

INCREASING PSYCHOLOGICAL FLEXIBILITY AND TOLERANCE BY USING MINDFULNESS TECHNIQUES AMONG PERSON WITH MOTOR DISABILITIES (STROKE)

REVIEW BASED ARTICLE

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ABSTRACT

Psychological flexibility is defined as being in contact with the present moment, fully aware of emotions, sensations, and thoughts, welcoming them, including the undesired ones, and moving in a pattern of behavior in the service of chosen values. The study aimed to increase the psychological flexibility and tolerance to the people who affected by stroke (motor disability) the researcher evaluated five review of literature about to increase the psychological flexibility and tolerance by using mindfulness techniques to the motor disability peoples (stroke).

KEYWORDS: Psychological flexibility, tolerance, mindfulness techniques, motor disability (stroke)

1- INTRODUCTION

Psychological flexibility refers to an individual's ability to cope with, accept, and adjust to difficult situations. When experiencing stressful life events psychological flexibility is protective against negative feelings and can promote positive mental health. Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress. Which increase the psychological flexibility of motor disability persons. Psychological flexibility allows us to see things from different perspectives and appreciate another person's point of view. It's what keeps us from getting emotionally stuck and helps us go with the flow of life. All of which not only supports problem-solving but enables us to get along better with others. As a researcher the purpose is to increasing the psychological flexibility and tolerance to the motor disability people by using mindfulness technique.

2- REVIEW OF LITERATURE

INTRODUCTION

1. A literature review is a survey of scholarly source (such as books, journal, articles and thesis, dissertation) related to a specific topic or research question, it is often written as part of a thesis, dissertation, or research paper. Information from the literature that provides a foundation for research and enhanced practice is analyses in terms of the model used, the relevance of the particular opinion or data, and the logic or methods used to examine conclusions. A good literature review doesn't just summarize source It analyses, synthesizes, and critically evaluates to give a clear picture of the state of knowledge on the subject. How mindfulness techniques helps to increase the psychological flexibility of motor disability persons (stroke)

2. Tatiana Ramadi, Diego Bellini and Giuseppe Santos (2019) made a study on psychological flexibility and mindfulness as predictors of individual outcomes in hospital health workers. The present study aimed to investigate how flexibility and mindfulness buffer the relationship between MF both power and decision, relationship at work, intrinsic factors and psychological and physical in this study the researchers interviewed 432 employees from a Sicilian hospital of the National Health System, on a voluntary basis. All data were managed according to the EU General Data Protection Regulation (GDPR). The Internal Review Board (IRB) of the Faculty of Human and Social Science at the “kore” University of Anna approved the present research employees who show psychological flexibility, are more likely to show greater openness to the acceptance of setbacks in the working environment and to carry on their valued living and working path. This seems to correlate positively on individual wellbeing.
MAAS- Mindfulness attention awareness scale.
3. Gabriel A.B. Marais Sophie lanthanum Robin faculty and Rebecca Shank land (2020) conducted a study on mindfulness- Based programs impulses. Psychological flexibility, mental health, will-Being, and Time management in Academics. Baseline data should that before the program intervention and control groups’ wave not identical in terms of mean. Psychological flexibility. DASS (Depression Anxiety Scale Score)-21 scores, well-being index and OTUI. The intervention group had significantly use psychological flexibility, well-being, and optimal time use than the control group anxiety and depression were marginally higher and self-congruent time, and Roberta use marginally lower in the intervention group first tended to have a lower level of mental health and optimal functioning. Psychological flexibility and time management. This study indicated that mindfulness based programs may offer interesting perceptive to improve mental health and efficient use of time in academics.
4. Laura .Silberstein, Dennis torch and Robert I. leachy (2012) attempted a study on mindfulness psychological flexibility and emotional schemas mindfulness attention awareness scale (MAAS) the MAAS (brown and Ryan 2003) is a a15-item and acceptance and action questionnaire-2 (AAQ-2): the AAQ-2 (bond et al 2011) is 10 items self report scale designed to asses psychological flexibility in large population based studies learly emotional schema (LESS). The less (leahy,2002) is 50-item self report measure that asks participants to rate one 1-6 point liker t-type scale (1= very untrue of me), statements regarding how they have dealt the monographic data. Far this study ,including ,age and gender of the sample was reported by 83 of the 107 subject .the average age of those 83 participant was 36 years, 52 of whom were female (48.6%) and 32 male (29%) seventy four participants reported their martial status 39 single (36.4%) 26 married (20.3%) 3 divorced (2.8%) and cohabitating(5.6%) the current study provides evidence for the relationship between mindfulness and adaptive emotional responding as well as overall psychological flexibility.
5. Akihiko Masuda and Erin Cutely (2012) examined a study on the role of mindfulness and psychological flexibility somatization, depression, anxiety, and general psychological distress in a nonclinical college sample 684 participants were selected based on web (n female =501:73% female) completed a survey containing several instrument with amen of completion time for the survey of approximately 32 minutes (SD=15.75) this study indicated that mindfulness based programs may offer interesting perspectives to improve mental health and efficient use of time in academics further work is needed to understand precisely how mindfulness training can improve time management complementary mindfulness –based interventions are also developing in various settings ,including university ,settings, based on informal mindfulness practices ,in order to be more accessible to academics who may find it too difficult to engage in 45 min practice six days per week and will not engage in such a program.
6. Amino koala, Joana Motta, Raito Iappalainen march 2018 made a study on changes in mindfulness facets and psychological flexibility associated with changes in depressive symptoms in a brief acceptance and value based intervention: an exploratory study increased knowledge of the type of skills training that is beneficial for production long term changes in depressive symptoms might help in the development of more effective brief interventions. this study aims to explore wither changes in depressive symptoms (BDI) both immediately and 5 years after a brief 4-session intervention based on the psychological flexibility model .the data was subpopulation of 33 participants who received 4 –session act –based treatment provided by student therapists .the measure were taken at pre-intervention post-intervention and 5 year follow up points in time. Acting with awareness and accepting without judgment as well as higher observing were associated with higher depressive symptoms at the pre–intervention. Changes in the levels of the accepting without judgment subscale during the treatment and paired combinations of different Kims subscales were positively related to changes in depression. however, accepting without judgment seemed to be important as

was the only facet related to long-term changes in depression either on its own or paired with other facets .emphasis on strengthening the ability to accept experiences in an accepting and nonjudgmental way should be taken in account when developing and administrating brief ACT-based interventions.

3. METHOD

The present researcher made on attempt to review the past studies related to increasing psychological flexibility and tolerance by using mindfulness technique among motor disabilities (stroke) during the period 2012, 2020.

Data:

Secondary data source was used

Objective

To get an idea about the role of mindfulness an improving psychological flexibility and tolerance

4. CONCLUSION

The study indicates that researcher increases the psychological flexibility and tolerance to the motor disability peoples by using mindfulness techniques. The psychological flexibility is the most important aspect for every person's life However, "Mindfulness is the psychological process of bringing one's attention to the internal and external experiences occurring in the present moment, which can be developed through the practice of meditation and other training. From the past studies the researcher conducted that mindfulness technique helps to increases the psychological flexibility and tolerance of motor disability groups

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