

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

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## Abstract

Stress is one of the common problem among students of higher education institutes, it affects health and academic performance as well. Mindful meditation is one of the useful strategy to reduce stress and improves health and academic performance among young population. The objective of the study is assess the effectiveness of mindful meditation on health and academic adjustment problems among 1<sup>st</sup> year B Sc Nursing students in selected nursing colleges of Pune city. The research design adopted for this study pre-experimental, pre-test post-test design. The study was conducted at selected nursing schools of Pune. Total 60 students selected by purposive sampling. The data collected were analysed by descriptive and inferential statistics. The result showed that there are multiple health problems student faces during their first year of college life. The stress which occurs in early academic life causes low academic performances. Mindful meditation found effective on health and academic performances during early academic life hence college should exercise mindful meditation during their induction and orientation period.

**Keywords** – Mindful Meditation, Academic adjustments, Nursing students, Health

## Introduction

Adjustment is a process by which a living organism maintains a balance between the needs and the circumstances. An individual feels a sort of emotional tension, uneasiness and restlessness when he does not or cannot adjust himself with social environment. Good (1959) states that adjustment is the process of adopting modes of behavior suitable to the environment or the changes in the environment. Unless a person is not able to adjust himself to the environment, he/ she cannot develop his/her wholesome personality.<sup>1</sup>

Stress is a natural body reaction to difficult or challenging situations. 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.<sup>2</sup>

The researches shows that the stress among nursing students is high and the investigator herself has undergone a lot of emotional stress during the 1<sup>st</sup> year of B.Sc. Nursing course due to new environment, parental separation, work load and new peer groups.<sup>3</sup>

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.<sup>4</sup> 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,

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react more quickly and more effectively to a stressful event, more sociable behavior, 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.<sup>5</sup>

## Methodology

### Study design, setting and sample size

A pre-experimental study was conducted on effectiveness of Mindful Meditation on 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. The permission was obtained from the Principal of Nursing Colleges of Pune city.

### Objectives of the Study

1. To assess the level of health and academic adjustment problem among 1st year B. Sc. Nursing students in selected college.
2. To evaluate the effectiveness of mindful meditation on health and academic adjustment problem

among first year B. Sc. nursing students in selected college

### 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 academic adjustment. Every right answer gained one (1) point and wrong answer gained zero (0). The overall score ranged from 1-10 from each component, participants with reasonably adequate adjustment considered 7-10 score, adequate adjustment considered 4-6 score and poor adjustment considered 1-3 score.

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

**Data Analysis:** The data had been analyzed through descriptive analysis and 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
· Non-Hosteller	14	23.33
Religion		
· Hindu	46	76.67
· Muslim	4	6.67
· Christian	10	16.67
Locality		
· Urban	49	81.67
· Rural	11	18.33

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

**(N=60)**

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%) Non-hosteller.

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.

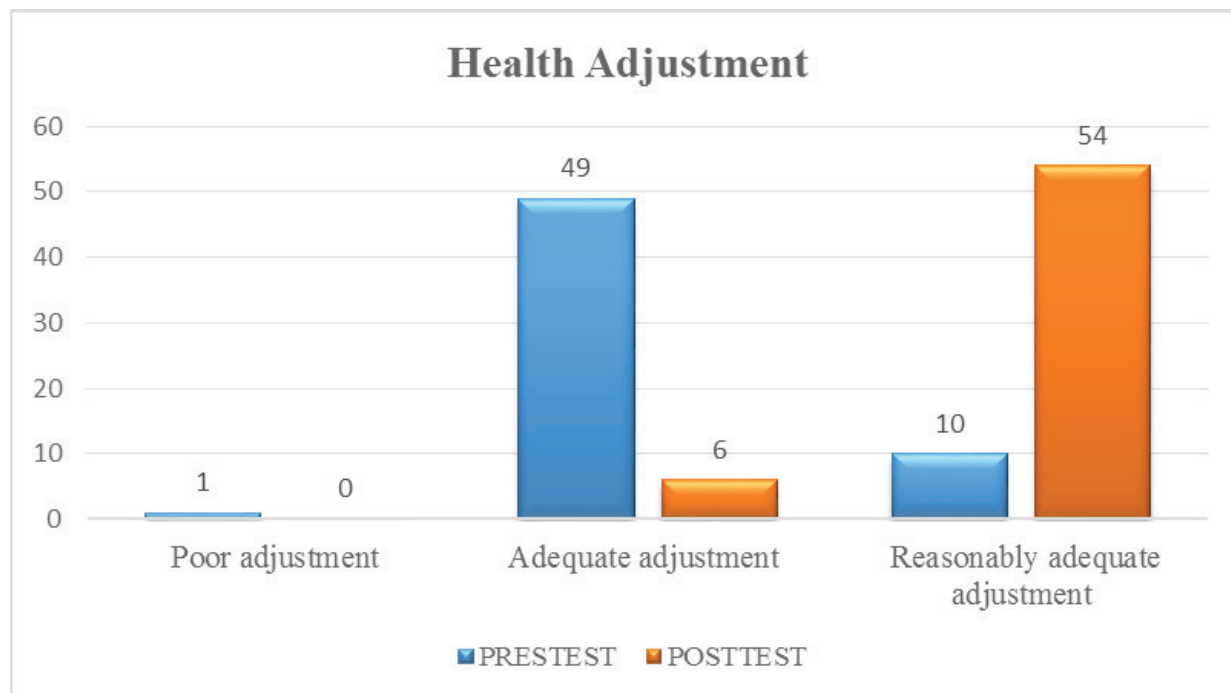
The most of the participants 49 (81.67%) from Urban locality where as only few 11 (18.33%) from rural locality.

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**

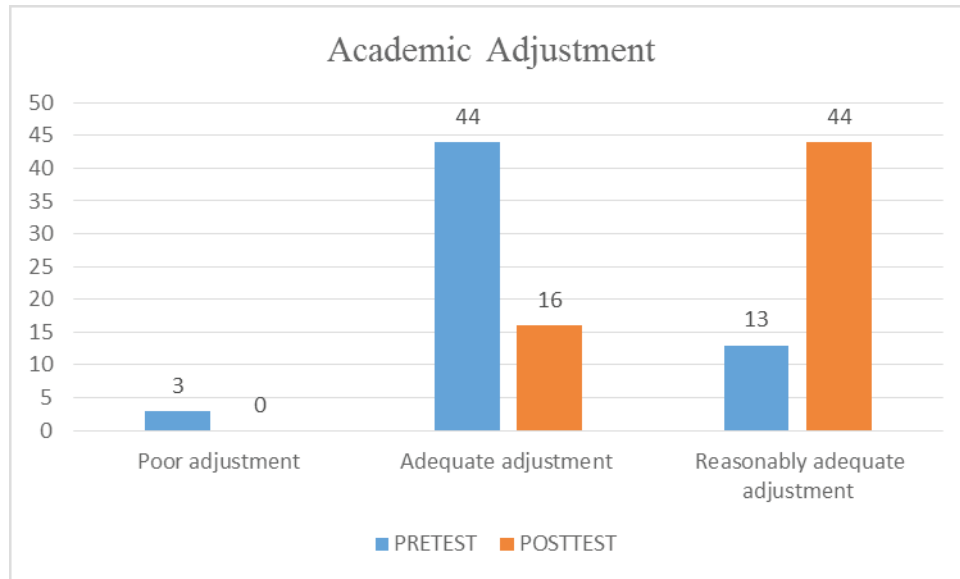


From the above figure it shows that on Pre-test least participant 1 (1.67%) having poor health adjustment and most of them have 49 (81.67%) adequate health adjustment and few participants 10 (16.67%) are having reasonably adequate health adjustment. Post-

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.

**Figure: 1 - Figure shows the Academic Adjustment levels of the first year students on Pretest and Post-test**

**N-60**



From the above figure it shows that on Pre-test, few participants 3 (5%) have poor academic adjustment and most of the samples 44 (73.33%) have adequate psychological adjustment and 13 (21.67%) samples have reasonably adequate academic adjustment. Post-test 16 (26.67%) participants have adequate academic adjustment and most of them 44 (73.33%) are having reasonably adequate academic adjustment. It shows there is an improvement in the academic 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	12.05	2.57	4.05	17.28
2	Post-test	16.10	2.09		

Comparison of mean and standard deviation on health and academicl adjustment after administration of mindful meditation among first year B Sc Nursing students found that pre-test mean was 12.05 with

Standard deviation 2.57 and post-test level adjustment increased to 16.10 with SD 2.09. The mean difference was found to be 4.05. The paired‘t’ test was applied with df 59 and value found 17.28 at significant level of

$p < 0.05$ . It proves that mindful meditation is effective tool to improve the health and academic adjustment among the first year B Sc Nursing students

### Discussion

A study was conducted to assess the effect of mindful meditation on health and academic adjustment among first year B Sc Nursing students in selected nursing colleges of Pune city. 20 questionnaire was asked to 60 participants who were selected through purposive sampling. Sessions on mindful meditation was given to the participants which was selected as per laid down criteria. Post-test was conducted and same questionnaire was used for data collection. Result revealed that mindful meditation is useful means to reduce stress and improves health and academic performance of the students. Paired 't' test was applied to confirm the effectiveness of the meditation sessions at  $< 0.05$  level of significance and it was confirmed that mindful meditation is useful in health and academic adjustments among first year B Sc Nursing students

### Conclusion

Mindfulness is regarded not as something to get or to acquire, but as an internal resource that already exists, patiently awaiting to be reawakened. 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

**Ethical Clearance-** Ethical clearance was taken from Institutional Research Ethics Committee

**Source of Funding-** Self-Funding Project.

**Conflict of Interest** – There is no any conflict of interest.

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