

## **A STUDY TO ASSESS THE LEVEL OF ANXIETY AND STRESS AMONG PATIENTS UNDERGONE KNEE REPLACEMENT SURGERY IN SELECTED HOSPITALS, BATHINDA, PUNJAB**

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### **ABSTRACT**

Total knee arthroplasty represents a major advance in the treatment of degenerative joint disease. It provides excellent restoration of joint function and pain relief. Following total knee replacement (TKR) surgery, patients frequently experience intense levels of pain, stress, and anxiety that may reduce their self-efficacy and thus affect their postoperative recovery. Aim of the study was to assess the level of anxiety and stress among patients undergone knee replacement surgery. In the present study exploratory descriptive design was used to conduct the study. The subjects were selected by Non probability Convenience sampling technique. The tool used for data collection was Burns anxiety inventory and structured stress scale on the 72hrs after the surgery of patients. The result indicated the level of anxiety among patients undergone knee replacement surgery was 29(48.33%) of patients had borderline anxiety, 29(48.33%) patients had mild anxiety, 2(3.33%) patients had moderate anxiety. The Level of stress among patients undergone knee replacement surgery. 24 (40%) of patients had mild stress, 1(1.67%) had moderate stress. In present study association of variables was evaluated by using chi square and revealed that level of anxiety is associated with gender of patients (0.033) at the level of 0.05 The findings revealed statistically significant association(<0.05) between the level of anxiety and stress.

**KEYWORDS:** Anxiety, Assess, Knee Replacement Surgery, Level, Stress

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