

# An Experimental Study to Assess the Effectiveness of Mindful Meditation Practices to Overcome the Emotional Issues, Among College Girls at Selected College

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## Abstract

"He, who has health, has hope. And he, who has hope, has everything." -  
-Arabian Proverb

Health is the greatest gift. The English word "health" comes from the old English word "hale", meaning "wholeness, a being whole, sound or well-being". The World Health Organization (WHO) defined "health" as "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity".

Positive psychology, "is a recent method which is being employed in psychological treatment protocols, in an effort to better understanding about happiness, meaning of life, character strengths, and how all these can be developed and enhanced in life to have a better quality of life. Positive emotions promote discovery of novel and creative actions, ideas and social bonds, which in turn, build an individual's personal resources; ranging from physical and intellectual resources, to social and psychological resources. Positive emotions play a crucial role in enhancing resources and coping in the face of negative events. Subjective well-being and satisfaction with life are important domains of life. Meditation is considered as a type of mind body complementary medicine. It can give a sense of calmness, peace and balance that benefits both emotional well-being and overall health. Spending even a few minutes in meditation can restore mental calmness and inner peace. Brahma Kumaris Rajayoga Meditation (BKRM) gives a clear spiritual understanding of self and helps one to re-discover the use of positive qualities which are already latent within oneself, this enables to develop strengths of character and to create new attitudes and responses to life.

## INTRODUCTION

The benefits of meditation are manifold because it can reverse our stress response, thereby shielding us from the effects of chronic stress. When practicing meditation, our heart rate and breathing slow down, our blood pressure normalizes, we use oxygen more efficiently, and we sweat less. Our adrenal glands produce less cortisol, our mind ages at a slower rate, and immune function improves. Meditation also clears and increases creativity. People who meditate regularly find it easier to give up life-damaging habits like smoking, drinking and drugs.

Meditation is wonderful in that it's free, always available, and amazingly effective in short-term stress reduction and long-term health and wellbeing.

### Need for the Study

A Calm Mind, More Energy, and Overall Health are Just an Inhale (and on exhale) away. Learn How to Harness the power of Breath for Improved Well-Being (Kimberly Jordan Allen)

Meditation is a practice that helps one to create balance in life. It will help us to focus mentally, calm our stress, tension and promotes a more balanced state physically. Meditation has historically been practiced within religious traditions especially by monks. Over past many years'

dozens of universities in the US, Europe and India have conducted hundreds of studies on the effects of meditation on human well-being and behavior. Research on the processes and effects of meditation is a growing subfield of neurological research. Meditation changes the brain and the body. Through repeated practice meditation leads to an increase in qualities such as love and empathy, ability to pay attention, greater relaxation and so on.

A study was conducted in USA shows that, meditation decrease stress and foster empathy among nursing students. In this study the baccalaureate nursing students explored the effects of an 8-week mindfulness-based stress reduction (MBSR) course on stress and empathy. Participants reported that by using meditation in daily life will bring greater well-being and improved coping skills as a result of the program. Findings suggest that being mindful may also decrease tendencies to take on others' negative emotions. Coping with stress and fostering the affective domain are important facets of nursing education that may be facilitated by

A study conducted on the effectiveness of a stress coping program based on mindfulness meditation on the stress, anxiety, and depression experienced by nursing students in Korea. A nonequivalent, control group, pre-posttest design was used. A convenience sample of 41 nursing students were randomly assigned to experimental (n = 21) and control groups (n = 20). Stress was measured with the 5-point scale

developed by Chang . Anxiety was measured with Spiderger's state anxiety inventory . Depression was measured with the Beck depression inventory . The experimental group attended 90 - min sessions for eight weeks . No intervention was administered to the control group . Results for the two groups showed ( 1 ) a significant difference in stress scores ( F - 6.145 , p - 0.020 ) , ( 2 ) a significant difference in anxiety scores ( F - 6.985 , p = 0.013 ) , and ( 3 ) no significant difference in depression scores ( t - 1.986 , p = 0.056 ) . A stress coping program based on mindfulness meditation was an effective intervention for nursing students to decrease their stress and anxiety , and could be used to manage stress in student nurses .

A study conducted in the University of Massachusetts showed that 20 out of 22 stress and anxiety prone people showed 60 % improvement in reduction of anxiety and stress levels following 8 week course in meditation . Psychologists of Harvard medical institute found that students who practice relaxation therapy and meditation stay less frustrated and showed good academic performance.77 % of students able to cool down , lower their blood pressure by training themselves to meditate .

A study was conducted among 106 staff nurses in Pune , Maharashtra with the aim of establishing the existence and extent of work stress among nurses stressor relating questionnaire was used to assess the stress and the result showed that moderate level of stress is present among 80 % during the working hours and the more prevalent stressors are due to shortage of staff , conflict with patient relatives , overtime and insufficient pay etc. The study concluded by highlighting the need of relaxation therapies to reduce the stress and anxiety of staff nurses .

From the above review of literature and with the investigator's personal experience , the nursing students are suffering from stress and stress related health problems . Hence the investigator felt that there is a need for some relaxation therapies for student nurses to reduce the academic stress and to increase coping mechanism . And the investigator also noticed through various studies that the staff nurses are also suffering from stress and stress related health problems , which reduces the quality of nursing care by the nurses . Studies conducted all over the world shows that meditation is playing a very important role in stress reduction and to improve the well - being of nurses . The life - transforming quality of meditation is not all that mysterious - just imagine how our life would change if one can spend 30 minutes a day in the greatest relaxation that have ever known , resting more deeply than sleep , giving the body , nervous system , and brain a chance to tune for action . Thus the investigator decided to introduce meditation and test the effectiveness of the meditation among students which in turn helps the students to practice in their future life for personal and professional well - being .

#### **Statement of the Problem**

An Experimental Study To Assess the Effectiveness Of Mindful Meditation Practices To Overcome the Emotional

Issues , Among College Girls at Selected College .

#### **The Objective of the Study**

1. To assess the emotional level by structured questionnaires .
2. Provide meditation Practice daily 30 minutes up to 30 days .
3. Asses the emotional level after the Practices by the same questionnaires .
4. Co - Relate the Pre & Posttest .

#### **Operational Definitions**

1. Assess : It refers to the process used to estimate the level of wellbeing of nursing students with the help of standardize wellbeing scale .
2. Effectiveness : refers to the improvement in level of wellbeing as determined by significant difference between pre and post test level of wellbeing .
3. Meditation : it is a therapy which will heal affection of the mind , reducing stress and improving well - being
4. Well - being a good or satisfactory condition of existence ; a state characterized by health happiness , and prosperity
5. Nursing students : - individual enrolled in a college of nursing or a formal educational program leading to a degree in nursing .

### **METHODOLOGY**

#### **Research methodology :**

This chapter deals with the methodological approach adopted for the study , which includes research approach , design , variables , sampling technique , inclusion and exclusion criteria , sampling size , data collection procedure and plan for data analysis .

#### **Research approach :**

The research method used for this study is pretest posttest approach . The study to assess the effectiveness of mindful meditation practice by overcoming emotional issues among college girls

#### **Research design :**

The experimental research design was selected for this study used standardized tools to observe the students emotional issues in college .

Setting of the study :- A study was conducted in the selected college students .

#### **Variables**

Independent variables :-is the meditation .

Dependent variables :-is the Wellbeing state of the nursing students

Population;-The students who were studying UG Programme

Sampling size 18 .

Sampling technique : Purposive sampling technique

#### Selection criteria

Inclusion criteria; Nursing students who are willing to participate

Exclusion criteria; Nursing student who are not available in the time of data collection

Materials and method of study: The research method used for this study is pretest posttest **Approach** : Sources of data The nursing students studying at selected nursing colleges .

Comparison parameter : The pre test and post test level of well - being of nursing students will be compared between the experimental .

Follow - up: Post test level of well - being will be assessed after 6 week of pre - test for experimental group .

Duration of study: 30 days of data collection

- a. Frequency and percentage distribution will be used to analyze the socio - demographic variables of the nursing students
- b. Mean , mean percentage and standard deviation will be used to assess the pre - test and post test level

#### DISCUSSION

This study was carried 18 students among college girls regarding mindful meditation practice who were studying in college in vadapalani . The problem stated was a study to assess the effectiveness of mindful meditation practice by overcomes the emotional issues among college girls at selected college .

#### Objectives :

- ❖ To assess the emotional level by structured questionnaires .
- ❖ Provide meditation practice daily 30 minutes upto 30 days .
- ❖ Assess the level after the practice by the same questionnaires ,
- ❖ Co - relate the pretest and post test .

The investigator collected the information from the college girls by using demographic variables the sample were taken to one separate class room to avoid unnecessary disturbance during the data collection procedure . Data includes demographic variables each sample took 10 minutes for completing the structured questionnaires .

#### REGARDING MINDFUL MEDITATION PRACTICE AMONG COLLEGE GIRLS :

#### THE FIRST OBJECTIVE IS TO ASSESS THE EMOTIONAL LEVEL BY STRUCTURE QUESTIONNAIRES :

In the present study the data collected regarding emotional issues among certain categories like Never . Sometimes , Frequently , Always before the knowledge gained by the college girls regarding Mindful meditation practice among college girls .

#### THE SECOND OBJECTIVE IS TO PROVIDE MEDITATION PRACTICE DAILY 30 MINUTES UP TO 30 DAYS :

They practice mindful meditation daily for 30 minutes upto 30 days and gained knowledge regarding effectiveness of mindful meditation practice by overcome the emotional issues .

#### THE THIRD OBJECTIVE IS TO ASSESS EMOTIONAL LEVEL AFTER THE PRACTICE BY THE SAME QUESTIONNAIRES :

In the present study the data collected regarding emotional issues among certain categories like Never , Sometimes, Frequently , Always after the Knowledge gained by the college girls regarding mindful meditation practice among college girls.

#### THE FOURTH OBJECTIVES IS TO CO - RELATE THE PRE TEST AND POST TEST:

In the present study the data collected regarding emotional issues in pretest and posttest when compare to the pre test . There was an improvement in the emotional issues when compared to the pre test .

#### Summary, Conclusion and Implication :

This chapter represent the summary , findings , conclusion and implication witch create a base for research for evidence based practice .

#### SUMMARY

The aim of study was to improve the emotional well being of the students through mindful meditation practice among college girls the investigator to conducted study to assess the level of emotional issues among college girls a sampling of 18 students were selected by using purposive sampling technique . Data collection was done pretest was conducted by using the structural questionnaires after the pretest a mindful meditation practice for 30 days at 30 minutes . After the mindful meditation practice the post test was conducted using same questionnaires . The data was analyzed using descriptive and inferential statistics .

#### Major Findings of the Study were as Follows :

The descriptive and inferential statistics was used to compute the data . The statistics showed the follows . The pre test showed that 4 ( 23 % ) of college girls have no anger 9 ( 51 % ) of college girls have anger sometimes 3 ( 14 % ) of college girls have anger frequently 2 ( 11 % ) of college girls have anger always. 6 ( 33 % ) of college girls have no emotional attachment , 5 ( 30 % ) of college girls have emotional attachment sometimes , 4 ( 20 % ) of college girls have emotional attachment frequently , 3 ( 17 % ) of college girls have emotional attachment always. 4 ( 24 % ) of college girls have no anxious , 8 ( 44 % ) of college girls have anxious sometimes , 3 ( 16 % ) of college girls have anxious frequently. 3 ( 16 % ) of college girls have anxious always. 4 (

19 % ) of college girls have no low self esteem , 6 ( 41 % ) of college girls have low self esteem sometimes , 3 ( 16 % ) of college girls have low self esteem frequently , 5 ( 24 % ) of college girls have low self esteem always.5 ( 26 % ) of college girls have no jealous , 8 ( 46 % ) of college girls have jealous sometimes , 3 ( 16 % ) of college girls have jealous frequently , 2 ( 12 % ) of college girls have jealous always .

The post test showed that 6 ( 43 % ) of college girls have no anger 8 ( 46 % ) of college girls have anger sometimes 1 ( 4 % ) of college girls have anger frequently 3 ( 7 % ) of college girls have anger always.8 ( 46 % ) of college girls have no emotional attachment , 6 ( 41 % ) of college girls have emotional attachment sometimes , 3 ( 8 % ) of college girls have emotional attachment frequently , 1 ( 5 % ) of college girls have emotional attachment always.5 ( 31 % ) of college girls have no anxious , 10 ( 56 % ) of college girls have anxious sometimes , 2 ( 12 % ) of college girls have anxious frequently , 1 ( 1 % ) of college girls have anxious always.8 ( 41 % ) of college girls have no low self esteem , 5 ( 27 % ) of college girls have low self esteem sometimes , 3 ( 19 % ) of college girls have low self esteem frequently , 2 ( 13 % ) of college girls have low self esteem always.9 ( 50 % ) of college girls have no jealous , 5 ( 39 % ) of college girls have jealous sometimes , 1 ( 3 % ) of college girls have jealous frequently , 3 ( 8 % ) of college girls have jealous always . There was an improvement in mean knowledge score regarding mindful meditation practice which was to be significant in anger and jealous is (  $p < 0.7150$  ) , attachment , anxious and low self esteem is (  $p < 1.0000$  ) .mindful meditation practice significantly increase the knowlege among college girls . The study result revealed that there was no significantly association between the post test and demographic variables . The present study to improve the emotional well being of the students through mindful meditation practice and found that the subject had inadequate knowlege related to mindful meditation practice . After the mindful meditation practice there was a significant improvement knowlege from the college girls regarding mindful meditation practice . The study concluded that the meditation practice was effective in improving the emotional well being of the students .

#### **Nursing Implication :**

The investigated has drawn the following implication from the nursing service , nursing education .

#### **Nursing Service :**

- The nurse working in hospital should be perform and plant teaching on mindful meditation practice apart from incidental teaching .
- The nurse should plan intervention in detail and develop and innovation technique for assessing the adherence to the exercises protocol .
- Nurse should motivate the college girls to practice this mindful meditation practice .
- Nurse should make the college girls to become

aware of the overcoming emotional issues through mindful meditation practice .

- The findings of the study can be disseminated to motivation to plan mindful meditation practice in other colleges.

#### **Nursing Education:**

Nursing curriculum emphasize on the proper assessment and management of the colleg girls . A systemic education programme can be emphasize institution and should be incorporad curriculum .

#### **Nursing Research:**

The research can promote more research with regard to utilization of different method to overcome emotional issues disseminated of findings through conference and professional journal will make application of research findings to be more effective

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