

A Descriptive Study to Assess the Knowledge Regarding Meditation among B.Sc. Nursing 4th Year Student at Baba Educational Society, Institute of Paramedical College of Nursing Chinhat, Lucknow

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ABSTRACT

Meditation is a practice in which an individual uses a technique- such as mindfulness or focusing the mind on a particular object, thought or activity to train attention and awareness and achieve a mentally clear and emotionally calm and stable state. As a therapeutic model, Meditation has been practiced for thousands of years. It is estimated that approximately 52% of the Australian population uses complementary medicine now a days and 65% of population practiced Meditation as a complementary therapy. Meditation can cut stress, level of anxiety, depression, anger and fatigue. **Objective-** To assess the Knowledge regarding meditation among B.Sc. Nursing 4th year students. To find out the association between the Knowledge score with selected demographic variable. **Methodology-** In this study non-experimental descriptive research design used. In this study non- probability convenient sampling technique is used and sample size 50 students of B.Sc. Nursing 4th year at Baba Educational Society institute of paramedical college of nursing chinhat Lucknow. **Result-** 70% students is having moderate, 26% students are having adequate and 4% students is having inadequate Knowledge regarding meditation.

KEYWORDS: Assess, Knowledge, Meditation

INTRODUCTION

Meditation is practiced in numerous religious traditions. The earliest record of meditation (dhyana) is found in the Upanishad of Hindu philosophy and meditation plays a silent role in the contemplative repertoire of Buddhism and Hinduism.

Since the 19th century, Asian meditative techniques have spread to other culture where they have also found application in non-spiritual context, such as business and health.

Meditation may significantly reduce stress, anxiety, depression and pain and enhance peace, perception, self concept and well being. Research in ongoing to better understand the effect of Meditation on health (psychological, neurological and cardiovascular) and other areas.

Mental and physical health is fundamentally linked. There are multiple association between mental health and chronic physical conditions that significantly

impact people's quality of life, demands on health care and other publicly funded services and generate consequences to Society.

The World Health Organization (WHO) define "Health as a state of complete physical mental and social well-being and not merely the absence of disease or infirmity".

The WHO states that "there is no health without mental health".

Health is commonly defined as an organism's ability to efficiently respond to challenges (stressor) and effectively restore and sustain a "state of balance" known as homeostasis. A comprehensive approach to maintaining good health includes increasing self-responsibility for wellness, healthy lifestyle choices, health -promoting diet and a positive mental attitude. For centuries, humans have been aspiring to achieve healthy mind and body all at the same time.

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For maintaining a healthy body, one should follow a healthy nutrition and diet. One should eat food that are healthy, high in important nutrient and free from chemicals to provide the body with quality fuel to function properly. One should keep mind sharp and should by mental stimulation and exercise. The mind and body are intimately connected and the relationship of the mind to the body in meditation is very interesting. The mind creates a stimulation in which we see body as peaceful and beautiful. By creating peaceful feeling in the body, the mind is absorbed in those feelings. Although the body is the object to be healed, it also becomes the means of healing the mind which is the ultimate goal of meditation.

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 behaviour, increases listening skills and empathy, helps make more accurate judgments, greater tolerance, more balanced personality, develops emotional maturity.

NEED OF THE STUDY

As a therapeutic model, Meditation has been practiced thousands of years. It is estimated that approximately 52% of the Australian population uses complementary medicines now a days and 65% of population practice meditation as a complementary therapy. Meditation can cut stress, level of anxiety, depression, anger and fatigue. The British newspapers daily mail reported that five short sessions of meditation could be enough to help us achieve peace of mind. The British newspaper daily telegraph reported that after meditation training of 20 minutes once a day for only five days, people had measurably less anxiety and lower level of stress hormone level.

A study was carried out among nursing students of a descriptive Study was carried out among 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 analysed using statistics. The study found that 46% Student were having high stress score and 54% students were having less stress score, but only 28% students 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.

STATEMENT OF PROBLEM

A Descriptive Study to Assess the Knowledge Regarding Meditation Among B.Sc. Nursing 4th Year students at Baba Educational Society institute of paramedical college of nursing chinhat Lucknow

OBJECTIVES

1. To assess the Knowledge regarding meditation among B.Sc. Nursing 4th year students
2. To find out the association between the Knowledge score with selected demographic variables

HYPOTHESIS

1. **H0-** There is no significant relationship between demographic variables and Knowledge score of B.Sc. Nursing 4th year students.
2. **H1-** There is significant relationship between demographic variables and Knowledge score of B.Sc. Nursing 4th year students

OPERATIONAL DEFINITION

Assess- It is the organized, systemic and continue process of collection of data and the statistical measurement of Knowledge regarding meditation among B.Sc. Nursing 4th year students.

Knowledge- This study refers to understanding and awareness of B.Sc. Nursing 4th year students regarding meditation as assessed by the self-structured Knowledge questionnaire.

Meditation – It refer to practices that calm the mind and help to focus on the present. Meditation involves sitting or lying comfortably in a quit environment, closing the eyes and focusing attention on the breath while inhaling through the nose for a count of three and then exhaling the mouth for a count of five.

ASSUMPTION

The study assumed that:

1. Level of knowledge regarding meditation among B.Sc. Nursing 4th year students will differ according to demographic variables.
2. Adequate Knowledge regarding meditation among B.Sc. Nursing 4th year students indicate that they are more oriented for their positive health.

RESEARCH APPROACH

Research approach is the procedure selected by researcher to collect, analyse and interpret data.

POPULATION

In this study B.Sc. Nursing students had taken as a population at Baba Educational Society institute of paramedical college of nursing chinhat Lucknow

Target population- In this study the target population is B.Sc. Nursing 4th year students at Baba

Educational Society institute of paramedical college of nursing chinhat Lucknow

Accessible population- In this study the Accessible population is 50 students of B.Sc. Nursing 4th year of Baba Educational Society institute of paramedical college of nursing who attended the time of data collection.

SETTING OF THE STUDY (SOURCE OF DATA COLLECTION):

B.Sc. Nursing 4th year students of Baba Educational Society institute of paramedical college of nursing, Lucknow.

RESEARCH DESIGN

In this study non-experimental descriptive research design was used.

SAMPLE AND SAMPLING TECHNIQUE

Sample size- The number of population members that are included in the sample.

In this study 50 students of B.Sc. Nursing 4th year students at Baba Educational Society institute of paramedical college of nursing chinhat Lucknow.

Sampling technique- Sampling technique is the name or other identification of the specific process by which the entities of the sample have been selected.

RESULT AND DISCUSSION

SECTION A- Assessment of the level of Knowledge regarding meditation among B.Sc. Nursing 4th year student of Baba Educational Society institute of paramedical college of nursing chinhat Lucknow

Table 1: level of Knowledge regarding meditation among B.Sc. Nursing 4th year students. (N=50)

S. No	Level of Knowledge	Frequency	Percentage
1.	Inadequate (0-33%)	2	4%
2.	Moderate (34-66%)	35	70%
3.	Adequate (above 66%)	13	26%

Table reveal that majority of students 35(70%) had moderate Knowledge, 13(26%) had adequate Knowledge and 2(4%) had inadequate Knowledge regarding meditation.

SECTION B- Association between Knowledge score with their selected demographic variables

Table 2: Association between selected demographic variables and Knowledge score of B.Sc.Nursing 4th year students. (Age in years, Religion, locality of students belong to, Knowledge of meditation, if yes exposure to meditation, practiced Meditation).

Selected demographic variable	Category	Knowledge level mean			DF	Table value (x2)	Obtained Value (P)	Significance
		Inadequate	Moderate	Adequate				
Age in year	20-21year	0	6	1	6	12.59	4.756	NS
	21y1m-22year	1	19	5				
	22y1m-23year	1	9	5				
	23y1m&above	0	1	2				
Religion	Hindu	2	34	13	6	12.59	0.417	NS
	Muslim	0	1	0				
	Christian	0	0	0				
	Other	0	0	0				

In this study non- probability convenient sampling technique is used.

CRITERIA FOR SAMPLE SELECTION

Inclusion Criteria - This includes;

1. B.Sc. Nursing 4th year students studied at Baba Educational Society institute of paramedical college of nursing Chinhat Lucknow.
2. Nursing students who was willing to participate.
3. Nursing students who was available during the period of data collection.

Exclusion Criteria- This includes;

1. Nursing students who are studied at Baba Educational Society institute of paramedical college of nursing Chinhat Lucknow, except B.Sc. Nursing 4th year students.
2. Students who was not willing to participate.
3. Students who was present during the data collection.

DESCRIPTION OF THE TOOL-

Part 1- Demographic variable's questionnaire

Part 2- self structured questionnaire to assess the Knowledge regarding meditation

Locality of Student	Urban	2	33	10	2	5.99	3.405	NS
	Rural	0	2	3				
Knowledge of Meditation	Yes	2	35	13	2	5.99	0	NS
	No	0	0	0				
If yes exposure to meditation	Television	0	10	6	6	12.59	6.477	NS
	Radio	0	0	0				
	Newspaper	1	3	1				
	Health personnel	1	22	6				
Practiced meditation	Yes	1	23	9	2	5.99	0.323	NS
	No	1	12	4				

NS=Not Significant S=Significant

The data given in Table 2 shows that the Chi-square test was used to find out the association between Knowledge score with their selected demographic variables. The finding shows that there was no association between Knowledge score with their selected demographic variables of students such as Age in year, Religion, Locality of Student, Knowledge of Meditation, if yes exposure to meditation, practiced Meditation.

DISCUSSION

The report of a finding is never sufficient to convey significance. The meaning that the researcher gives to the results plays a rightful and important role in the report.

The discussion section is devoted to a thoughtful and insightful analysis of the finding leading to a discussion of their clinical and theoretical utility.

- This chapter present the major finding of the study and discusses them in relation to similar studies conducted by another researcher. The present study has been conducted to assess the Knowledge regarding meditation among B.Sc. Nursing 4th year students at Baba Educational Society institute of paramedical college of nursing chinhat Lucknow. In order to achieve the objective non-experimental descriptive research design with quantitative research approach was adopted. The selection of sample was done by the non – probability convenient sampling technique.

The sample comprised of 50 students.

SUMMARY

This chapter discuss the major findings of study and review them in relation to finding from the results of the other related studies.

The present study was aimed to assess the Knowledge regarding meditation among B.Sc.Nursing 4th year students at Baba Educational Society institute of paramedical college of nursing chinhat Lucknow

The non-experimental descriptive research design was adopted for the study conducted at Baba Educational Society institute of paramedical college of nursing chinhat Lucknow with sample size of 50 students of B.Sc. Nursing 4th year.

The sample was selected by using non-probability convenient sampling technique based on inclusion

criteria. In this study tool were section 1 of demographic variables and section 2 Self structured questionnaire to assess the Knowledge regarding meditation.

The self-structured questionnaire consists 30 questions to evaluate the level of Knowledge among B.Sc. Nursing 4th year students.

The investigator conducted the test to assess the Knowledge regarding meditation among B.Sc. Nursing 4th year students at Baba Educational Society institute of paramedical college of nursing chinhat Lucknow.

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