

Relaxation Training Reduces Job Stress Better than Organization-Focused Interventions

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Researchers from Cheju National University in Korea performed a meta-analysis to evaluate the effectiveness of various kinds of job stress management interventions. From 46 studies, six intervention types were distinguished: cognitive-behavioral interventions (CBT), relaxation techniques (RT), exercise (EX), multimodal programs 1 and 2 (MT1, 2), and organization focused interventions (OTs).

The analysis found that individual worker-focused interventions (ITs) were more effective than organization-based programs. A moderate effect was found for Relaxation techniques, and small effects were found for the other methods. The effect size for organization focused interventions was the smallest.

Generally speaking, the interventions involving cognitive behavioral therapy and relaxation therapy were the preferred means of reducing worker stress and organizational stress. For improved physiologic outcomes, relaxation techniques were most effective. Cognitive behavioral methods were most effective in reducing interpersonal stress.

The study concludes that stress management interventions are effective, and those involving relaxation training and cognitive behavioral training are more effective than other types.

Citation: Kim JH. A meta-analysis of effects of job stress management interventions (SMIs) Taehan Kanho Hakhoe Chi. 2007 Jun; 37 (4): pages 529-39 snukjh@cheju.ac.kr