

The Effect of Qi Massage on Physiological–Psychological State for Hypertension

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This is a quasi-experimental study with a synchronized non-equivalent control group pre-and post-test design. It was aimed to verify the effect of physio-psychological status. It was attempted to provide Qi massage Program (here in after), self-developed by its researcher, as independent complementary intervention to the hypertension persons.

Qi massage Program for hypertension persons specially designed by the researcher of this study takes about 25 minutes per 1 trial, and it is consisted of 3 steps at sitting position. (1) For warm-up, Qi breathing were pre-executed for 5 minutes. Qi massage Program consisted of 3 regions: (1) Qi massage Program was practiced from cervical to thoracic region by spiral for 10 minutes (2) same method of practice on right lateral neck region for 5 minutes (3) same method of practice on left lateral neck region for 5 minutes. And then for the completion phase, Qi breathing were executed for 1 minutes.

Volunteered 28 persons after their blood pressure checking were selected for the study cohorts. 15 patients agreed to practice Qi massage Program belonged to the experimental group, and 13 participants didn't practice Qi massage Program were assigned as a control group. A questionnaire, physiological-psychological of research subjects were recorded before the Qi massage Program. Qi massage Program (2 time/week at Health center) booklet and a CD, developed by its researcher were given to the experimental group. The post-test was also carried out the same when the program was over. However, data from the control group were collected 8 weeks later without any intervention of the program.

The results of this study were summarized as the follows:

1. There was no significant difference from homogeneity testing on general characteristics and dependent variables except economic status between the experimental and control group.
2. The first hypothesis appears to be more physiologically challenging to the experimental group than to the control group. systolic & diastolic pressure ($p=.001$) were statistically significant difference as a consequence. But Total cholesterol ($p=.896$) was not statistically significant difference.
3. The second hypothesis, the score of stress in the experimental group would be lower than the control group was supported by the statistically significant difference($p<.05$).
4. The third hypothesis, the score of quality of life in the experimental group would be higher than the control group was supported by the statistically significant differences($p<.001$).

As the results indicate, the effect of Qi massage Program decreased both the systolic & diastolic pressure and the stress of hypertension persons. It is also shown that the physiological states, total cholesterol It iss were reduced but Total cholesterol ($p=.896$) was not statistically significant difference. At the same time, the psychological state, the quality of life was improved. In conclusion, the was further enhanced.

Therefore, it is proved that Qi massage Program is an effective complementary intervention for hypertension persons.

keywords: Qi massage Program, hypertension, physiological-psychological state