Study To Asses And Evaluate The Effectiveness Of 'So Hum' Meditation In Reducing Stress Among B. Sc. Nursing First Year Students at Selected Nursing CollegeUttar Pradesh.

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ABSTRACT

Relaxation techniques like meditation have been found to be helpful in reducing stress. Mindfulness meditation has been proven effective for reducing stress. Recently, healthcare providers of multiple disciplines have tremendously turned to the practice of mindfulness meditation as a useful tool in building a self-care routine. Meditation has many 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, 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.

Key Words:So-Hum Meditation technique,stress among nursing students
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INTRODUCTION:
Every one of us experiencing stress in our life from birth till death as birth is also a stressful event for both mother and child and death too. Human beings have a natural power to cope with and manage with the stress. It is proved that mild stress is always useful to us because it encourages us to achieve our goals and objective. When stress is going away from our capacity, it affects to our physiological and mental health.

In India surveys of mental morbidity carried out in various parts of the country suggest a morbidity rate of not less than 18-20 per 1,000 population, and the types of illnesses and their prevalence are very much the same as other parts of the world. The numbers of specialized hospitals for mental disorders in the country are 47 with the total number of beds about 10329. The number of outdoor (old and new) mental disorders cases treated in these hospitals during 2004 in were about 896425, and 22361 cases were treated in child guidance clinics. The total numbers of new outdoor cases during 2004 in specialized mental hospitals were 6737 psychotic substance users, 55869 Schizophrenia, 31555 mood disorders, 38482 neurotic stress related, 3417 behavioral syndromes, 906 disorders of adult personality, 4256 mental retardation, 885 disorders occurring in childhood, 1151 psychological disorder, 4577 organic disorder and 2904 unspecified mental disorders.

Meditation has many 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, 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.

REVIEW OF LITERATURE:

The cause for stress in the Indian population varies from poverty to urbanization.The World Health Report 2002, Geneva, states that non-transmissible diseases will be the leading cause of functional disability in the next two decades. Stress is highlighted as a major risk factor for a variety of diseases ranging from cardiovascular to mental illness mostly predominating in the urban areas.

The World Health Organization (WHO) news report 2010 says that India being a part of the global trend of urbanization, nearly 28% of its population now lives in cities now, and this is expected to increase to 41% by the year 2020. The rapid increase in the urban population worldwide is among the important threats to global health in the 21 st century.

According to Stansfield, modern life events such as work-related and family problems, social withdrawal, financial worries, and violence are some factors that can predispose or induce stress.

In 2005, the National College Health Assessment (NCHA) surveyed 17,000 college students. Twenty-five percent of the students reported they have "felt so depressed it was difficult to function" three to eight times in the past 12 months. Twenty-one percent of the students reported that they "seriously considered suicide". The most important causes of stress reported by the students were financial, lack of sleep, and family problems.

A descriptive study was carried out among nursing students of a selected nursing institution of Kolar in May 2005. A sample of 100 nursing students was chosen using convenience sampling technique. The participants were given 30 minutes to answer the questionnaire. The collected data was analyzed using descriptive statistics. The study found that out of 100 nursing students 46 (46%) were having high stress scores and remaining 54 (54%) students were, found having less stress scores, but only out of 100 nursing students, 28 (28%) were having good subjective well-being. The study concluded that the students must be ensured, while undergoing nursing education programs should be able handle the associated stress appropriately.

A study was conducted to determine the perceived level of stress and coping behavior among B. Sc. nursing students in selected colleges at Mangalore. There were40 samples taken by simple random technique. The data was collected by using perceived stress scale and coping check list. The study revealed that 55% of the sample experienced severe stress, 12.5% of the sample experienced moderate level of stress and 32.5% of the sample experienced mild level of stress. The study concluded that stress may arouse from their work, contact with patients, demands of the organization.

A study was conducted in Iran on experienced stressors and coping strategies among nursing students showed exposed variety of stress among first year nursing students. . All undergraduate nursing students enrolled in years 1-4 during academic year 2004-2005 were included in this study, with a total of 366 questionnaires fully completed by the students. The student stress survey and the adolescent coping orientation for problem experiences inventory (ACOPE) were used for data collection. The study shows, "findings new friends" (76.2%) "Working with people they did not know" (63.4%), "new responsibilities" (72.1%), "started college" (65.8%) "Increased class workload" (64.2%) as sources of stress among.

BalakrishnanVandana   Sep-2011**,** LakshmiammalSaraswathy**,** Gowrikutty   Krishna   PillaiSuseeladevi**,** KarimasseryRamaiyerSunadaram**,** Harish Kumar(Amrita Institute of Medical Sciences, Cochin, Kerala, India) conducted a research to find out the effect of the Integrated Amrita Meditation (IAM) technique on the response to life changes. IAM technique, progressive muscle relaxation (PMR) technique, and the Life Changes Questionnaire (LCQ) were used. One hundred and fifty subjects were randomized into IAM, PMR, and Control groups. LCQ scores were documented in all groups at 0 h, 48 h, 2 months, and 8 months after the training. The new LCQ was analyzed using split-half reliability and was found to be

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having a correlation coefficient 0.96. The study concludes that the IAM technique is an efficient tool in reducing stress as measured by LCQ.

OBJECTIVES OF THE STUDY:
1. To assess and evaluate the level of stress among Nursing students before and after the administration of 'So Hum' meditation.
2. To determine the association between the pre-test stress scores with selected personal variables.
3. To find out the association between the post-test stress scores with selected personal variables.

RESEARCH METHODOLOGY:
In this context of study, Researcher adopted the **Evaluatory approach.** The research design selected for the study was **Pre Experimental design (one group pre-test and post-test design**). In this study, the sample consisted of first year B. Sc. Nursing students of N.I.N Uttar Pradesh. Sample size was 60 B. Sc. Nursing first year students. The sampling technique was total enumeration technique was used.
Tool used: Modified stress assessment tool

Research design
The research design selected for the study **Pre Experimental design (one group pre test and post test design)** which was best suited to asses and evaluate Effectiveness of 'so hum' meditation in reducing stress among first year B. Sc. nursing students in selected nursing colleges at Noida, Uttar Pradesh.

Schematic presentation of research study design:
S1 =Assessment of stress level of B.SC. Nursing first year students before the administration of So Hum meditation.
X = Administration of So Hum meditation for 20 days excluding Sunday.
S2 = Assessment of stress level of B.SC. Nursing first year student after the administration of So Hum meditation.

Group	Pretest	Intervention	Posttest
B.Sc. Nursing first year students	Day 1	Day 1 to 20	Day 21
	Stress test (S1)	So Hum meditation (X)	Stress test (S2)

Sampling technique: Convenience sampling
Sample size:B. Sc. Nursing first students =60

Inclusion criteria: Students who were willing to participate in the study and available at the time of data collection.

Exclusion criteria:
1. Students who were already practicing any other meditation technique or undergoing any type of training related to stress management.
2. Students who were on some medication.

Hypotheses:

- **H$_1$:**The mean post-test stress level score after the administration of 'So Hum' meditation of the first year B. Sc. Nursing students will be significantly lower than their mean pre-test stress level score as measured by a modified stress assessment tool at 0.05 level of significance.
- **H$_2$:**There will be a significant association between the stress level of the B.Sc. Nursing first year students before ''So Hum' meditation with selected personal variables as evident from the stress score at 0.05 level of significance.
- **H$_3$:**There will be a significant association between the stress level of the B.Sc. Nursing first year students after 'So Hum' meditation with selected personal variables as evident from the stress score at 0.05 level of significance.

Assumptions:

1. Nursing students having some level of stress.
2. Nursing students may have knowledge regarding so hum meditation.
3. The student will give free and frank responses to the questions.
4. The students will co-operate for the study.
5. 'So Hum' meditation may be effective in reducing their stress level.
6. Stress level can be measured by modified stress assessment scale.

Pilot study:After obtaining the formal approval from the concerned authorities. The pilot study was conducted on   in the **R RCollege of nursing TonkFatak Jaipur.**

Final study: After obtaining the formal approval from the concerned authorities. The final study was conducted in the **N.I.N Noida U.P.**

Validity and reliability of tool:
Content validity of the tools was obtained by submitting the tool to various experts fromdifferent field ofcommunity, psychiatry, obs. & gynaecology. Paediatric and statistician.Suggestions from the experts were incorporated and tools were modified accordingly.

Reliability:
Reliability coefficient for the tool was calculated by using **Karl Pearson's coefficient of correlation** method. The reliability coefficient was found to be **0.906**.

RESULTS AND ANALYSIS:

- ➢ **Section I**: Findings related to level of Stress of students before and after 'So Hum' meditation.
- ➢ **Section II**: Findings related to effectiveness of 'So Hum' meditation on the stress level among B.Sc. Nursing first year students.
- ➢ **Section III**: Findings related to the association of stress level with selected personal variables, Age, Marital status, Order of birth, Family income/month, Type of family.

Table 1: Frequency and percentage distribution of B.Sc. nursing First year students according to their personal variables

N=60

PERSONAL VARIABLES	Frequency(f)	Frequency percentage
1. Age in years • 17-18 • 19-20 • 21 above	31 27 2	51.6% 45% 3.33%
2. Gender • Male • female	0 60	0% 100%
3. marital status • married • unmarried	0 59 1	0% 98.3% 1.66%
4. order of birth • first birth • middle born • last born • only child	25 11 22 2	41.6% 18.3% 36.6% 3.3%
5. type of family • nuclear • joint • single parents	47 11 2	78.3% 18.33% 3.33%

6. family income/month • <5000rs. • <5001-10000 • <10,001-15000 • >15,000	2 6 27 25	3.33% 10% 45% 41.66%	
7. No. of siblings • Nil • One • Two • More than 2	2 31 12 15	3.33%% 51.66 20% 25%	
8. Previous exposure of any meditation • Yes • No	0 60	0 100%	

Table 1: depicts that majority of B.Sc. Nursing first year students 31(51.66%)were in the age group of (17-18) years followed by 27(45%) of students were in (19-20)age group. All students were female 60(100%). Majority of students were Unmarried59(98.33%) only one student (1.66%) was belonged to the separated group. In category oforder of birth majority of students belongs to first born 25(41.66%). Majority of students belongsnuclear family 47(78.33%). Majority of students belongs Rs. (<10,001-15,000)family income/per months 27(45%) followed by 25(41.66%) students belong >15,000 Rs.Family income/month. Majority of students have one sibling 31(51.66%) And none ofstudent was previously exposed to any other such relaxation technique.

Table2: mean, median and standard deviation of stress score of B.Sc. nursing first year students before and after the administration of so hum meditation   N=60

Stress scores	Mean	Median	SD
after so hum meditation	36.6	35	5.97
before so hum	17.02	17	3.11

Maximum score =80, Minimum Score =0

Table 2: indicate that the mean stress score after 'So Hum' meditation (17.02) waslesser than the mean stress score before 'So Hum' meditation(36.60). The calculatedmedian value before So Hum meditation was 35 and after So Hum meditation was 17.The standard deviation before 'So Hum' meditation was 5.97 and after 'So Hum'meditation, the standard deviation was 3.11 which shows that 'So Hum' meditation for20 days was effective in reducing stress of B.Sc. Nursing First year Nursing students.

Table3: Mean, mean difference, standard error mean difference and "t" value of stress score of B.Sc. Nursing first year students before and after the administration of so hum meditation

N=60

Stress score	mean	M_d	SD_{md}	SE_{md}	t value
Pre test	36.60	19.58	6.31	0.82	24.02*
Post test	17.02				

p$\leq$ 0.05 *significance at 0.05 level of significance 't' (59) =2.26 at 0.05 level of significance

Table 3: Shows that the mean stress score of B.Sc. Nursing first year studentsbefore 'So Hum' meditation was 36.60 and the mean stress score after 'So Hum'meditation was 17.02 with the mean difference of 19.58 and standard error meandifference of .82. The computed "t" value ("t"=24.02) was statically significant at 0.05level of significance. Thus, it is established that the difference obtained in the mean stressscores before and after 'So Hum' meditation was true difference and not by chance.Hence the null hypothesis Hoi was rejected and research hypothesis H, was accepted.This indicates that the administration of 'So Hum' meditation was an effective technique to reduce the stress level of B.Sc. nursing first year students.

Table 4: Fisher's Exact P Values Showing Association of Stress Level of B.Sc. Nursing First Year Students Before[4] So Hum' Meditation with Selected Variables   N=60

S=significant, NS=non-significant

PERSONAL	Below median	Above median	Fisher's exact P value
1. Age in years			
• 17-18	18	13	
• 19-20	11	16	3.27^{NS}
• 21 above	2	0	
2. Marital status			
• Married	0	0	
• Unmarried	30	29	$.52^{NS}$
• Separated	1	0	
3. Order of birth			
• First birth	15	10	
• Middle born	6	5	
• Last born	9	13	2.01^{NS}
• Only child	1	1	

4. Type of family			
• Nuclear	24	23	.48[NS]
• Joint	6	5	
• Single parents	1	1	
5. Familyincome/month			
• <5000rs	1	1	94[NS]
• <5001-10000	4	2	
• <10,001-15000	13	14	
• >15,000	13	12	
6. No. of siblings			
• Nil	1	1	1.17[NS]
• One	16	15	
• Two	5	7	
• More than 2	9	6	

Table 4: depicted that fisher's exact computed between stress scores before 'SoHum' meditation and Age (3.27), Marital status(.52), Order of birth(2.01), Type offamily(.33), Family income(.94) and No. of sibling(l .17) were found to be statically notsignificant at 0.05 level. This indicates that stress score of B.SC. Nursing first year studentsbefore 'So Hum' meditation were significantly not associated with their age, maritalstatus, order of birth, type of family, family income and no. of sibling.

Thus, null hypothesis H02 was fail to reject and research hypothesis H2 wasrejected in respect of association of stress scores of B.Sc. Nursing first year studentsbefore 'So Hum' meditation.

DELIMITATIONS:
The study was delimited to only one college of Nursing in Noida, U.P.

RECOMMENDATIONS:
On the basis of findings, the following recommendations are offered for future research:
1. The study can be replicated on a large sample of students from different colleges to make broader generalization.
2. A longitudinal study can be conducted by administering 'So Hum' meditation over a period of three to six months and there after result can be noted.
3. An experimental study can be conducted to evaluate the impact of 'So Hum' meditation on physiological parameter of patients.
4. An experimental study can be conducted to evaluate the impact of 'So Hum' meditation on psychosomatic disorders (insomnia, drug addiction, asthma, etc.) of patients.
5. An experimental study to assess the impact of 'So Hum' meditation on cardiovascular stress response.
6. A comparative study can be conducted with other methods of relaxation.

CONCLUSION:
In this regard, '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. 'So Hum' meditation is an efficient and scientific way of attaining deep, systemic relaxation providing calming retreat and an effective coping device.

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