

Effectiveness of Meditation on Stress among Student Nurses

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Abstract

An experimental study was conducted to find out effectiveness of meditation on Stress among student nurses. The sample size comprised of 40 student nurses. Random sampling technique was used to draw the samples for the study. First pre test was conducted through modified perceived stress assessment scale. After that meditation was demonstrated to the student nurses. After a week post test was conducted through same tool. The effectiveness of the intervention was determined by computing the data with 't' test. The calculated 't' value was 10.837 that is significant at $p < 0.01$ level. Further association of scores with selected demographic variables revealed significant association except age $p < 0.05$ level.

Keywords: Stress; Meditation; Perceived stress assessment scale.

Introduction

Nursing students are in the stage of late adolescence or young adulthood in the development phase. It has major problems of adjustment in their social relationship at home, neighborhood and school and college. It has been well documented that nursing students across the world experience stress and anxiety throughout their education and training. Issues that contribute to their stress and anxiety include challenges and technological advances. Financial concerns, interpersonal difficulties, family problems, physical and mental health issues, inadequate support and poor coping skills. Additional stress for innovative nursing students includes cultural adjustments, language issue, social isolation and discrimination.

Further more, during the initial clinical training experience nursing students reported increase in their levels of stress and anxiety. The stress and anxiety levels increase as nursing students learn to apply their critical knowledge to the clinical work with their first patient in new environment while being observed by their clinical instructors and their peers.

Over the past two decades many forms of

interventions have been suggested to help nursing students with their stress and anxiety. One study developed a six week individualized stress management program to help to reduce the performance in anxiety of nursing students.[1]

Background of Study

Nursing is a stressful profession and nursing students are exposed to high levels of stress in both theoretical and clinical components of their educational programme. This fact not only affects their academic performance but also may leads to various physical and psychological disorders. From this study mean score of students stress level was 2.96 at the range of 1-5. The highest stress level were related to coping with personal problems ($x=3.40$), feeling anxious($x=3.34$), experiencing anger in facing every problem ($x=3.31$). Among sources of stress, lack of agreement between theoretical and qualification of job ($x=3.40$) and attitude and expectation of other towards nursing profession ($x=3.30$), have most important roles.[2]

Nearly half of the students (43%) experienced high level of stress during clinical practice measured by decision in the tree analysis. The absolute risk of stress was 57% in students with placements in hospital departments as compared to 13% in students with placements in other clinical setting. The risk of stress increased to 71% if the students with placement in a hospital took the national clinical final examination.[3]

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In recent year there is a growing apparition of the stress involved in nursing training. It is important for nursing educator to know the prevalence of psychological distress and psychological well being among nursing students. The present study aimed to assess perceived stress in the under graduate students studying in a nursing college located in north India. The present study indicates high level of psychological disturbance among nursing under graduate students in the middle phases of the course. Hence, there is an urgent need to take measures by the authorities to reduce stress among the nursing students.[4]

Statement of the Problem

A study to determine the effectiveness of meditation on stress among student nurses at selected college, Nainital, Uttarakhand.

Objectives of the Study

- Assess the level of stress among the student nurses in terms of pre test.
- Evaluate the effectiveness of meditation among student nurses by comparing pre test and post test stress scores.
- Find out association between the stress scores and selected demographic variable.

Hypothesis

- There will be a significant decrease in the post test stress scores than pre test stress score.

Material and Methods

The investigator had selected quasi experimental one group pre test and post test design. The setting for the study was Nainital College of nursing nainital. The study was conducted among student nurses. The random sampling technique was used, and sample size for the present study comprised of 40 student nurses. Tools for data collection: In the present study the tool consists of 2 parts. Part-1: Demographic data, Part-II: Comprises of modified perceived stress assessment scale. Researcher collected data after getting permission from the nursing college and approval was obtained to conduct the study. The

participants were informed about the purpose of the study and written consent was taken from the participants. The modified perceived stress assessment scale was distributed to the participants. On an average each participants took 15-20 minutes to fill the demographic data and pre test was conducted. After collection of data, meditation was demonstrated by the researcher. The time duration taken was 45 minutes then under the researcher's supervision the participants practiced for a week. On 7th day post test with the same modified perceived stress assessment scale was done.

Analysis and Interpretation

The data collected from student nurses was analyzed and interpreted in accordance to the objectives.

Table 1 represents the data on the percentage distribution of the variables included in the study. Majority of respondents 37.5% was in the age group 21 years, and 10 % were in the group more than 21 years. With regard to the unmarried were 95 % and married were 5%. The data on type of family is 87.5% nuclear family and 12.5% were join family. Regarding the respondents family income majority 70% had family income above Rs. 15000 and 5% had an income less than Rs. 5000.

The mean, mean percentage and standard deviation of pre test were 0.44, 44%, and 7.5 respectively; post test mean, mean percentage and standard deviation were 0.25, 25%, and 7.2. The calculated value was 10.837 which is significant at $p < 0.01$. It can attribute to the effectiveness of meditation on reducing stress. Hence H_1 the research hypothesis was accepted.

Table 3 shows that the effectiveness of meditation among 40 student nurses with stress. The pre test shows that among 40 participants 8(20.0 %) had mild stress and 32(80.00 %) had moderate stress. The post test reveals that among 40 participants, 31 (77.5 %) had mild stress, 9 (22.5 %) had moderate stress on post stress.

Table 3 indicates the association between variables and knowledge scores of student nurses regarding stress. The analysis revealed that there is a significant association between marital status, Type of family, Income per month, Medical illness at $p < 0.05$ levels and the variable age were not found to be significant.