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### A study to assess the effectiveness of ‘So Hum’ meditation in reducing the level of stress among the first year B.Sc. nursing students of Narayan Nursing College of Gopal Narayan Singh University

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#### **Abstract**

**Background:** Stress is a feeling or emotion or physical tension. It can come from any event or thought that make feel frustrated, angry, or nervous. Stress affects us day to day life by own activities or may be by other activities.

**Objectives:** To assess the demographic variables of the first year B.Sc.(N) students in experimental and control group, To assess the pre – test and post - test level of stress among first year B. Sc. Nursing students in the experimental group and control group, To assess the effectiveness of ‘So Hum’ meditation in experimental group, To find out the association between pre-test stress score with selected demographic variables in experimental group.

**Methodology:** A quantitative research approach was adopted in which Pretest posttest group design was used by the researcher and the sampling technique was used random sampling technique. Perceived stress scale is used to determine the stress of the subject. Total number of the sample was 60 in which 30 was in control group and 30 was in experimental group. Independent variable was ‘So Hum’ meditation and dependent variable was stress.

**Result:** Overall, out of 30 subjects, majority of the sample 15 (50%) belonged to the age group 18 years, whereas 5 (16.66%) of the sample belonged to the age group of 17 years and 5 (16.66%) of the sample belongs to the age group of 19 years and 5 (16.66%) belonged to 20& above years. In experimental group, the pretest scores on the level of stress 28 (93.33%) had Moderate stress and 1(3.33%) had High stress and 1(3.33%) had low stress respectively. Whereas post test scores on the level of stress, 30 (100%) have low stress.

**Recommendation:** The finding of the present study can be used as a guide of future research. With the help of this study, people can reduce the stress by ‘So Hum’ meditation in the busy world.

**Conclusion:** Analysis of this study suggest that ‘So Hum’ meditation is beneficial for the people.

**Keywords:** Assess, effectiveness, ‘so hum’ meditation, stress

#### **Introduction**

At times, stress is a helpful tool capable of boosting energy and attention. Stress is a nearly universal human experience, so every person can benefit from learning about the condition. A person can be considered as maladjusted and well adjusted. Maladjusted persons have problems in adjusting whereas a well-adjusted person is in good harmony with himself and environment. When there are problems in adjustment it will lead to stress. One of the most commonly felt consequence of college stress is a feeling of being overwhelmed. Nursing students seem to be more stressful because of the programme requirements and other academic obstacles. Meditation based interventions aimed at reduction of psychological symptoms of distress and enhancement of quality of life. These interventions are aiming at the cultivation of an open-minded and non-judgmental awareness of whatever is happening at each successive moment of perception. 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.

#### **Material and Method**

The methodology enables the research to project a blue print of the details about approach, data collection, analysis, and finding of the research taken.

**Research Approach**

The investigators adopted an experimental approach, because the aim of the researcher was to assess to effectiveness of ‘So Hum’ meditation in reducing the level of stress among first year B.Sc. nursing students.

**Research Design**

The research design for this study is True experimental design (pre-test post-test only design).

**Schematic presentation of research design**

**Table 1:** Schematic presentation of research design

Group	Pre-test	Intervention	Post-test
B.Sc. Nursing First year students	Day 1	Day 2 to 16 (15 days)	Day 17
Experimental group	Stress test (S1)	‘So Hum’ meditation (X)	Stress test (S2)
Control group	Stress test (S1)	No intervention	Stress test (S2)

**Keys**

**S1:** Assessment of stress level of B.Sc. Nursing first year students before administration of ‘So Hum’ meditation on experimental group and control group.

**X:** Administration of ‘So Hum’ meditation for 15 days excluding Sunday in Experimental group.

**S2:** Assessment of stress level of B.Sc. Nursing first year students after the administration of ‘So Hum’ meditation in experimental group and without intervention in control group.

**Research Setting**

Research setting of this study is Narayan Nursing College, Gopal Narayan Singh University.

**Population**

**Target population**

In the present study, the target population include students of B.Sc. first year of Narayan Nursing College, Jamuhar, Sasaram, Rohtas.

**Assessable Population**

Out of 100, only 60 students will be selected as a sample by random sampling technique.

**Sample**

First year B.Sc. nursing students as sample in this study

**Sample Techniques**

The sampling technique is random sampling technique.

**Sample Size**

A sample size for the present study is 60 students studied in first year B.Sc. nursing in both experimental group and control group.

**Inclusion criteria for sampling**

- Students those who are studying in first year B.Sc. Nursing
- Students who are willing to participate in the study

**Exclusion criteria for sampling**

- Students who are already practicing any other meditation technique
- Students who are not available during the period of data collection

**Variables**

- Independent variable: “So Hum” meditation
- Dependent variable: Stress

- Demographical variable: Age, sex, education, religion, type of family, Family’s income.

**Description of the tool**

The research tool consists of two sections

**Section: A**

It consisted of demographic characteristic of the first year B.Sc. nursing students which included, Age, sex, religion, Higher Secondary school medium, type of family, no. of Siblings, order of birth, no. of friends.

**Section: A**

**Demographic Performa**

**Instruction**

Dear students please answer to the following questions by giving appropriate response. The information obtain will be purpose of study and confidentiality of information will be maintained.

Date: ..... Code: .....

1. Age (In Year) –
2. Sex–
3. Religion
- a. Hindu
- b. Muslim
- c. Christian
- d. Other
4. Medium of study in higher secondary school.
- a. Hindi
- b. English
5. Monthly income of family (In Rs.)
- a. Less than 5000
- b. 5000 – 10000
- c. More than 10000
6. Types of family
- a. Nuclear family
- b. Joint family
- c. Extended Family
7. Order of birth
- a. First child
- b. Middle child
- c. Last child
- d. Only child
8. No of sibling
- a. Nil
- b. One
- c. Two

S.no	Items	Never (0)	Almost Never (1)	Sometime (2)	Fairly Often (3)	Very Often (4)
1.	In the last month, how often have you been upset because of something that happened unexpectedly?					
2.	In the last month, how often have you felt that you were unable to control the important things in your life?					
3.	In the last month, how often have you felt nervous and "stressed"?					
4.	In the last month, how often have you felt confident about your ability to handle your personal problems?					
5.	In the last month, how often have you felt that things were going your way?					
6.	In the last month, how often have you found that you could not cope with all the things that you had to do?					
7.	In the last month, how often have you been able to control irritations in your life?					
8.	In the last month, how often have you felt that you were on top of things?					
9.	In the last month, how often have you been angered because of things that were outside of your control?					
10.	In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?					

Now add up your scores for each item to get a total. My total score is \_\_\_\_\_.

Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress.

- Scores ranging from 0-13 would be considered low stress.
- Scores ranging from 14-26 would be considered moderate stress.
- Scores ranging from 27-40 would be considered high perceived stress.

### Result and Discussion

The discussion was based on the objectives specified in this study.

#### The first and second objectives were to assess the pretest and posttest level of stress among first year B.Sc. (N) students in experimental group and control group

The finding shows that in experimental group, the pretest scores on the level of stress 28 (93.33%) had Moderate stress and 1(3.33%) had High stress and 1(3.33%) had low stress respectively.

Whereas post test scores on the level of stress, 30 (100%) have low stress.

In control group, the pretest scores on the level of stress 30(100%) had Moderate stress. Whereas post test scores on the level of stress 30(100%) had Moderate stress.

This finding reveals that, in experimental group after the administration of 'So Hum' meditation the level of stress among first year B.Sc. Nursing students were reduced in post-test than pre-test. But in control group there is no change in stress level among first year B.Sc. Nursing students.

In the year of 2013 Mrs. Raji K. Rajan conducted the study to assess the effectiveness of yoga therapy to reduce the stress level among B.Sc. (N) students in Bangalore. The findings of pretest the majority 25(42%) students had moderate stress and only 5 (16.6%) students had severe stress. In posttest, majority 58(97%) students had moderate stress and only 2(3%) students had mild stress and none of them had severe stress.

A study was conducted to determine the perceived level of stress and coping behaviour among B. Sc. nursing students in selected colleges at Mangalore. There were about 40 samples taken by simple random technique. The study tool consisted of Socio demographic variable, perceived stress scale and coping check list. The collected data edited, compiled and analysed by using both descriptive and inferential statistics. The study found 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 aroused from their work, contact with patients, demands of the organization.

#### The third objective of the study was to evaluate the effectiveness of 'So Hum' meditation in Pre-test and Post-test among first year B.Sc. (N) students in experimental group.

**Mean, SD and 't' value on level of stress in experimental Group:** The finding shows that the experimental group calculated value was 3.031, and the table value is 1.699, which was significant at  $P > 0.01$  level. Hence  $H_1$  is accepted. It can be concluded that 'So Hum' meditation was effective in reducing the stress level among first year B.Sc. (N) students.

#### The fourth objective of this study was to associate the pretest level of stress and demographic variables among first year B.Sc. (N) students experimental group.

In experimental group the finding shows that, there is a significant association between the level of stress among first year B.Sc (N) students and their demographic variables such as Age, Religion, Medium studied in higher secondary school, No of Siblings, No. of Friends.

In experimental group, there was No association between level of stress among B.Sc. (N) students and their demographic variables such as Gender, Type of family, Order of birth, Status of the family.

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 35 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.

### Conclusion

The present study was aimed to assess the effectiveness of ‘So Hum’ meditation in reducing the level of stress and its consequences.

The relevant data was collected statically based on the objectives of the study. Regarding Gender 15 (50%) samples were belonged to Males and other 15 (50%) to female. About Medium of studied in higher secondary school 20 (66.66%) of the samples belongs to English medium and only 10 (33.33%) of the samples belongs to Hindi medium.

Regarding Religion 29 (96.66%) samples belonged to the Hindu religion and 1 (3.33%) sample belonged to Muslim religion. About Monthly income of family, 23 (76.66%) has more than Rs. 10000, 6 (20%) has Rs. 5000-10000 and 1 (3.33%) samples belonged to less than Rs. 5000. In relation to Type of the family, 19 (63.33%) of the samples belongs to Nuclear family, 9 (30%) of the students belongs to joint family and 2 (6.66%) of the samples belonged to extended family. Regarding Order of birth, 10 (33.33%) of students are first child in their family and 12 (40%) of students are the last child in their family and 8 (26.66%) of students are belonged to the middle Child of their family. There was statistically no significant association between the level of stress among first year B.Sc. (N) students and their demographic variables except “Number of siblings”.

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