burnout Test was performed again to know their state of stress, and they were informed of their positive evolution with the use of Foot Reflexology.

Informed consent was requested from the subjects within the study without violating the ethical rights of the research. Respecting the anonymity of each participant, the Data collected will only be used for scientific purposes.

Results

In the characterization of the subjects in the study, the most predominant age group was 31-40 years (38%), both sexes were represented by 50% each (Table 1).

age group	No.	%	Male	Female
20 -30	6	12	2	4
31-40	19	38	10	9
41-50	17	3. 4	5	12
51 and over	8	16	8	-
Total	fifty	100	25(50%)	25(50%)

Source: Survey of the study sample

Table 1. Age group and sex

The most prevalent occupation of the subjects in the study was vector hood workers (42%) followed by technologists (22%) (Table 2).

Occupation	No.	%
Doctors	5	10
Nurses	7	14
Technologists	eleven	22
Cleaning assistants	3	6
Vector campaign worker	twenty-one	42
Protection and security	3	6
Total	fifty	100

Source: Survey of the study sample

Table 2. Work occupation of the study subjects

Nausea was the symptom with the most adverse action in 70% and the one with the least prevalence was skin lesions (2%) (Table 3).

Adverse reactions	Study group	
	No.	%
Dizziness	5	10
Gastritis	2	4
Nausea	35	70
skin lesions	1	2
None	7	14
Total	fifty	100

Source: Survey of the study sample

Table 3. Behavior of adverse actions in the study subjects.

In the time of symptoms disappearance in treatment section 9, the subject that prevailed the most (56%) (Table 4).

Disappearance time of symptoms		Study group	
Days	Sections	No.	%
7	3	2	4
14	6	14	28
twenty-one	9	28	56
30	14	6	12
Total		fifty	100

Table 4. Time for symptoms to disappear in the study subjects.

Source: Survey of the study sample

In the application of Reflexology for stress management, 96% of the subjects in the study considered the treatment effective (Table 5).

Treatment effectiveness	Study group	
	No.	%
Cash	48	96
No cash	2	4
Total	fifty	100

Table 5: Effectiveness of the Reflexological treatment

Source: Survey of the study sample

Discussion

In our study, the most predominant age group was 31-40 years old and both sexes were represented by 50% each. The job occupation that most prevailed was the vector campaign workers followed by the technologists in the different services of the work center. Nausea was the symptom with the most adverse action in the subjects and the least prevalent was skin lesions. In the application of Reflexology for the management of work stress, there was

great acceptance by the subjects in the research, they considered the treatment effective. A study was carried out in the state of Miranda, Venezuela, ⁽¹⁴⁾ on reflexology in the treatment of some pathologies, including stress, in patients of the María Madre Berenice Therapy Center, located in the General Rafael Urdaneta Autonomous Municipality of the Bolivarian State of Miranda, during the first semester of 2009, where he showed that of the 384 patients that made up the sample, 55 suffered from stress for 14.32%, of which 47 (85.45 %) had a good recovery. In a comparative study carried out by the World Health Organization ⁽¹¹⁾ in 14 countries in America, Europe,

Africa and Asia between 2001 and 2003, it was shown how the prevalence of mental disorders varied depending on the country between 4, 3% in China to 26.4% in the US.

Conclusion

The study sample was characterized in relation to work stress. Of them with a high risk of stress, it decreased with the application of Foot Reflexology, which had good effectiveness with the treatment used.

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DOI:10.31579/2639-4162/205

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