



EFFECTIVENESS OF SO HUM MEDITATION IN REDUCING THE LEVEL OF STRESS AMONG THE FIRST YEAR B.Sc.(N) STUDENTS IN SELECTED COLLEGE OF NURSING AT KOLHAPUR.

Nursing

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ABSTRACT

Meditation has been found to be very helpful in reducing mental stress. It is an ancient practice and scientifically proven to be very effective. Healthcare providers of multiple disciplines have faced tremendous work pressure because of which more attention has been drawn towards relaxation techniques. Meditation has many benefits such as deeper level of relaxation, builds self-confidence, helps to control own thought, improve learning and concentration level, increase emotional balance, increase productivity, develop will power, 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. In this study SO HUM meditation technique was useful in reduction of stress level of B.Sc. Nursing students.

Objective Of The Study

1. To assess the level of stress among first year B.Sc. Nursing students.
2. To administer SO HUM meditation on first year B.Sc. nursing students
3. To evaluate the effectiveness of SO HUM meditation in reducing the level of stress among the first year B.Sc. nursing students.
4. To find out the mean association between pre-assessment stress scores with selected socio-demographic variables

Method

In the present study quantitative evaluative survey approach was used. A Pre-experimental, one group pre-assessment, post-assessment research design was used. Which consisted 60 first year B.Sc. nursing students by using non-probability, purposive sampling technique Data was collected using selected socio-demographic variables and modified perceived stress rating scale from D.Y. Patil College of Nursing, Kolhapur. **Results** The results of the study revealed that there was a mean association between pre-assessment stress scores with selected socio-demographic variables. Association was calculated using 'chi-square' test and the result of the study revealed association between the mean pre-assessment with selected socio-demographic variable like Gender [tcal= 07.84, ttab= 05.99], number of siblings [tcal= 12.93 ttab= 12.59], family income [tcal=13.60, ttab= 12.59], number of close friends [tcal= 12.72, ttab= 12.59] and reason for choosing nursing profession [tcal=13.46, ttab= 12.59] the findings were found to be significant at 0.05 level of significance. The study also revealed that in pre-assessment majority of the participants 32 (53.33%) had moderate level of perceived stress scores, 26 (43.33%) had severe perceived stress score and remaining 02 (3.33%) had mild perceived stress scores. Where in post-assessment majority of participants 82 (54.66%) had mild perceived stress scores and remaining 68 (45.33%) had moderate perceived stress scores while none of participants had severe stress. The calculated paired 't' value (t Cal=20.13) was greater than tabulated value (ttab=2.001). This indicated that SO HUM meditation was effective in reducing the level of stress, which is statistically significant at < 0.05 level. **Interpretation And Conclusion** In pre-assessment majority of the participants 32 (53.33%) had moderate level of perceived stress, 26 (43.33%) had severe perceived stress and remaining 02 (3.33%) had mild perceived stress. Where in post-assessment after administration of SO HUM meditation majority of participants 82 (54.66%) had mild perceived stress level and remaining 68 (45.33%) had moderate perceived stress while none of participants had severe stress. Therefore, findings concluded that SO HUM meditation was effective in relieving the perceived stress level of the first year B.Sc. nursing students

KEYWORDS

Evaluate, Effectiveness, SO HUM meditation, First year B.Sc. Nursing Students, Perceived stress, College of nursing.

INTRODUCTION

Students of the modern era are living in a highly competitive world which exerts lots of stress on students to survive in this era. Stress is an emotional imbalance which may occur due to various reasons such as assessments, papers and projects, competitive nature within one's chosen field, financial worries about school and future employment prospects. 1

Meditation is an ancient practice that cultivates a calm yet focused mind. Meditation means dissolving the invisible wall that unawareness has built (Sadh guru). Research over the past two decades broadly supports the claim that mindfulness meditation practiced widely for the reduction of stress and promotion of health exerts beneficial effects on physical and mental health, and cognitive performance. 2

METHODS OF DATA COLLECTION

The various reviews of literatures were done. An intense search of related literature was carried out, guided by guide for developing an appropriate tool item and checked for ambiguity and error by consulting with expertise from mental health nursing.

A quantitative evaluative survey approach was used for pre-experimental, one group pre-assessment, post-assessment research design was used. which consisted 60 first year B.Sc. nursing students by using non-probability, purposive sampling technique. Data was

collected using selected socio-demographic variables and modified perceived stress rating scale in D.Y. Patil college of nursing, Kadamwadi, Kolhapur, Maharashtra.

RESULTS

The results of the study revealed there was a significant difference between mean pre-assessment and post-assessment of perceived stress level which was assessed using paired 't' test, the value computed, tcal= 20.13 which was greater than the (ttab=2.001) with df=59

Section I: Findings relate to distribution of pre-assessment and post-test level of stress scores of participants regarding effectiveness of SO HUM meditation. In this section the researcher analyzed and categorized the pre-assessment and post-test level of perceived stress scores.

Table 1: Frequency and percentage distribution of pre-assessment and post-test level of perceived stress scores

Perceived Stress Scores	Pre-assessment		Post-assessment	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Mild(0 -29)	02	3.33	35	58.33

Moderate (30-60)	32	53.33	25	41.67
Severe(61-90)	26	43.33	00	00

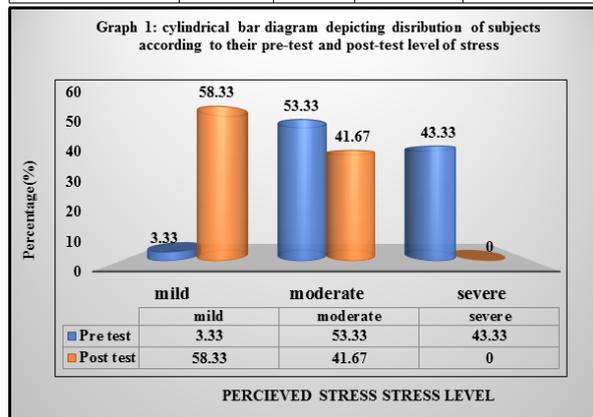


Table 1, indicates that the overall perceived stress level of the subjects was decreased in post assessment after administration of SO HUM meditation to the first year B.sc nursing students

DISCUSSION

1. Findings related to level of stress among subjects.

In the present study, findings related to level of stress among subjects in pre-assessment majority 02 (3.33%) had mild level of stress, 32 (53.33%) had moderate level of stress, 26 (43.33%) subjects had severe level of stress. A similar study was conducted to assess the level of stress among first year B.Sc. nursing students, Jammu. Findings of the study stated that among 1st year B.Sc. nursing students, 28 (56%) had moderate stress, 14 (28%) students had severe stress, 7 (14%) had mild stress.

2. To evaluate the effectiveness of SO HUM meditation on the level of stress on first year B.Sc. nursing students.

In the present study, the effectiveness of SO HUM meditation in reducing the level of stress was calculated by using paired 't' test which compute was (tCal= 20.13) was greater than tabulated value (ttab = 2.001). at 0.05 level of significance.

A similar study was conducted to evaluate the effectiveness of SO HUM meditation in reducing stress among B.Sc. nursing first year students at selected nursing college Uttar Pradesh. findings of the study computed "t" value ("t"=24.02) was statically significant at 0.05 level of significance.

3. Findings related to the significant association between pre-assessment stress scores with selected socio-demographic variables.

In the present study, there was significant association between pre-assessment perceived stress scores and selected socio-demographic variables, Gender [$\chi^2_{cal} = 07.84$ $\chi^2_{tab} = 05.99$], Number of siblings [$\chi^2_{cal} = 12.93$, $\chi^2_{tab} = 12.59$], Family income [$\chi^2_{cal} = 13.60$ $\chi^2_{tab} = 12.59$], Number of close friends [$\chi^2_{cal} = 12.72$ $\chi^2_{tab} = 12.59$], Reason for choosing nursing profession [$\chi^2_{cal} = 13.46$ $\chi^2_{tab} = 12.59$]. The calculated Chi-square values were higher than tabulated value at 0.05 level of significance.

A similar study was conducted to assess and evaluate the effectiveness of 'So-Hum' meditation in reducing level of perceived stress among B. Sc. nursing first year students at selected nursing college, dindigul.

In this study Findings, were, majority of the samples 22(73.3%) were in the age group of (18-19) years. majority of students were female, Majority of the samples 25 (83.3%) were Hindu religion, majority of students have one sibling 31(51.66%). there was significant association between pre-assessment perceived stress scores and selected socio-demographic.

A contradictory study conducted to assess and evaluates the effectiveness of SO HUM Meditation in reducing stress among B. Sc. nursing first year Students at selected nursing college Uttar Pradesh. In this study there was no significant association between socio-demographic variables that were Age (3.27), marital status (.52), Order of birth (2.01), Type of family (33), Family income (94) and No. of sibling (1.17) at 0.05 level of significance. This indicates that stress

level of B.Sc. Nursing first year students before SO HUM meditation was significantly not associated with their age, marital status, order of birth, type of family.

CONCLUSION:

Based on the findings the study concluded that SO HUM meditation has been shown to have great therapeutic benefits for individual with a wide range of health conditions and remarkably effective in reducing stress among the nursing students.

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