

A study to assess the effectiveness of mindfulness meditation technique on stress reduction among first year B. Sc. nursing students in SAM College of nursing, Bhopal, MP

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Abstract

Nursing is a profession which came into existence during the Crimean war and is continuing till date. Nursing students constitute the backbone of the nursing profession¹. Entering the world of nursing presents the new students with a formidable array of changes. Often still in their teens they are often asked to transform from adolescent to adult and from lay person to professional. Stress is a natural body reaction to difficult or challenging situations³. Nursing students are likely to experience “more stress” than their friends and colleagues enrolled in other programs. Clinical practice has been identified as one of the most anxiety producing components in nursing programs. Lack of experience, fear of making mistakes, discomfort at being evaluated by faculty members, worrying about giving patients the wrong information or medication and concern about possibly harming a patient are just a few of the stressors for the beginning student nurse.

Mindfulness meditation has been proven effective for reducing stress. Recently healthcare providers of multiple disciplines are overwhelmingly turning to the practice of mindfulness meditation as a useful tool in building a self-care routine. Meditation has several benefits such as deeper level of relaxation, builds self-confidence, helps to control own thought, Improve learning ability and memory, increase emotional stability, increase productivity, develop will power, react more quickly and more effectively to a stressful event, more sociable behaviour, increases listening skills and empathy, helps make more accurate judgments, greater tolerance, more balanced personality, develops emotional maturity. Experience an inner sense of “assurance or knowingness”, increases the synchronicity in your life.

Keywords: Effectiveness, stress, meditation, knowledge, Students

Introduction

Objectives of the study

The objectives of the study are:

1. To assess the level of stress among 1st year B. Sc. Nursing students by using a standardized stress scale.
2. To demonstrate mindfulness meditation technique among first year B. Sc. nursing students
3. To assess the effectiveness of mindfulness meditation technique in reducing stress among 1st year B. Sc. Nursing students.
4. To find the association between pre-intervention stress score and selected demographic variables.

Operational definitions

Effectiveness: - In this study it refers to the extent to which the mindfulness meditation technique will help in reducing stress among first year B. Sc. nursing students.

Mindfulness meditation technique: In this study mindfulness meditation refers to a mental discipline, by focusing attention on breath, a sensation in the body or a chosen word or phrase. If drift in to the thought about the past or future bring attention back to the present by refocusing on breathing.

Stress: In this study stress refers to the response of the first year B. Sc. nursing students to situations that disrupts their

physical, physiological, intellectual, emotional, and social aspects as measured by a stress scale.

First year B. Sc. nursing students: In this study nursing students refers to those who joined in first year for B. Sc. nursing programme as per the INC criterion in selected colleges at Mangalore.

Hypotheses

The hypothesis will be tested at 0.05 level of significance.

H₁: There will be a significant decrease in the stress among first year B. Sc. nursing students following mindfulness meditation technique.

H₂: There is significant association between the level of pre-intervention stress score and selected demographic variables

Material and methods

Source of data

Data will be collected from first year B. Sc. nursing students studying in a selected nursing college at Mangalore

Research design

True experimental design – pre-test post-test control group design

Group	Pre-test	Treatment	Post test
Experimental Group	O1	X	O2
Control Group	O1	-	O2

Key:

O₁= Pre-test to assess the stress among 1st year B. Sc. Nursing students.

X= Administration of Mindfulness meditation technique.

O₂= Post test to assess the stress among 1st year B. Sc. Nursing students.

Setting

The study will be conducted in a Sam College of Nursing, Bhopal.

Population

The study population will comprise of 1st year B. Sc. nursing students of Sam College of Nursing, Bhopal, MP

Method of data collection**Sampling procedure**

In this study Simple random technique will be used to select the sample.

Sample size

In this study sample size is 30.

Inclusion criteria for sampling

- 1st year B. Sc. nursing students in a Sam College of Nursing.
- 1st year B. Sc. nursing students who are present at the time of data collection.

Exclusion criteria for samplings

- Students following some other forms of stress management techniques such as relaxation technique and hypnosis.
- Those who are not willing to participate in the study.

Instruments intended to be used

- Demographic Proforma
- Stress Assessment Rating Scale.

The Stress Assessment Rating Scale will be modified and developed by the investigator from standard scales [Holmes and Rahe's Social Readjustment Rating Scale, Perceived Stress Scale (PSS) by Sheldon Cohen, Adjustment Inventory for college students by Sinha and Sinha 1980).

Data collection method

- Data will be collected after obtaining permission from the concerned authorities of the nursing institution.
- The investigator will be undergoing a certified training course on Mindfulness meditation technique before administering it to the participants.
- The purpose of the study will be explained to all the 1st year B.Sc. Nursing students and informed consent will be obtained from them.
- Then tools on demographic proforma and stress scale will be administered and collected.
- Mindfulness meditation techniques will be provided to the experiment group for a time period of 15 days where as the control group will not receive any intervention. Post test will be assessed after 15 days of pre test for both the groups.

Data analysis plan

Collected data will be analyzed by using descriptive and inferential statistics at 5% level of significance.

Conclusion

- The study analysed that students of bsc nursing 1st year of sam college of nursing are under stress about there new course.
- After the implementation of structured teaching programme Bsc nursing students are able to handle the stress.

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