To alleviate the mental stress of the hospital staff by the use of Morita therapy

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Abstract
China is a populous country, it is well known that there are many people who need treatment. The majority of patients are looking forward to big hospitals of urban to accept treatments. As the number of patients is increasing, the load of medical workers is more and more heavy. It is hard-won for medical workers to have a long holiday, because it will take a huge burden to colleagues. So to alleviate the mental stress has become a urgent affair instead of a long holiday. The Morita therapy is a kind of behavioral treatment which comes from Japan. It is valuable to consider whether this kind of treatment is useful for medical workers. We begin our research towards the direction of alleviating the mental stress of the hospital staff.
As the core of the Morita therapy, it is important to understand the meaning of letting nature taking its course. It is impossible to alleviate the tension and reduce the incidence rate of obsessive compulsive disorder even if doing a lot of works. We advance our research based on this opinion.

The fear in the obsessive concept is a difficulty in the Morita therapy. We want to provide a relaxing circumstance for patients to help them relax themselves. Thus we consider that it is impossible to help them relax by the use of music.

Not all the music is available for one person. People have found that the treatment effect is related to the frequency of music. For example: some people hold the idea that listening to high frequency music does not have a good effect on people who are deeply mired in depression. However, letting them listen to the appropriate music has the effect of adjusting heart.

Objective: to introduce the “letting nature taking its course” which is the core idea of the Morita therapy. In order to alleviate the mental stress of medical workers in big hospitals.

Object and method

Object: we choose two of the biggest hospitals in Tianjin and take medical workers as the respondents. Firstly we organize a sub-health questionnaire investigation. Then implementing the Morita therapy lectures and music decompression lectures alternately. The number of people who accept the investigation are totally 4000.
Method: we organize a sub-health investigation in the form of questionnaire. The basic problems are as follows:

1. Recently whether you feel tired and no spirit, you are not interested in everything.
2. Recently you often feel panic. You have a state of mind that the disaster is coming.
3. You feel painful in your back which is a kind of muscle pain. The pain wanders in your back.
4. You have a feeling that everyday is dim and have a feeling of oppressive everyday.
5. You have a feeling that your heart beat fast and have a sluggish breath.
6. Your body feels tired and your brain becomes dull after an hour work.
7. You do not want to communicate with your colleagues, boss and want to escape from them.
8. You can not see the value of work. On the contrary, you can only see the burden of work.
9. Your sleep quality is bad. You often feel tired even if you get up in the morning.
10. Your work efficiency is low and your boss are not satisfied with you.
11. You do not have a good appetite. You do not taste good even if the food is very delicious.
12. You always feel your body tired and want to have a holiday. However, you can not recover even if you have a rest.
13. Your weight is loss and often have a black rim on the eyes. your chin is outstanding.
14. You always feel difficult even if you
are accustomed to your work. You often feel incredible to your own feeling of insecurity.

15. You are not keen on contacting with friends and do not communicate with your friends for a long time.

16. You often loss hair when you get up in the morning.

17. You have a nasty temper and often have an expression of anger.

18. Your hands and feet are often cold.

19. You often forget something which you have considered yesterday. This kind of situation often happened recently.

20. You often have no confidence in your abilities and do not have the courage to challenge the new difficulties. You feel envy and jealous when you see the success of others.

21. You can not keep up with the pace of ages as the society develops so fast. You often feel that you have been abandoned by society.

22. Your libido losses and are not enthusiastic in your love of your spouse. You have no confidence in your sexual ability.

23. You often feel lonely and chest congestion. There are no people whom you can pour out.

24. You feel that yourself is very poor and often want someone can come and protect you.

25. If there are many things you need to deal with, you can not stabilize your mood. You feel hard In the face of difficulties.

26. Your spouse and children are dissatisfied with you. Yourself also feels sorrow and regret.

27. You lose your expectation of life.
There is nothing that can make you happy. You feel tiresome about your life.

28. It is easy for you to catch a cold. Every time along the epidemic time, you will always catch a cold.

29. You are sensitive to the noise pollution of the city, even can not tolerate these things. You long for a quiet life.

30. You are used to considering things in a negative way. There are no signs that can improve.

We will score for these answers to judge whether you are in sub-health, parsing the degree of your psychological problems. We implement the Morita therapy and music decompression lectures, then we will organize a questionnaire survey about your feeling after half a year.

Result: Morita therapy and music decompression lectures get the high praise of listeners who consider the lectures as an useful method, their work efficiency is improved. For example: In one of the major hospitals in Tianjin, the number of sickbed increases 600 with the expand of hospitals. The increasing number of staff is difficult to solve at once. In this case, this hospital conducts Morita therapy psychology lectures and music decompression lectures regularly, it receives high praise after half a year.

The work efficiency of original workers is improved as for a lot of work. Then the result of questionnaire survey about the psychological intervention are as follows.(Fig 1) The investigation objects are 1190 medical workers in big hospitals in
Tianjin, the answer rate is 100%. All the respondents are the people who participate in a series of psychological activities containing the Morita therapy psychology lectures within half a year.

According to the result of the questionnaire survey, 368 people have no special expectation who account for 33.2% of all the respondents; there are 136 people who just want psychological lecture, accounting for 12.3% of all the respondents; there are 171 people who just want individual psychological counseling, accounting for 15.4%; There are 212 people who just want group activities, accounting for 19.1%; 39 people want both individual psychological counseling and psychological lecture, accounting for 3.5%; 92 people want both individual psychological counseling and group activities, accounting for 8.3%; 20 people want both psychological lecture and group activities, accounting for 1.8%; 71 people want psychological lecture, individual psychological counseling and group activities, accounting for 6.4%.

We will discuss in other papers about the comparison of incident rates of mental sub-health before and after the psychology intervention.

Discussion:

Morita therapy has been introduced into China for about 22 years. The concept which the Morita therapy is only limited to patients is deeply rooted in people hearts. In china which has a large population, the doctors in big hospitals are so busy that their mental stresses are heavy. It is difficult for them to ease mental stress through a
long holiday because of large numbers of patients. However, errors are not allowed in the medical field, thus the obsessive-compulsive disorder is likely to happen in medical workers. For example, if the workers in the pharmacy are troubled by the concept that how terrible it is giving the medicines wrong, they will check the medicines again and again. They will be unable to work normally. Morita therapy is effective for easing mental stress, we illustrate the impact of mental interaction through group lecture, thus the problems will be improved. We conclude that the Morita therapy is not only applying to patients, it is also effective for doctors and nurses.

The implementation of the Morita therapy and music decompression lectures alternately have received high praise by the listeners. The work efficiency of hospitals is also increased. We analyze the following reasons from the result: it is hard for people to relax themselves if they are in steady tension state, even if letting their bodies relax. A lot of people have this experience that they feel tired, very sleepy and hard to fall asleep. However, we can take advantage of music to induce sleep. We expect the listeners can fall into a relaxed state before the morita therapy lecture, then we will conduct music lectures alternately, we realize that it is important to choose a certain frequency of music.

Conclusion: after a year of efforts, we use Morita therapy to alleviate the stresses of medical workers in a planned way. We hold a psychological health
survey taking medical workers as respondents. According to the results, we think it necessary to alleviate mental stress. We complete the alleviation of mental stresses in medical workers by the use of “letting nature taking its course” which is the core idea of the Morita therapy.

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Etc...
Fig 1 the results of the questionnaire survey after psychology intervention for half a year

All the 1109 respondents are medical workers, they are selected at random.