

# A Study to Assess the Effectiveness of Mindful Meditation on Health and Psychological Adjustment Faced by Nursing Students in Selected Colleges of Pune City

Anu Alexander<sup>1</sup>, Ms. Feba Josemon<sup>1</sup>, Shreeti Gahare<sup>1</sup>, Neha Jadhav<sup>1</sup>, Sonopant G Joshi<sup>2</sup>, Ranjana Chavan<sup>3</sup>

<sup>1</sup>Students, <sup>2</sup>Professor, <sup>3</sup>Assistant Professor, Symbiosis College of Nursing, Symbiosis International (Deemed University), Senapati Bapat, Road Pune, Maharashtra

## Abstract

Nursing students experiences more stress in their early academic period. Psychological adjustment becomes difficult for them due to many challenges. It is assumed that mindful meditation will helpful for them to cope up with adjustment problems. A study to assess the effectiveness of mindful meditation on health and psychological adjustment faced by first year B.Sc nursing students in selected nursing college of Pune city. Purpose of the study to assess the level of health and psychological adjustment and evaluation of mindful meditation on their adjustment. Pre-experimental study was conducted to find out the adjustment problems. The research design was one group pre-test post-test experimental design. The sample size was 40. Purposive sampling technique was used to select the students. The result showed that first year B Sc Nursing students faces multiple adjustment problems related to their health and psychological adjustments. Mindful Meditation in early academic life was proved very useful in adjusting the new world of academic environment.

**Keywords** – *Plastics, Harmful effects, Mindful Meditation, Psychological adjustments, Nursing students*

## Introduction

Entering into a new situation or new profession leads the person into anxiety. It is a signal of our mind and body gives us some changes. The change may come from internal or external sources. When feeling overburdened, excessive stress and Anxiety can lead to lowered coping and adjustment.<sup>1</sup>

Nursing students, an important part of college students, must not only abide burdensome theoretical learning but also experience clinical practice. The clinical environment may cause them to experience stress and anxiety, and the initial clinical practice may be the most stressful period in students' education.<sup>2,3</sup>

Nursing students by virtue of their professional activities like clinical work, shift duties may experience stress in clinical practice, which include social relationships, morals, ethics, values, and academic problems.<sup>4</sup> Reasons for the increased negative emotions and stress associated with this aspect of an educational

program include lack of knowledge and experience, feeling unprepared for clinical work..<sup>5,6</sup>

Mindfulness is regarded not as something to get or to acquire, but as an internal resource that already exists, patiently awaiting to be reawakened.<sup>7</sup> The study had found that increased mindfulness can improve psychological functions, reduce in suffering, and has been proved to be an important predictor of depression in nursing students.<sup>8</sup> Mindfulness meditation (MM) is originated from Vipassana meditation in Buddhism, which is defined as a process of focusing one's mind in the present moment, maintaining a non-judgmental attitude, and detaching from destructive thoughts and feelings.<sup>9</sup> MM is a group of meditation practice centered on mindfulness techniques. Through relaxation and concentration exercises, people may improve consciousness in focusing on a particular object, exercising emotions, relaxing the role of the body.<sup>10</sup>

## Methodology

### Study design, setting and sample size

A pre-experimental study was conducted on effectiveness of Mindful Meditation on health and adjustment problem among first year B.Sc. Nursing students in selected colleges of Pune city. The pre-experimental one group pre-test post-test design was adopted and 60 samples were selected through purposive sampling technique. Recruitment of the samples was done as per laid down criteria. Study was conducted in 4 nursing colleges of Pune city after permission from the Principals of Nursing Colleges of Pune city and ethical clearance from ethics committee of the institution.

### Objectives of the study

1. To assess the level of health and Psychological adjustment problem among 1st year B. Sc. Nursing students in selected college.

2. To evaluate the effectiveness of mindful meditation on health and Psychological adjustment problem among first year B. Sc. nursing students in selected college

### Research Hypothesis

There is no significant difference in the level of adjustment before and after administration of Mindful

meditation among first year B. Sc. Nursing students.

### Data collection method

The tool had been prepared in two sections which consist of the socio demographic variable and 20 closed ended questions related to mindful meditation on Health and Psychological adjustment. Every right answer gained one (1) point and wrong answer gained zero (0). The overall score ranged from 1-20 from each component, participants with reasonably adequate adjustment considered 14-20 score, adequate adjustment considered 8-13 score and poor adjustment considered 1-7 score. Content validity of the tool was done with experts from the field. Reliability was calculated and found 0.84 by test-retest method.

The questionnaires were administered in English and Marathi language. The same questionnaires were used before and after the providing session on mindful meditation programme.

**Data Analysis:** The data had been analyzed through descriptive and inferential statistical analysis.

## Result

Section I: Description of samples based on personal characteristics

**Table No.1 Distribution of participants as per demographic variables**

**N=60**

Demographic variable	Frequency (f)	Percentage (%)
Gender:		
· Male	22	36.67
· Female	38	63.33
Residency		
· Hosteller	46	76.67
· Day-scholars	14	23.33
Religion		
· Hindu	46	76.67
· Muslim	4	6.67
· Christian	10	16.67
Locality		

**Cont... Table No.1 Distribution of participants as per demographic variables**

**N=60**

Urban	49	81.67
Rural	11	18.33
Parents' Education		
Graduate	36	60.00
High school	24	40.00
Family Income		
11000-20000	8	13.33
21000-30000	22	36.67
31000-40000	30	50.00

Table 1: Illustrate the distribution of demographic variables of 60 students; most of the participants 38 (63.33%) were female and male were 22 (36.67%).

Majority subjects 46 (76.67%) resides in hostels and few were 14 (23.33%) day-scholars.

As per religion, 46 (76.67%) subjects belong to Hindu religion as compare to Muslim and Christian were 4 (6.67%) and 10 (16.67%) respectively.

The most of the participants 49 (81.67%) from Urban locality where as only few 11 (18.33%) from rural locality.

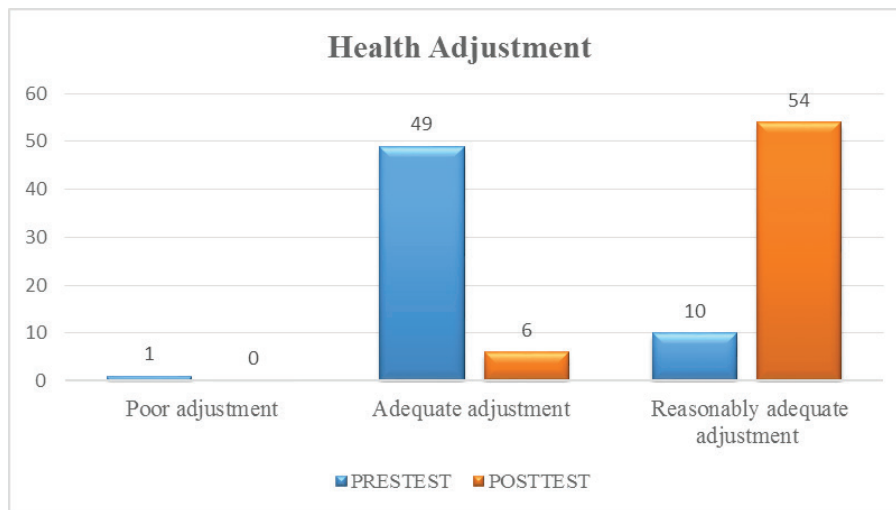
36 (60%) parents had completed their education whereas 24 (40%) completed high school.

As per family Income wise, 30 (50%) subjects were having monthly income of Rs.31000-40000 and 8 (13.33%) were having Rs. 11000-20000.

**Section II: Effectiveness of Mindful meditation on health and Psychological adjustment problem**

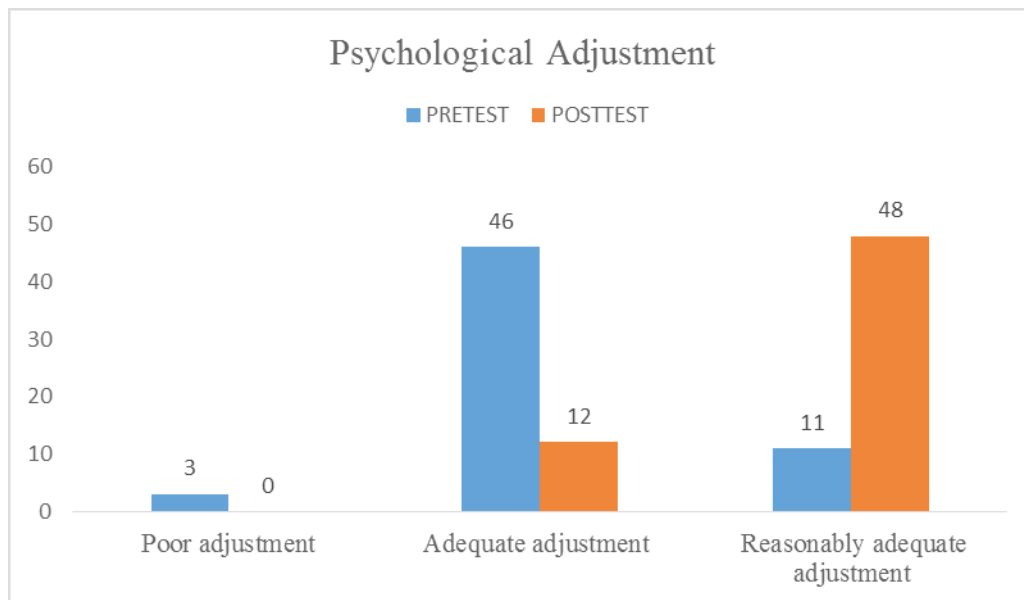
**Figure 1 - Figure shows the Health Adjustment level of the first year students on Pre-test and Post-test**

**N-60**



From the above figure it shows that on Pre-test least participant 1 (1.67%) having poor health adjustment and most of them have 49 (81.67%) adequate health adjustment and few participants 10 (16.67%) are having reasonably

adequate health adjustment. Post-test very few samples 6 (10%) having adequate health adjustment and 54 (90%) participants are having reasonably adequate health adjustment. It shows there is an improvement in the Health aspect after the education on Mindful meditation.



From the above figure it shows that on Pre-test, few participants 3 (5%) have inadequate psychological adjustment and most of the samples 46 (76.67%) have adequate psychological adjustment and 11 (18.33%) samples have

reasonably adequate psychological adjustment. Post-test 12 (20%) participants have adequate psychological adjustment and most of them 48 (80%) are having reasonably adequate psychological adjustment. It shows there is an improvement in the Psychological aspect after the education regarding the mindful meditation

### Statistical

Comparison of mean, standard deviation and paired ‘t’ test showing effectiveness of mindful meditation and their in health and psychological adjustment.

S.No.	Assessment	Mean	S.D	Mean difference	‘t’ value
1	Pre-test	12.04	2.28	3.76	19.33
2	Post-test	15.80	1.89		

Comparison of mean and standard deviation on health and psychological adjustment after administration of mindful meditation among first year B Sc Nursing students found that pre-test mean was 12.04 with Standard deviation 2.28 and post-test level adjustment increased to 15.80 with SD 1.89. The mean difference was found to be 3.76. The paired ‘t’ test was applied with df 59 and value found 19.33 at significant level of  $p < 0.05$ . It proves

that mindful meditation is effective tool to improve the health and psychological adjustment among the first year B Sc Nursing students

### Discussion

A pre-experimental one group pre-test post-test design was adopted for this study. First year nursing students from different 4 colleges were selected with

purposive sampling method and as per laid down inclusion and exclusion criteria. Sample size was 60. Demographic characteristics includes age, sex, residence, income of the family members etc. independent variable was mindful meditation session and dependent variables were health and psychological adjustment problems. Questionnaire were prepared regarding mindful meditation and health and psychological adjustment problems. Total 20 questions were asked before pre-test, session on mindful meditation was conducted followed by post-test after gap of 7 days. Result showed that mindful meditation is useful tool for the higher education students to improve on psychological adjustment and promote health of the students. Paired 't' test was applied for verification of the result at level of significance <0.05. This proves that mindful meditation is significantly improves the psychological adjustment, health and reduces stress among students. Similar study was conducted by K Uthramani, Kerala state and she also proved that mindful meditation is useful in reducing stress and improving academic adjustments among students<sup>11</sup>.

### Conclusion

Adjustment to nursing college life immediately after higher secondary becomes a difficult transition for many students. Going to nursing college gives a chance to the students to learn new things, meet new people, to deal effectively with clinical experiences and challenges which eventually help them in their personal growth and development. Adjustment difficulties arise from the differences between the expectations of the students and realities of college life and yoga helps students to deal with adjustment problems in smooth manner.

**Ethical Clearance:** Permission obtained from Ethics Committee of Institution.

**Source of Funding:** Nil

**Conflict of Interest:** Nil

### References

1. N Anjani Devi, B Khalaf Alias, Mary Thomas, A study to determine prevalence of adjustment problems among 1st year B.Sc (N) students in Narayana Nursing institution at Nellore district , Published 2016, International journal of applied research.
2. Moscaritolo LM. Interventional strategies to decrease nursing student anxiety in the clinical learning environment. *J Nurs Educ.* 2009;48:17–23.
3. Sheu S, Lin HS, Hwang SL. Perceived stress and physio-psycho-social status of nursing students during their initial period of clinical practice: the effect of coping behaviors. *Int J Nurs Stud.* 2002;39:165–175.
4. Burnard P, Haji Abd Rahim HT, Hayes D, Edwards D. A descriptive study of Bruneian student nurses' perceptions of stress. *Nurse Educ Today.* 2007; 27:808–818.
5. Altıok HO, Üstün B. The stress sources of nursing students. *Educ Sci Theory Pract.* 2013;13:760–766.
6. Jimenez C, Navia-Osorio PM, Diaz CV. Stress and health in novice and experienced nursing students. *J Adv Nurs.* 2010;66:442–455
7. Center for Mindfulness in Medicine, Healthcare and Society, y. Stress reduction 2014.
8. Song Y. Depression, stress, anxiety and mindfulness in nursing students [Korean]. *Korean J Adult Nurs.* 2011;23: 397–402.
9. Dryden W, Still A. Historical aspects of mindfulness and self-acceptance in psychotherapy. *J Ration Emotive Cognit Behav Ther.* 2006;24:3–28
10. Liu HL, Liu Q, Xie HY, Wang FZ, Xie YM, Li ZH. Effect of meditation training on postoperative pain in school-age children with cardiac diseases. *Chin J Nurs.* 2011;46:745–747
11. Jennet Raj G. A study to assess the effectiveness of mindful meditation on adjustment problem faced by First Year B. Sc Nursing Students in selected Nursing College at Komarapalayam (Doctoral dissertation, Anbu College of Nursing, Komarapalayam).