

The Effect of 15 Minutes of Hugging a Stuffed Toy on the Level of Cortisol Hormones of Stressed Government Employees in Davao City

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Abstract : Decreasing cortisol usually leads to good psychological health. This is done in various ways, such as by hugging. Although hugging may decrease a person's cortisol, it is not advisable during pandemics. Besides that, non-contact cultures and histories of molestation may elicit negative feelings in a person when hugged; thus, hugging a stuffed toy is an option. This research explored the effect of 15 minutes of hugging a stuffed toy among stressed government employees. There are two groups in the study and 15 participants per group. Cortisol was measured before and after the intervention. The first group hugged a stuffed toy for 15 minutes, while the second group stayed in the room without hugging anything. For data analysis, t-tests for dependent samples and t-tests for independent samples were utilized. Results showed no significant differences in the cortisol levels of the two groups before and after the experiment. It also showed no significant difference between the cortisol levels of the two groups after the experiment. Comparing the experimental group by age (18-41 years old and 42-65 years old) and gender (male and female), results showed no significant difference in their cortisol hormones after the intervention.

Keywords : hugging, cortisol, stuffed toy, stressed government employees

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