

“Not Just a Theory:” The Relationship between Jin Shin Jyutsu® Self Care Training for Nurses and Stress, Physical Health, Emotional Health and Caring Efficacy

Abstract

Purpose: The purpose of this study was to evaluate the effect of training nurses in Jin Shin Jyutsu® Self Care methods and to correlate the training with measurement of personal and organizational stress and perceptions of their caring efficacy for patients.

Design: A quasi-experimental, pretest, posttest, and 30-40 day posttest design was used.

Method: 20 participants received 3 two-hour Jin Shin Jyutsu self-care training sessions over a one month period and agreed to practice the self-care daily. The study instruments were completed before the first training, after the last training, and one month after the trainings had been completed.

Findings: Analysis of data from the Personal and Organizational Quality Assessment-Revised (POQA-R) by paired t tests showed significant increases in positive outlook, gratitude, motivation, calmness, and communication effectiveness, and significant decreases in anger, resentment, depression, stress symptoms, time pressure, and morale issues. Nurses reported less muscle aches, sleeplessness and headaches. Analysis of the Coates Caring Efficacy Scale measures showed statistically significant increases in nurses' caring efficacy in areas of serenity in giving care, tuning in to patient, relating to patient, providing culturally congruent care, individualization of patient care, ability to decrease stressful situations, planning for multiple needs, and creativity in care.

Conclusions: This small study suggests that Jin Shin Jyutsu self-care may be a valuable tool for nurses, to decrease stress, both emotional and physical, and increase caring efficacy.