



## INFLUENCE OF MASSAGE THERAPY ON MENTAL HEALTH OF STAFF OF PRINCE ABUBAKAR AUDU UNIVERSITY, ANYIGBA KOGI STATE

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### ABSTRACT

This research work was designed to examine the influence of massage therapy on mental health of staff of Prince Abubakar Audu University, Anyigba Kogi State. One research question and hypothesis were tested for in this study. The study adopts a descriptive research design, the population of the study comprised of all staff in Prince Abubakar Audu University, Anyigba Kogi State. A sample of one hundred staff in Prince Abubakar Audu University, Anyigba Kogi State were selected from five (5) selected faculties. The instrument used for the study was a structured questionnaire that was validated by experts in the department of Human kinetics and Health Education of Prince Abubakar Audu University, Anyigba Kogi State. The test-retest method was used to established the reliability of the instrument using Pearson Product Moment Correlation coefficient of .72 was obtained. Inferential statistics of chi-square was used to test the hypothesis at 0.05 alpha level of significance. The findings revealed that massage therapy has effects on the mental health of staff of Prince Abubakar Audu University, Anyigba Kogi State. The study recommended that licensed massage therapists should be consulted by the staff whenever they are having mental health challenges and that massage therapist should help in the treatment of the mental and emotional wellness of staff through the use of various styles for proper and functional body health.

**Keywords:** Massage therapy, Mental Health, Staff, University

### Introduction

Massage, a therapeutic modality used by man since early civilization, is the most natural and instinctive mean of relieving pain and discomfort. The Chinese are believed to have practiced the techniques of massage as early as 3000 B.C., with the utilization of *anmo*, a technique developed over many years of experience in finding the points on the body where various movements such as rubbing, pressing, and manipulations were most effective. These concepts spread to the Romans and Celsus, a practicing physician from 42-37 B.C. that recommended rubbing the muscles to strengthen, improve sluggish circulation, and to reduce edema. Since the time of ancient Greece, massage and sport have co-existed. Techniques spread and were very popular for centuries; however, as the Roman Empire declined, there was also a decline in the utilization of baths and massage for health.

The Renaissance (1450-1600) brought about a rebirth in healing arts, in which significant strides were made in the development of new techniques throughout this time. Massage therapy developed into a very common therapeutic modality employed in the treatment of athletic injuries and ailments, as well as in the prevention of such pathologies. Utilized in some form for hundreds of years, massage is one of the oldest and most common treatments of medical ailments. Believed to increase blood flow, decrease swelling, reduce muscle tension and neurological excitability, and increase a sense of well-being, massage has become a highly used manual therapy across the world.

Massage was introduced in the United States in 1858 by Charles Fayette Taylor, known then as The Swedish Movement Cure (Rebecca, 2010).

Massage therapy is one of the oldest forms of treatment that nowadays is popular as part of complementary and drug-free approaches. For thousands of years in all over the world, massage has been used for relaxation and smooth's the mood (Seyed, 2015). Massage has been defined as a systematic form of touching the soft tissues with palm and fingers for the purpose of promoting health and well-being (Moyer and et al., 2004). Massage therapy cause the stimulus of central nerve system and decrease the heartbeat and respiration and therefore reason the calmness feel. Massage is a general term of rubbing the skin and body muscles. During a massage session, therapist will apply gentle or strong force to the muscles and joints of the body to relieve pain and stress (Edzard, 2015).

### **Massage and Mental Health**

Massage therapy promotes psychosocial relaxation and reduce stress. In addition, this therapy has been reported to improve immune function. Massage therapies have been reported to produce beneficial physiological effects such as vasodilatation, an increase in skin temperature, body relaxation(Field, 2011). In addition, massage also has been proposed to promote psychosocial relaxation and reduce stress. Sedergreen (2015), reveals that massage is a successful healing for reducing stress, pain and muscle strain. Massage may also be helpful for anxiety, digestive disorders, headaches, insomnia related to stress, soft tissue strains or injuries, sports injuries and temporary joint pain.

Several benefits of massage have been associated with massage therapy. They include enhance performance of athletes strengthens immune system, increases blood circulation, reduces muscles and joint pain, improves posture and rehabilitation process (Gregory, 2018). Study by Appelle (2012), on emotional benefit of massage therapy established that massage therapy eases tension from joints and muscles calms anxiety disorders, reduces fatigue and improved sleep. Research studies have shown that office workers who receives regular massage are more alert and perform better at their job tasks than those who do not (Man, 2017).

According to Jurch (2010) massage has numerous benefits and every system of the body may be affected. The effects of massage therapy fall into one of three categories: physical, psychological, and mental (Jurch, 2010). Massage is widely used by the people for a variety of purposes such as injury prevention, recovery from fatigue, relaxation, and to increase performance (Hemmings, 2001). According to Hemming (2001) the effects from massage are foremost mental rather than physiological way of recovery.

### **Forms of Massage Therapy**

There are many different forms of massage therapy (more than 80 type) with diverse settings that used by different groups in various occupations (Brownlee and Dattilo, 2002). According to the American Massage Therapy Association in 2018, approximately 19% of American had some form of massage they choose from among many massage styles to get relief from symptoms or to heal injuries to help with certain health conditions and to promote overall wellness.

Smith (2016) stated that there are different types of massage therapy that serve different purposes. The most common massage, therapy types are:

- i. Deep tissues massage therapy- help to get rid of chronic muscle stress

- ii. Hot stone massage – during hot stone massage, smooth and heated stone are placed on different parts of body to calm muscles tissues.
- iii. Thai massage- It is all about body contact between the therapist and the receiver. It increases flexibility and range of movement. Calms the nerves system and promote a deep sense of relaxation

Tigger point Massage: This kind of massage is a body work procedure that involves the submission of pressure to tender muscle tissue in order to reduce pain and dysfunction in other parts of the body. One forms of massage is Sports massage, that now is popular, is based on 12 principle body postures that form all athletic movements. This form of massage can assist to athletes to healing the muscle strains and maintain peak activity in healthy muscles with less risk of injury (Werner, 2005). Sports massage is frequently used in rehabilitation settings and with athletes (Brownlee and Dattilo, 2002).

### **Statement of the Problem**

Some current researches in massage lacks accuracy and reliability. Varied results and methods decrease the ability to determine if massage truly has an effect on mental health. Many claims are made about massage, but few have empirical data to back them up, and with that little data there tends to point more to the limitations of massage than to any significant effects. However, more researches with standardized massage routines and outcome assessments are needed to determine if massage has the therapeutic, mental, or psychological effects currently believed to be elicited by massage.

Contemporary medicine applies biomedical sciences, and medical technology to diagnostic, treat and prevent injury and disease, typically through pharmaceuticals or surgery, but also through therapies as diverse as psychotherapy, external splints, medical devices and ionizing radiation (Hong, 2013) Many are unclear as to whether there are many proven benefits from massage therapy and have little knowledge as to the specific indications for this treatment. In light of this, the researcher was interested to find out the perception of staff about massage therapy on the mental health in Prince Abubakar Audu University, Anyigba Kogi State.

### **Purpose of the Study**

The purpose of the study was to determine the perception of staff on the influence of massage therapy on the mental health in Prince Abubakar Audu University, Anyigba Kogi State. Specifically, the study sought to find out whether or not massage therapy affects mental health of staff in Prince Abubakar Audu University, Anyigba Kogi State.

### **Research Question**

1. Will massage therapy influence the mental health of staff in Prince Abubakar Audu University, Anyigba Kogi State?

### **Research Hypothesis**

The hypothesis tested for this study was:

1. Massage therapy will not significantly influence the mental health of staff in Prince Abubakar Audu University, Anyigba Kogi State.

## Materials and Methods

Descriptive research survey was used for the study. The research population comprised of all the staff of Prince Abubakar Audu University, Anyigba Kogi State. There are Eight (08) faculties in Prince Abubakar Audu University, Anyigba Kogi state namely Education, Health, Management, Agriculture, Science, Social science, Arts and Humanities and Law. Based on this, five faculties with higher number of staff were purposively selected for the study. Simple random sampling technique was used to select twenty (20) staff from each of the selected faculties which made up of hundred (100) staff that participated in the study.

The instrument used for the study was structured questionnaire that was validated by experts in the department of Human Kinetics and Health Education Faculty of Education, Prince Abubakar Audu University, Anyigba. Test-retest method was used to establish the reliability of the instrument based on the data collected using Pearson Product Moment Correlation co-efficient. The result indicated a reliability coefficient of 0.72. Inferential statistics of chi-square, was used to test the hypothesis at 0.05 alpha level of significance.

## Results

**Table 1:** Chi-square analysis of influence of massage therapy on the mental health of staff of Prince Abubakar Audu University, Anyigba Kogi State

Variable	N	Cal. Value $X^2$	Crit. Val. $X^2$	df	Decision
Massage therapy on mental health	100	69.120	7.82	3	$H_0$ rejected

Table 1 revealed the chi-square analysis of hypothesis two which stated that massage therapy has no significant influence on the Prince Abubakar Audu University, Anyigba Kogi State. The table showed that the calculated chi-square value of 69.120 was greater than the table value of 7.82 at 0.05 alpha value. Since the calculated value is greater than the table value, null hypothesis two was thus rejected, this means that massage therapy has significant influence on the Prince Abubakar Audu University, Anyigba Kogi State.

## Discussion of finding

This study revealed that massage therapy has significant influence on the mental health of staff of Prince Abubakar Audu University, Anyigba Kogi State. The result of this study agreed with the submission of Sedergreen (2015) that massage is a successful therapy for reducing stress, pain and muscle strain and that massage may also be helpful for the treatment of anxiety, digestive disorders, headaches, insomnia related to stress, soft tissue strains or injuries and temporary joint pain. In the same vein, this finding is in line with the submission of Appelle (2012) on emotional benefits of massage therapy that massage eases tension from joints and muscles fatigue and improve sleep.

## Conclusions

In line with the results obtained from this study, this study therefore, conclude that massage therapy which include the use of deep tissue massage, hot stone massage, thai massage, tigger point massage among other types of massage has benefits on the health of staff of Prince Abubakar Audu University, Anyigba of Kogi State.



## Recommendation

In accordance with the conclusion of this study, it was concluded that since there are many mental health challenges affecting the staff of Prince Abubakar Audu University, Anyigba Kogi State. It is therefore recommended that health counseling about the use of massage therapy should be provided by health educators to address such problems among staff of Prince Abubakar Audu University, Anyigba, Kogi State. The massage therapist should help in the treatment of mental problems of staff through the use of various styles for proper mental health functioning of the body.

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