

The Effect of Benson's Relaxation on Quality of Life and Fatigue among Patients with Heart Failure

تأثير استرخاء بنسون على نوعية الحياة والاعياء لدى مرضى قصور القلب

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ABSTRACT

Background: Heart failure is one of the most common cardiovascular diseases, and it is a major and growing public health problem worldwide. Heart failure is increasing at an alarming rate and is considered a global pandemic, as it has affected all parts of the world in recent years. Fatigue and poor quality of life are among are common in patients with heart failure. Benson Relaxation is a non-pharmacological, inexpensive, and easy-to-learn intervention to improve quality of life and reduce fatigue.

Objective: The major purpose of this study is to evaluate the effect of Benson relaxation on the quality of life and fatigue among patients with heart failure.

Methods: A quasi-experimental pre-and post-design study was used with a consecutive sample of 200 participants with a confirmed diagnosis of heart failure. It included two groups of patients diagnosed with heart failure: the intervention group and the control group. Data were collected from four hospitals in Jordan between the 7th of July 2021 and the 9th of September 2021.

Results: Results showed a significant increase in the total quality of life score after intervention (before the intervention: $M=30.80$, $SD=5.97$; after the intervention: $M=54.29$, $SD=7.15$) with p-value 0.000. Also, results show a significant decrease in fatigue score after the intervention (before the intervention: $M=5.56$, $SD=0.46$; after the intervention: $M=3.17$, $SD=0.57$) with p-value 0.000. There was no significant difference in QoL and fatigue levels before and after eight weeks without intervention in the control group; p-value more than 0.05.

Conclusion: Benson relaxation has a positive effect in reducing fatigue and improving the quality of life among patients with heart failure. It is recommended that healthcare providers use Benson relaxation among patients with heart failure who have high levels of fatigue and poor quality of life and include this in the treatment protocols.

Keywords: "fatigue", "quality of life", "heart failure", and "Benson relaxation technique".