

 <p>ISSN NO. 2320-5407</p>	<p>Journal Homepage: - www.journalijar.com</p> <p>INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)</p> <p>Article DOI: 10.21474/IJAR01/13698 DOI URL: http://dx.doi.org/10.21474/IJAR01/13698</p>	 <p>INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR) ISSN 2320-5407</p> <p>Journal Homepage: http://www.journalijar.com Journal DOI: 10.21474/IJAR01</p>
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RESEARCH ARTICLE

EVALUATE THE EFFECTIVENESS OF HEARTFULNESS MEDITATION TECHNIQUE ON REDUCTION OF STRESS AMONG NURSING COLLEGE STUDENTS, BHOPAL (M.P.)

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Manuscript Info

Manuscript History

Received: 31 August 2021

Final Accepted: 30 September 2021

Published: October 2021

Key words:-

Stress, Heartfulness Meditation,
Effectiveness

Abstract

The aim of the study is to evaluate the effectiveness of Heartfulness meditation technique on reduction of stress among Nursing college students, Bhopal. The study was conducted by adopting a one group pre and post test design. 60 nursing students who fulfilled the inclusion criteria were selected by using Non-probability convenient sampling technique. The study was conducted in L.N. Nursing College, Bhopal, M.P. With the ethical consideration, pre assessment of stress level has been done among nursing college students. Heartfulness meditation has been practiced for 14 consecutive days and post test was conducted after 14 days. The analysis of the study depicts that heartfulness meditation is more effective in reduction of stress among nursing college students at $p < 0.05$ level.

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Introduction:-

With advancements in the healthcare field, course curricula must change to educate students on the continuous advancements. The evolution of health care and the presence of more acute client require changes to be made to nursing curricula to accommodate with the advancements. Curriculum enhancements results in information overload, additional emphasis on critical thinking and problem solving, and more rigorous competency assessments that are based on performance examination and clinical. Nursing students are required to possess more theoretical knowledge and more refined clinical judgment skills than ever. Change in the nursing curriculum lead to a more rigorous course load and a more competitive and stressful learning environment for the nursing students.

Asmita Vala et., al. (2010), stated that Nursing College has some different challenges that other students may not. Since most college freshmen are typically between the age of 17-19 they have an interesting and possibly difficult situation to navigate. Nursing students are leaving home likely for the first time, they basically have one foot entering adulthood and one foot just leaving adolescence it can be an emotionally slippery time. Leaving the family & home, feeling intense pressure to obtain high grade in connection with carrier aspiration, taking final exams, trying to establish a social life, dealing with (often very high) costs of college and possibly working at a job during the school year. The results of continuing stress may cause disruption in one or more of the following areas of health like physical, emotional, spiritual, and social well being. It is more effective to intervene early in the process rather than later.

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World Health Organization, (2010), has estimated that stress-related disorders will be one of the leading causes of disability by the year 2020. Nursing college is now recognized as a stressful environment that often exerts a negative effect on the academic performance and psychological well-being of the students. It is important for nursing educators to know the prevalence of psychological distress and psychological well-being among nursing students. As psychological disorders are projected to be among the top four leading causes of disability in the future, research on its effects and association among those who are expected to be future professional mental and health providers would be useful.

Gibbons, et., al, (2007), concluded that among the nursing students population, the additional clinical experience responsibilities and professional expectation of nursing programme further influence the experience of stress. **Jimenes et., al, (2010)**, reported that nursing students perceiving higher level of stress than other students in conjunction with elevated external stressors, including increased clinical responsibilities and course requirement. Increased level of stress may lead to poor academic performance. **Waghachavare Vivek, et., al, (2012)**, stated that in India 54% of nursing students had been presented with stress among those female students have more stress score (27.3%) than male students (20.1%).

Meditation has been linked with improved academic performance, concentration, perceptual sensitivity, reaction, time, memory, self-control and self-esteem. Meditation may lead to neurological changes and foster physiologic health benefits through improved immune function and reduced arousal, measured through blood pressure, heart rate, by regulating neurotransmitters. The practice of meditation has also been reported to reduce anxiety and modified personality characteristics through increased measurement in area of extraversion, agreeableness, openness to experience, emotional stability and it may also reduce measures of stress such as anxiety and depression while enhancing life satisfaction empathy, self-compassion, calm, self-acceptance, and self-actualization.

Background and Need for the study:

Virno Ribeino, et., al, (2017), reported that in Madhya Pradesh 59% of the study indicated some severe and moderate stress level among college students. Female students more often increase stress than male students. **Bamuhair Samira S et., al, (2015)**, depicted that globally 59.3% of female and 40.1% of male nursing students were affected by stress related illness, Nearly 53% of the students felt they could not cope with stress. Over 82% found studying stressful and 64.3% were not sleeping well, half of the students reported self-esteem.

Cohen Scali, (2013 & 2017), reported that negative insight of nursing profession, disrespectful attitude towards nurses and embarrassing behavior, lack of self-confidence, thinking mistakes, not able to manage time, are combined sources of stress among nursing students.

Angel Rajakumari et., al, (2015), a randomized controlled study was conducted on meditation lowers stress and supports forgiveness among nursing students. 50 nursing students who fulfilled the criteria were selected by using non-probability purposive sampling techniques. 50 women were assigned in experimental and control group the study was conducted in Nalgonda telugana, India. They evaluated the effects of meditation-based program on undergraduates' stress and well-being. Findings of the study related to effectiveness of lower stress and support forgiveness shows that the mean post stress test level of the experimental group was lower than the mean pre test stress level. So it is concluded that meditation more effective in reducing stress level among the undergraduate students.

Objectives:-

1. To assess the existing level of stress among nursing college students, Bhopal
2. To evaluate the effectiveness of heartfulness meditation on reduction of stress among nursing college students.
3. To find out the association between pre-test level of stress among nursing students and selected demographic variables.

Hypotheses:-

H₁- There is a significant difference between the posttest stress level and pretest level of stress among nursing college students, Bhopal.

H₂- There is a significant association between pretest level of stress and selected demographic variables among nursing college students Bhopal.

Operational Definition:-

Evaluate:-

In the present study evaluation refers to evaluating how well impact of recent changes

Effectiveness:-

In the present study, effectiveness refers to improvement in level of wellbeing as determined by before and after meditation.

Nursing Students:-

Female and male students studying first year B.Sc.Nursing course at L.N. Nursing College Bhopal.

Meditation:-

Meditation is a gateway to relaxation, cleaning, and prayer which is helpful to improve internal balance, in the present study the following technique was used.

Heartfulness:-

It is state of being where the centre or locus of control is the heart, not related to physical heart but spiritual heart.

Stress:-

Stress is define as mental pressure or tension which is related to balancing nursing college schedule , work schedule for preparing for nursing exam, and low self confidence in clinical setting.

Materials and Methods:-

The present study is aimed at exploring the effect of Heartfulness meditation technique among nursing students. Quantitative approach and one group pre test- post test design was adopted for this study. The study has been conducted in L.N. Nursing College, Bhopal, M.P. The researcher has got prior permission from the principal of the L.N. nursing college. First year Bsc nursing students were selected for data collection. 60 nursing students were selected by non probability convenient sampling technique based on inclusion and exclusion criteria. After obtaining consent (both oral and written) from each student, pretest, practice of Heartfulness meditation and post test has been given to the nursing students. Anonymity and confidentiality of the response was assured. The pre test was administered by using modified students stress scale followed by heartfulness meditation (Morning 8.30 am before the first class on 14 consecutive days) has been conducted. The post test has been administered to the samples after 14 days with the same tool.

Result and Discussion:-

According to the study findings, 83.33% of them were belonging to 18-20 years age group and girls. 63% of them were belongs to urban area and 63.33% of them had previous knowledge regarding meditation by mass media. 46.66% of the students were Hindi medium. In majority 98.33% of the students had not underwent any type of relaxation techniques.

Figure 1 depicts that in the pretest 90% of the students reported moderate stress and only 10% of them had mild stress. Whereas in post test 88% of the students had mild stress and 12% of them had moderate stress. It reveals that there is a significant level of stress reduction in the post test after the practice of Heartfulness Meditation Technique.

Table 1 portrays that the mean of pretest level of stress was (57.5 ± 5.9), whereas the mean of post test level of stress score was (42.8 ± 4.2) and the mean difference was 1.1. There is a significant difference between the pre and post test level of stress among nursing students after the practice of heartfulness meditation technique. ($t = 11.49$ & $p < 0.05$).

Chi-square test revealed that there is significant association between pretest level of stress and demographic variables such as age, gender, residential area, previous knowledge of meditation, underwent any meditation techniques and medium of education among nursing students.

Findings of this study are supported by a study which was conducted to assess the effectiveness of meditation techniques on stress reduction among college students Harivandana College at Rajkot (Vala Ashmita et.al, (2010). This study shows that first year students are highly affected with stress. 30% of them have mild stress. 45% of them have moderate scale remaining 10% of them have severe scale. Pretest mean score was 48.5 and posttest mean score was 37.7. Based on the finding of the study the conclusion was drawn that meditation was effective on stress reduction.

Conclusion:-

In the changing scenario of health care delivery system, the emphasis is shifted from care oriented approach to preventive approach and promotion of mental health. This study shows that heartfulness meditation is more effective in reduction of stress among nursing college students.

Figure 1:- Percentages distribution Analysis the level of stress among nursing students in L.N. Nursing college, Bhopal after meditation.

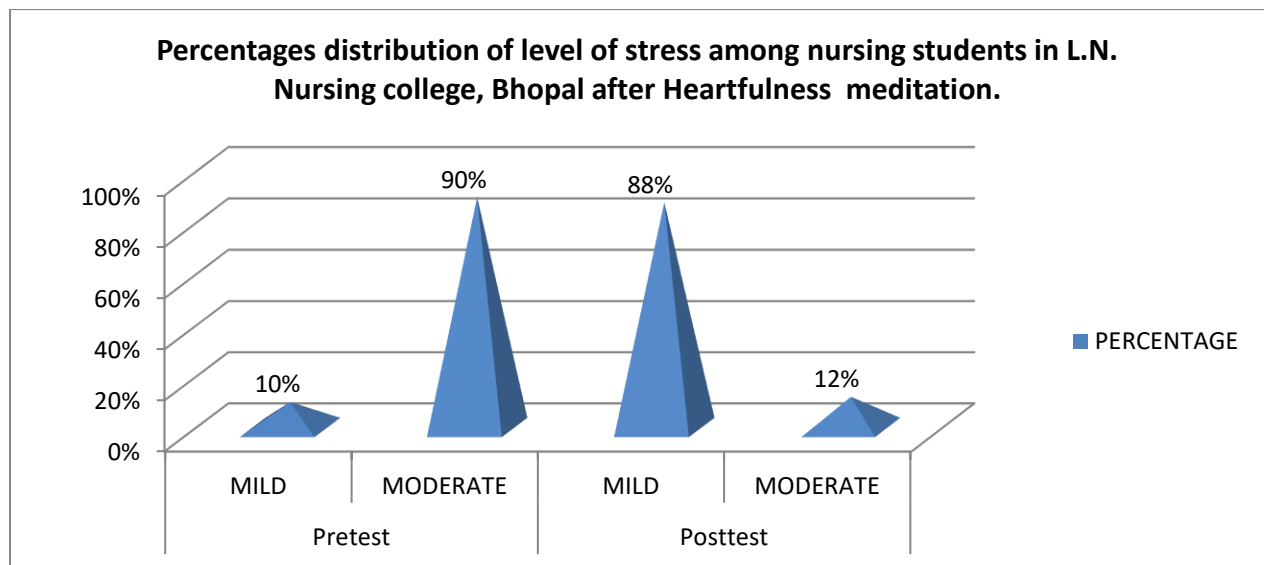


Table 1:- Comparison of level of stress score among nursing students before and after the practice of heartfulness meditation:

Mean Score of Stress Level		Mean difference	Standard deviation		t -Value
Pre Test	Post Test		Pre-test	Post test	
57.5	42.8	14.7	5.97	4.2	11.49*

$T_{59}=2.02, p<0.05$

*Significant

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