

Psychological Problems of Neurology and Spinal Cord Injury Disorders Decrease through Psychological Therapies and Meditation and Yoga

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ABSTRACT

The present study aims to investigate the decrease psychological problems of neurology and spinal cord injury disorders through psychological therapies and meditation and yoga. Psychological therapies and meditation and yoga signify to eliminate or control troubling symptoms of neurology and spinal cord injury disorders so the patient can function better. The Visakhapatnam city has taken as the study area, and a sample of 100 persons with recently acquired spinal cord injury disorders covered (one also is my father) (50 males 50 females, ages 45 to 60years) from King George hospital, Andhra Pradesh, India. The data collected by Bach, et al., depression inventory (1961), Spielberger, et al., state and trait anxiety inventory (1983) and State University of New York, functional independence measure (1997), EB Foa's Post-traumatic stress diagnostic scale (1995): used to measure used to treat a wide variety of psychological disorders and emotional difficulties. Data collected procedure with SPSS software to find out the results. Psychological therapies meditation and yoga can also help build a sense of well-being and healing coping with daily life, the impact of trauma, physical illness and like the death of a loved one, and specific mental disorders, like depression or anxiety and post-traumatic stress disorders. Psychiatrists, psychologists and other mental health professionals can provide psychological therapies.

Keywords: Neurology, Spinal cord injury disorders, Psychological problems, Depression, Anxiety, Post-traumatic stress, Functional independence measure, Psychological therapies, Meditation and yoga

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