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Original Research Paper

Mental Health Nursing

EFFECTIVENESS OF REIKI THERAPY ON REDUCING LEVEL OF ANXIETY ON SECOND SEMESTER B.SC. NURSING STUDENT IN SELECTED NURSING COLLEGES: A QUASI EXPERIMENTAL STUDY.

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ABSTRACT

Introduction: Anxiety is a physical reaction to stress and fear. However, it is not as easy because there is a broad variety of how severely anxiety impacts people and how much it impairs their quality of life. Reiki is "spiritually guided life force energy." A Reiki session can help ease tension and stress and assist in sustaining the body's ability to create a setting conducive to emotional, mental, and physical recovery. A session is pleasant and relaxing and is often utilized for one's wellness. **Methodology:** the study evaluated the effectiveness of reiki therapy on reducing level of anxiety among second semester B.Sc. nursing student at selected nursing colleges. using a quasi-experimental pre test post test design. Conducted at a nursing colleges with 70 nursing students , the study employed a quantitative approach. Participants included second semester B.Sc. nursing student at selected nursing colleges , selected via non probability convenient sampling technique. Data collection involved a semi-structured questionnaire for demographics, a Standardized state trait anxiety inventory (STAI) Reliability of the tools was (0.86). **Result:** The study assess the impact of reiki therapy on reducing level of anxiety among second semester B.Sc. nursing student by comparing pre-test and post-test scores. In STAI(Form I) study reveals mean pre-test level of anxiety score was 51.70 and mean post-test level of anxiety score was 37.44. The calculated 't' value i.e. 12.96 are much higher than the tabulated value at 5% level of significance. In STAI (Form II) reveals mean pre-test level of anxiety score was 52.28 and mean post-test level of anxiety score was 37.45 The calculated 't' value i.e. 16.19 are much higher than the tabulated value at 5% level of significance. for overall anxiety score of second semester B.Sc. nursing students which is statistically acceptable level of significance. Hence it is statistically interpreted that Reiki Therapy on reducing level of anxiety on second semester B.Sc. nursing students from selected nursing colleges was effective. Thus the H1 is accepted and H0 is rejected. The analysis also reveals that there is association posttest level of anxiety score with age and monthly family income while none of other demographic variable were associated with level of anxiety. **Conclusion:** The intervention significantly rreduced level of anxiety in second semester B.Sc. nursing student at selected nursing colleges. Statistical analysis confirmed the effectiveness of the rreiki therapy.

KEYWORDS :

INTRODUCTION

Anxiety is characterized by feelings of fear, dread, and unease. You can start to perspire, feel agitated and tight, and your heart might start to beat quickly. It may be a common stress response. Researchers found that anxiety is defined as persistent shaking, uneasiness, and sensations of worry and fear. People who have anxiety distress may also experience other physical symptoms such as exhaustion, headaches, nausea, abdominal pain, palpitations, shortness of breath, and incontinence. These symptoms can be as severe as extreme sensations of fear or panic., a study was conducted and found that graduate students experienced anxiety at a rate six times higher than the general population (41% vs. 6%). In addition, several research looked at the prevalence of anxiety disorders among them. The observed prevalence of anxiety ranged from 9.2% to 86.0%, and the direction of the change was unclear. an accurate prediction A reliable estimation of the anxiety prevalence of graduate students and its changes is essential to inform tailored efforts to prevent, identify, and treat mental distress, and to design a suitable public health policy.

The Japanese terms Rei and Ki, which both imply "life force energy," are combined to form the name Reiki. Rei denotes "God's Wisdom or the Higher Power." In other words, Reiki is "spiritually guided life force energy." A Reiki session can help ease tension and stress and assist in sustaining the body's ability to create a setting conducive to emotional, mental, and physical recovery. A session is pleasant and relaxing and is often utilized for one's wellness.

A Japanese practice for relaxation and stress relief called reiki is also helpful in the healing process. The practice of "laying on hands" administers it, and its foundation is the idea that an unseen "life force energy" flows through us and sustains our existence. When one's "life force energy" is low, they are more prone to illness or stress, and when it is high, they are better able to maintain good health and happiness.

Need Of The Study

According to the World Health Organization, 58 million children and adolescents were among the 301 million people who lived with an anxiety illness in 2019. Excessive fear, worry, and behavioral abnormalities are characteristics of anxiety disorders. The symptoms are severe enough to cause significant distress or a significant decline in functioning.

In a double-blind, randomized trial, 40 women who had elective C-sections were divided into two groups: those receiving standard care (control group) or three Reiki sessions administered remotely by a single Reiki master over 100 km away, in addition to usual care (n = 40), investigators found that pain was not significantly different between the groups over 3 days of hospitalization (M ± SD: 212.1 ± 104.7 vs. 223.1 ± 117.8; p = .96; Vandervaart et al., 2011). The distant Reiki group had significantly reduced post-surgery blood pressure (p = .02) and heart rate (p = .003), but there were no significant differences in painkiller intake or healing rate. In a quasi-experimental study, Vitale and O'Connor (2006) compared standard nursing care (n = 12) that focused on pain using a visual analog scale to standard nursing care (n = 10) that included 30 minutes of Reiki three times after hysterectomy surgery (n = 10). The STAI was used to compare anxiety during hospital discharge. When Reiki was administered in

the same-day operation room rather than the inpatient hospital setting, there was a statistically significant change in pain levels the first time. The two groups' levels of anxiety at discharge varied, with the traditional nursing care group experiencing higher levels of anxiety (p = .005).

Problem Statement

Effectiveness Of Reiki Therapy On Reducing Level Of Anxiety On Second Semester B.Sc. Nursing Student In Selected Nursing Colleges: A Quasi Experimental Study.

Aim Of The Study

To evaluate the Effectiveness Of Reiki Therapy On Reducing Level Of Anxiety On Second Semester B.Sc. Nursing Student In Selected Nursing Colleges.

Objective Of Study

Primary Objectives

- To assess the effectiveness of reiki therapy on reducing level of anxiety on second semester B.Sc. nursing student in selected nursing colleges.

Secondary Objectives

- To assess the pre-test level of anxiety on second semester B.Sc. nursing student in selected nursing colleges.
- To assess the post-test level of anxiety on second semester B.Sc. nursing student in selected nursing colleges.
- To evaluate the Effectiveness of Reiki therapy on reducing level of anxiety on second semester B.Sc. nursing student in selected nursing colleges.
- To find the association between post-test score with selected demographic variables.

Conceptual Framework

The study was based on Roy Adaptation Model

Methodology

the study evaluated the effectiveness of reiki therapy on reducing level of anxiety among second semester B.Sc. nursing student at selected nursing colleges. using a quasi-experimental pre test post test design. Conducted at a nursing colleges with 70 nursing students , the study employed a quantitative approach. Participants included second semester B.Sc. nursing student at selected nursing colleges , selected via non probability convenient sampling technique.

Tool

1) Semi-structured questionnaire for demographics
2) Standardized state trait anxiety inventory (STAI)

Reliability of the tools was (0.86).

RESULT AND DISCUSSION

Table No. 1 : Assessment With A Level Of Pre-test Anxiety Score N=70

Level of anxiety score	Score Range	Level of Pre Test Anxiety Score	
		STAI Form 1	STAI Form 2
No or low anxiety	20-37	1(1.43%)	0(0%)
Moderate Anxiety	38-44	13(18.57%)	5(7.14%)
High Anxiety	45-80	56(80%)	65(92.86%)
Minimum score		33	43
Maximum score		72	73
Mean anxiety score		51.70 ± 7.99	52.28±6.41
Mean % anxiety Score		64.62±9.99	65.35±8.01

Table No. 2 : Assessment With Level Of Post-test Anxiety Score N=70

Level of anxiety score	Score Range	Level of Post Test Anxiety Score	
		STAI Form 1	STAI Form 2
No or low anxiety	20-37	36(51.43%)	35(50%)
Moderate Anxiety	38-44	33(47.14%)	33(47.14%)
High Anxiety	45-80	1(1.43%)	2(2.86%)
Minimum score		30	28
Maximum score		48	51
Mean anxiety score		37.44 ± 4.72	37.45±3.97
Mean % anxiety Score		46.80 ± 5.90	46.82±4.96

Table No. 3 Significance Of Difference Between Anxiety Score In Pre And Post-test Of Second Semester B.sc. Nursing Students In Stai Form 1 N=70

Test	Mean	SD	Mean Difference	Df	t-value	Table value	p-value	Signifi-cance
Pre Test	52.28	6.41	14.82±7.66	69	16.19	1.98	0. 0001	S
Post Test	37.45	3.97						

Level of significance p<0.005

Table No.4 Significance Of Difference Between Anxiety Score In Pre And Post Test Of Second Semester B.sc. Nursing Students In Stai Form 2 N=70

Test	Mean	SD	Mean Difference	Df	t-value	Table value	p-value	Signifi-cance
Pre Test	51.70	7.99	14.25±9.19	69	12.96	1.98	0. 0001	S
Post Test	37.44	4.72						

Level of significance p<0.005

Table No.5. Association Of Post-test Anxiety Score On Second Semester B.sc. Nursing Students In Relation To Demographic Variables. N=70

Demographic Variables	Calculated Value			df	Table Value	Level Of Signifi-cance P< 0.05	Signifi-cance
	t – value	f – value	p - value				
Age	-	6.07	0.004	2,67	3.07	<0.05	S
Gender	0.48	-	0.62	68	1.98	>0.05	NS
Place of residence	0.46	-	0.64	68	1.98	>0.05	NS
Monthly family income (Rs)	-	6.31	0.001	3,66	2.68	<0.05	S
Type of family	0.65	-	0.51	68	1.98	>0.05	NS
Previous knowledge	0.30	-	0.76	68	1.98	>0.05	NS

KEY - S: Significant NS: Not Significant

Table 6: Association Of Post-test Anxiety Score On Second Semester B.sc. Nursing Students In Relation To Demographic Variables n=70

Demographic Variables	Calculated Value			df	Table Value	Level Of Signifi-cance P< 0.05	Signifi-cance
	t – value	f – value	p- value				
Age	-	0.54	0.58	2,67	3.07	>0.05	NS
Gender	0.85	-	0.40	68	1.98	>0.05	NS
Place of residence	0.02	-	0.98	68	1.98	>0.05	NS
Monthly family income (Rs)	-	2.52	0.065	3,66	2.68	>0.05	NS
Type of family	0.69	-	0.49	68	1.98	>0.05	NS
Previous knowledge	0.39	-	0.71	68	1.98	>0.05	NS

KEY :S- Significant NS – Not Significant

Majority 67.70% of second semester B.Sc. nursing students were in the age group of 20-21 years , 82.90% were females, 61.40% were residing at day scholar, 34.30% had monthly family income of them had more than 30000 Rs, 77.10% were from nuclear families, Only 1.40% of second semester B.Sc. nursing students had previous knowledge regarding Reiki Therapy.

Table no. 1 This table shows that 18.57% of the second semester B.Sc. nursing students in STAI Form 1 and 7.14% in Form 2 had moderate anxiety and each 80% of second semester BSc nursing students in STAI Form 1 and 92.86% in Form 2 had high anxiety.

The minimum anxiety score in STAI Form 1 was 33 and in STAI Form 2 it was 43 and the maximum anxiety score in STAI Form 1 was 72 and in STAI Form 2, it was 73. The mean anxiety score among nursing students for STAI Form 1 was 51.70±7.99 and for STAI Form 2 it was 52.28±6.41.

Table no.2 The above table shows that 51.43% of the second semester B.Sc. nursing students in STAI Form 1 and 50% in Form 2 had no or low anxiety, each 47.14% in STAI Form 1 and in STAI Form 2 had moderate anxiety and 1.43% of second semester B.Sc. nursing students in STAI Form 1 and 2.86% in STAI Form 2 had high anxiety. Minimum anxiety score in STAI Form 1 was 30 and in STAI Form 2 it was 28 and maximum anxiety score in STAI Form 1 was 48 and in STAI Form 2 it was 51. Mean anxiety score on nursing students for STAI Form 1 was 37.44±4.72 and for STAI form 2 it was 37.45±3.97.

Table no. 3 This table shows the comparison of pretest and post test anxiety scores of second semester B.Sc. nursing students. Mean, standard deviation and mean difference values are compared and student's paired 't' test is applied at 5% level of significance. The tabulated value for n=70-1 i.e. 69 degrees of freedom was 1.98. The calculated 't' value i.e. 12.96 are much higher than the tabulated value at 5% level of significance for overall anxiety score of second semester B.Sc. nursing students which is statistically acceptable level of significance. Hence it is statistically interpreted that Reiki Therapy on reducing level of anxiety among second semester B.Sc. nursing students from selected nursing colleges was effective. Thus the H_1 is accepted

Table no. 4 This This table shows the comparison of pretest and post test anxiety scores of second semester B.Sc. nursing students. Mean, standard deviation and mean difference values are compared and student's paired 't' test is applied at 5% level of significance. The tabulated value for n=70-1 i.e. 69 degrees of freedom was 1.98. The calculated 't' value i.e. 16.19 are much higher than the tabulated value at 5% level of significance for overall anxiety score of second semester B.Sc. nursing students which is statistically acceptable level of significance. Hence it is statistically interpreted that Reiki Therapy on reducing level of anxiety among second semester BSc nursing students from selected nursing colleges was effective. Thus the H_1 is accepted

Table no. 5 Analysis revels that there is association of post- test knowledge score with age in year and monthly family income While none of the other demographic variable were associated with level of anxiety score.

Table no. 6 None of the demographic variable were associated with level of anxiety score.

CONCLUSION

In the present study, the level of anxiety was assessed by taking pretest among second semester B.Sc. nursing student by Standardized state trait anxiety inventory (STAI) followed by post test was taken with same. The study assess the impact of reiki therapy on reducing level of anxiety among second semester B.Sc. nursing student by comparing pre-test and post-test scores. In STAI(Form I) study reveals mean pre-test level of anxiety score was 51.70 and mean post-test level of anxiety score was 37.44. The calculated 't' value i.e. 12.96 are much higher than the tabulated value at 5% level of significance. In STAI (Form II) reveals mean pre-test level of anxiety score was 52.28 and mean post-test level of anxiety score was 37.45 The calculated 't' value i.e. 16.19 are much higher than the tabulated value at 5% level of significance. for overall anxiety score of second semester B.Sc. nursing students which is statistically acceptable level of significance.

Hence it is statistically interpreted that Reiki Therapy on reducing level of anxiety on second semester B.Sc. nursing students from selected nursing colleges was effective. Thus the H_1 is accepted and H0 is rejected. The analysis also reveals that there is association posttest level of anxiety score with age and monthly family income while none of other demographic variable were associated with level of anxiety.

Recommendations

- The study can be done in large sample for a generalization of findings.
- The replication of present study can be conducted with more effective and with constant intervention.
- Comparative study may be conducted as experimental and control group
- A similar study can be conducted for nursing students as well as nurse educators.

Authors Contribution

The author carries out tasks from data collection, data analysis, making discussion to making manuscripts.

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The research was not funded, all the expenses were carried out by the researcher.

Conflict Of Interest

The author declares no conflict of interest.

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