



“A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING MEDITATION AND ITS EFFECTS ON MENTAL HEALTH AMONG B.SC. NURSING STUDENTS AT SELECTED NURSING COLLEGES OF FARIDABAD”

Nursing

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ABSTRACT

Meditation has long history across many cultures. There are many types of meditation, all involving techniques for the focusing attention. It is an efficient and effective means of reducing stress and managing pain¹. Traditional medicine is slowly learning and accepting the benefits of meditation as a complementary protocol in treating many mild, chronic and acute conditions. As a therapeutic model, meditation has been practiced for thousands of years. It is estimated that approximately 52% of the Australian population uses complementary medicines now a days and 65 percentage of population practice meditation as a complementary therapy.² **Aim-** The aim of the study was to assess the knowledge regarding Meditation and its effects on Mental Health among B.Sc. nursing students at selected nursing colleges of Faridabad". **Material and method -**A Descriptive approach was used for the present study. Using convenient sampling technique is adopted and 100 samples were selected from, Lingayas Institute Of Health Sciences Faridabad. The tool used was self administered questionnaire. The collected data was analysed by using descriptive analysis. **Result-**The findings of the study revealed that 11% of B.Sc. Nursing students have above Average levels of knowledge, 77% have Average levels of knowledge and 12% of B.Sc. Nursing students have below level of knowledge regarding Meditation and its effects on Mental health. It was suggested that nurse as a health personnel must know about meditation and its effects on mental health. The B.Sc. Nursing students will be learning about mental health nursing and psychology in their academic session. Introducing an awareness of meditation will help them manage their day to day stresses and they can utilize this knowledge in theoretical as well as practical area to treat mental stress.

KEYWORDS

Knowledge, Meditation, Mental health, B.Sc. Nursing students

1. Introduction

Meditation is a mind-body practice in complementary and alternative medicine (CAM). There are many types of meditation, most of which originated in ancient religious and spiritual traditions. Generally, a person who is meditating uses certain techniques, such as a specific posture, focused attention, and an open attitude toward distractions¹. Meditation may be practiced for many reasons, such as to increase calmness and physical relaxation, to improve psychological balance, to cope with illness, or to enhance overall wellness.⁴ As a therapeutic model, meditation has been practiced for thousands of years. It is estimated that approximately 52% of the Australian population uses complementary medicines now a days and 65 percentage of population practice meditation as a complementary therapy. Meditation can cut stress, level of anxiety, depression, anger and fatigue.² Many research studies have shown that when people receive appropriate mental health care, their use of medical services declines. For example, one study of people with anxiety disorders showed that after psychological treatment, the number of medical visits decreased by 90%, laboratory costs decreased by 50%, and overall treatment costs dropped by 35%.⁵ Approximately 508 research studies have been conducted on transcendental meditation therapy. Studies showed that meditation, especially TM is effective in controlling anxiety, enhancing the immune system, and reducing conditions such as high blood pressure. Meditation has also been used successfully to treat chronic pain and to control substance abuse. In addition it can benefit those who have heart disease and 14hypertension. It improves exercise tolerance in CAD patients, reduces stress related hormones, and also reduces obesity⁶.

Objectives of the study

- 1 To assess the knowledge of B.Sc. Nursing students regarding the meditation and its effects on mental health.
- 2 To find out the association between the knowledge scores with their selected demographic variables
- 3 To develop an information booklet on meditation and its effects on mental health

Hypothesis: {level of significance is <math><0.05</math>}

H1 - There will be significant association of knowledge regarding Meditation and its effects on Mental Health with their selected demographical variables.

2. Research Methodology

Methodology of the study includes the research approach, research design, setting of the study, the population, sampling technique, sample size, criteria for sample selection, description of the tool, validity, reliability, pilot study, data gathering process, plan for data analysis, presentation of findings, and protection of human rights.

Research Approach

A research approach tells the researcher as a tool what is to be collected and how to analyse data, it also suggest possible conclusion to drawn from the data. The research approach for the study is the Quantitative descriptive research approach used and aimed to finding out the knowledge regarding Meditation and its effects on Mental Health among B.Sc nursing students at selected nursing colleges of Faridabad.

Research Design

According to the **POLIT AND HUNGLER (1999)** research design is the overall plan for collection and analysing data including specializing for enhancing the internal and external validity of study⁷. A research design is a blue print to conduct a research study, which involves the descriptive of research approach, study setting, sampling size, sampling technique tools and method of data collection and analysis to answer a specific research question or for testing research hypothesis. The research design considered to be most effective for the study was non-experimental descriptive research design.

Research setting

Study will be conducted in Lingaya's Institute of Health Sciences Faridabad

Population

The population the researcher should be specific about the criteria."⁷

Population for the present study will be B.Sc. Nursing student at age group of 17 to 24 years at selected Nursing colleges of Faridabad.

Sample, Sample size and Sample technique

Sample is a subset of a population selected for participation in a study.⁸

Their were 100 samples of B.Sc. Nursing student was chosen at selected Nursing colleges of Faridabad.

Nursing colleges of Faridabad and Convenient sampling technique was adopted to select a good sample for study.

Data Collection tools and techniques

An extensive review of literature was done to find out a standardized tool to assess the knowledge regarding meditation and its effects on Mental Health among B.Sc nursing students at selected nursing colleges of Faridabad

The following steps were followed in selection of the standardized tool by researcher.

1. Detailed survey of related literature.

2. Discussions with the experts in the field and related fields.
3. Determining the type of tool to be used.
4. Collection of information from various sources

Description of the Tool

The tool was in form of structured questionnaires. The questionnaire were consisted by two parts.

Part I: Part one was related to demographic variables

Part II: The part 2 was structured knowledge questioners related to assess the knowledge regarding Meditation and its effects on Mental Health among B.Sc nursing students at selected nursing colleges of Faridabad .The test items were objective type. Each item has a single correct answer. Every correct answer was awarded a score of one point and every wrong answer was assigned zero score. Thus, the maximum score was 30 and Minimum=0 on the bases of structured knowledge questionnaire. The level of Knowledge was categorized based on plotting technique and as the samples were a literate group in terms of percentage

Reliability of the tools

Reliability of the tool was established by using split half technique which measures co-efficient of internal consistency.

01 Self administered questionnaire to assess the knowledge regarding Meditation and its effects on Mental Health among B.Sc nursing students at selected nursing colleges of Faridabad	Split half method (spearman brown prophecy)	1
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Method of analysis

Descriptive Statistical method was used to find out frequencies and percentages, of demographical variables , Mean, Median and standard deviation to assess the knowledge regarding Meditation and its effects on Mental Health. Association between the level of knowledge regarding Meditation and its effects on Mental Health among B.Sc nursing students at selected nursing colleges of Faridabad was tested by using chi-square test.

3. Data Analysis

The data of the present study were planned to be analyzed based on specific objectives and hypothesis. The data obtained from 100 B.Sc nursing students would be analyzed by using descriptive statistics as follows .

Section 1: Frequency and percentage distribution of demographic variables of study objects.

Section 2: Knowledge score regarding Meditation and its effects on Mental Health among B.Sc. nursing students at selected nursing colleges of Faridabad.

Section 3: Association between the knowledge regarding Meditation and its effects on Mental Health with their selected demographic variables

Section 1: Frequency and percentage distribution of demographic variables of study objects

Table-4.1 Frequency and Percentage wise distribution of sample according to their demographic variable

Variables	Opts	Percentage (%)	Frequency (f)
Age in years	17-18	18%	18
	19-20	39%	39
	21-22	41%	41
	23-24	2%	2
Gender	Male	27%	27
	Female	73%	73
Educational Qualifications	Bsc nursing 1st year	35%	35
	Bsc nursing 2nd year	20%	20
	Bsc nursing 3ed year	30%	30
	BSc.Nursing 4th year	15%	15
Religion	Hindu	90%	90
	Christian	3%	3

N=100

Type of Family	Muslim	3%	3
	Sheikh	4%	4
	Other	0%	0
	Nuclear Family	71%	71
Previous Knowledge of Meditation	Yes	65%	65
	No	35%	35
	TV	34%	34
Exposure to Meditation	Radio	2%	2
	Newspaper	12%	12
	Health Personal	52%	52
	Meditation any Time in the Past	Yes	63%
	No	37%	37

Section-II

Description of knowledge regarding Meditation and its effects on Mental Health among B.Sc. nursing students at selected nursing colleges of Faridabad.

Table No. 4.2 Description of Knowledge score regarding Meditation and its effects on Mental Health among B.Sc. nursing students at selected nursing colleges of Faridabad.

CRITERIA MEASURE OF KNOWLEDGE SCORE		
Level of Scores N= 100	Percentage	Frequency
Above Average Knowledge.(21-30)	11%	11
Average Knowledge.(11-20)	77%	77
Below average Knowledge.(0-10)	12%	12
Maximum =30 Minimum=0		

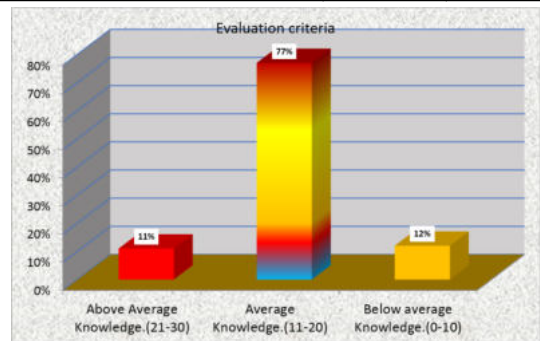


Figure No:4.9 The bar Diagram showing Level of knowledge Scores. The maximum percentage that is 77% of BSc nursing students have Average level of knowledge, minimum percentage that is 11% BSc nursing students have above average level of knowledge and 12% of BSc nursing students have below average level of knowledge regarding meditation and its effects on mental health.

Table 4.3 Mean Median and standard deviation of knowledge scores of B.Sc. nursing students on structured knowledge Questionnaire.

N=100

Descriptive statistics	Mean	Median	Standard deviation
Knowledge score	16.32	16.5	3.387

Maximum=30
Minimum=0

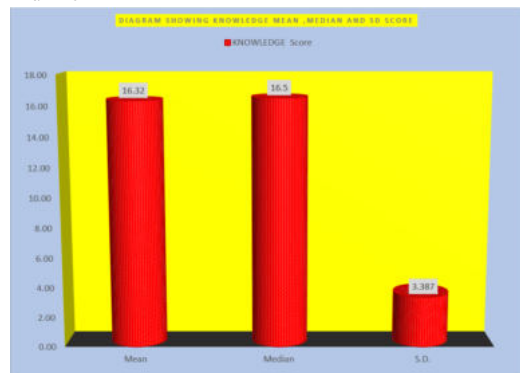


Figure No 4.10 The cylindrical bar diagram reveals that the Mean

knowledge score of BSc nursing students regarding meditation and its effects on mental health. was 16.32. The findings also showed that the Median was 16.5 and Standard deviation was 3.387 respectively.

Section-III: Description of the Association between knowledge regarding Meditation and its effects on Mental Health among B.Sc. nursing students with their selected demographic variables.

Table 4.4 Chi square value showing relationship between knowledge and selected demographic variables

Demographic Data		Levels (N=100)			Association with KNOWLEDGE Score				
Variables	Opts	Above Average Knowledge	Average Knowledge	Below average Knowledge	Chi Test	P Value	df	Table Value	Result
Age in years	17-18	0	16	2	13.588	0.035	6	12.592	Significant
	19-20	1	32	6					
	21-22	9	28	4					
	23-24	1	1	0					
Gender	Male	1	23	3	2.136	0.344	2	5.991	Not Significant
	Female	10	54	9					
Educational Qualifications	Bsc nursing 1st year	0	30	5	45.614	0.000	6	12.592	Significant
	Bsc Nursing 2nd year	0	16	4					
	Bsc Nursing 3ed year	2	25	3					
	BSc.Nursing 4th year	9	6	0					
Religion	Hindu	10	68	12	3.146	0.790	6	12.592	Not Significant
	Christian	0	3	0					
	Muslim	0	3	0					
	Sheikh	1	3	0					
	Other	0	0	0					
Type of Family	Nuclear Family	10	53	8	2.403	0.301	2	5.991	Not Significant
	Joined Family	1	24	4					
	Extended Family	0	0	0					
	Other	0	0	0					
Previous Knowledge of Meditation	Yes	5	52	8	2.079	0.354	2	5.991	Not Significant
	No	6	25	4					
Exposure to Meditation	TV	5	24	5	9.363	0.154	6	12.592	Not Significant
	Radio	0	2	0					
	Newspaper	0	8	4					
	Health Personal	6	43	3					
Meditation any Time in the Past	Yes	5	51	7	1.910	0.385	2	5.991	Not Significant
	No	6	26	5					

Table 4.4 shows that the association between the level of score and socio demographic variable. Based on the objective used to Chi-square test used to associate the level of knowledge and selected demographic variables. There is significance association between the level of knowledge scores and Age in (years) and Educational Qualification.,The calculated chi-square values were more than the table value at the 0.05 level of significance

This indicates that the level of knowledge regarding meditation and its effects on mental health among B.Sc. nursing student with their selected demographical variable that is age and educational qualification was significant. Hence research hypothesis is accepted and Null hypothesis is rejected.

V. Conclusion

The basis of the data analysis, finding of the study reveal that 77% of BSc nursing students have Average level of knowledge, 11% BSc nursing students have above average level of knowledge and 12% of BSc nursing students have below average level of knowledge regarding meditation and its effects on mental health at selected nursing colleges of Faridabad.

VI. Implications

The purpose of meditation is to make our mind calm and peaceful. If our mind is peaceful, we will be free from worries and mental discomfort, and so we will experience true happiness; but if our mind is not peaceful, we will find it very difficult to be happy, even if we are living in the very best conditions. On the basis of study, the researcher concluded that there is need for informing the nursing students regarding meditation and its effects on mental health because it will able them to maintain good mental as well as physical health. It will help him to deal any crisis situation and it will also develop good coping strategies among them. It is a responsibility of a professional nurse to assess the knowledge and given appropriate guidance regarding meditation and its effect because it have a therapeutic value. It is a method to upgrade their knowledge because they will study mental health nursing so they can utilize this knowledge with patients in clinical area, in their theory session also and for day to day life for good mental health.

VII. Limitations

1. The study was confined to a large number of subjects.
2. The study was limited to selected B.Sc. nursing students
3. The study was limited to assess only knowledge of meditation and its effects on mental health

VIII. Acknowledgements

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