

**"The Effects of Jin Shin Jyutsu On Perceived Stress In Nurses"**

**Thesis by  
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**Purpose of the Study:**

- 1) To determine the effects, if any, of Jin Shin Jyutsu (a healing art similar to acupuncture) on perceived stress in nurses.
- 2) To add to the body of nursing knowledge about alternative therapeutic modalities.

**Methodology:**

The study sample consisted of 34 nurses recruited from local hospitals. The study instruments consisted of a) a questionnaire rating perceived stress and somatic stress-related symptoms, b) a subjective responses questionnaire asking subjects to describe their reactions to Jin Shin Jyutsu treatment, and c) a follow-up questionnaire asking subjects about changes resulting from treatments, and use of Jin Shin Jyutsu for self-help. The study utilized a modified cross-over design, wherein subjects

were randomly placed in one of two groups. One group received a series of six Jin Shin Jyutsu treatments during the first eight weeks of the study period. The other group (control) received a series of six Jin Shin Jyutsu treatments during the second eight weeks of the study period, after completing the perceived stress/somatic stress questionnaire a second time. All subjects completed a subjective responses questionnaire after receiving the series of six treatments, and the follow-up questionnaire eight weeks after receiving the series of six treatments

**Findings:**

Quantitative data obtained from the study instrument were analyzed using the Wilcoxon matched-pairs signed rank test. No significant differences were found in the control group after a six week period with no intervention. All groups demonstrated significant decreases in perceived stress scores ( $p=.0003$ ), and somatic stress scores ( $p=.0001$ ) after a series of six Jin Shin Jyutsu treatments. Data analysis of subjective responses to treatments revealed that 62% of

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subjects reported feeling more relaxed, 53% reported feeling more centered, calmer, or integrated, 41% reported improved coping/and 18% reported decreased pain or tension.

### **Conclusions:**

This study demonstrates measurable positive responses to Jin Shin Jyutsu treatment, indicating that it may be a valuable nursing intervention for helping clients manage stress and cope with stress-related somatic symptoms...

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