SUMMARY

This study is a kind of semi-experimental investıgatıon that includes the effects of progresif relaxation exercises that are applied with music before coronary angiography and percutan transluminal coronary angioplasti process on the State andTrait Anxiety of people and " preliminary test, ultimate test and control group pattern" are used.

This study is applied on the KAG and PTKA patients being treated in Cardiology Service of Dokuz Eylül University Hospital between September 2011- June 2013.The suitable patients for the study are chosen. In the study, sample size is defined as 50; 50 patients for KAG experimental group, 50 patients for PTKA experimental group and 50 patients for control group, totally there are 150 patients in this study. While choosing all three groups of patients, for the realibity of the investigation and the treatment, the personal features such as sex, age and educational status are taken into consideration. The patients having similar features are taken to the study. Both control and experimental groups are informed about the aims of the study before the process and they show consent orally and in a written way.

Personal Informatin Form, State and Trait Anxiety Schedule are filled by the patients accepting to take part in the study with face to face method and for the equilibrium of the life symptoms data, they are measured by the nurse working in the Cardiology Service and registered by the researcher. After completing this process, progressive relaxation is applied on the KAG and PTKA experimental groups with music but it is not applied on the control group. During the process, the researcher is with the patient without any intervention. After the process, the life symptoms of the patients are measured by the service nurse. They are registered by the researcher to the Life Symptoms Evaluation Form, State andTraitAnxiety Schedule is filled with face to face method again.

After the data obtained is evaluated on the computer, it is analyzed on Statistical Package for Social Sciences (SPSS-15). In the data analysis, besides the descriptive statistical methods (Percentage Calculation, Median, Average, Standard Deviation) analysis of variance and One Way Anova test are used in the repeated measurements. The results are evaluated in the 95% confidence bounds and expressiveness isevaluated on the $p<0.05$ level.

At the end of the data evaluation, there is decrease in the experimental and the control group anxiety levels before the progressive relaxation exercise application with music.

Anxiety levels of the patients after the application with music is less than the anxiety levels before the application.Although there is difference in the state anxiety points in terms of age among the three groups before the application, after the application there is difference in the state anxiety points in terms of only marital status. There are differences in theTrait Anxiety points before and after the application just in terms of sex.

When the life symptoms point averages of the patients among the experimental KAG, experimental PTKA and control groups are evaluated, there is difference in systolic blood pressure, pulse rate, respiration number but there is no difference in diastolic blood pressure. After the application, there is difference among all three groups.

According to the data obtained, progressive relaxation exercise before the coronary angiography and percutan translimunal processes is a useful nursery application. Suggestions that are suitable for the results are made.