



A Study to Assess the Knowledge Regarding Meditation and its Effects on Mental Health among 3rd year B. Sc. Nursing Students from Selected Nursing Colleges at Udaipur, with A View to Develop an Information Booklet

Adityakant Sharma^{1*} and Satyaveer Singh Pundhir²

¹M. Sc. Nursing Student, Venkateshwar College of Nursing, Ambua Road, Udaipur, Rajasthan, India

²HOD, Mental Health Nursing, Venkateshwar College of Nursing, Udaipur, Rajasthan, India

ABSTRACT

Meditation that cultivates mindfulness is particularly effective at reducing stress, anxiety, depression, and other negative emotions. The present study aims to assess the knowledge regarding meditation and its effects on mental health among 3rd year B. Sc. Nursing students in the selected nursing college at Udaipur with a view to develop an information booklet. The quantitative research approach and pre-experimental one-group pre-test post-research design was adopted for this study. The non-probability purposive sampling technique was used for data collection. The data collection tool consists of a structured knowledge questionnaire. Data were analyzed through descriptive and inferential statistics. The study revealed that the knowledge score in the pre-test majority of participants i.e. 97 (80.83%) had inadequate knowledge, whereas 23 (19.17%) had moderate knowledge and none (0%) of the participants had adequate knowledge regarding meditation and its effects on mental health. In the post-test, after administering the information booklet, the participants gained adequate knowledge regarding meditation and its effects on mental health i.e. 72 (60%), whereas 48 (40%) participants had moderately adequate knowledge & none (0%) participants had inadequate knowledge. The results showed that the pre-test knowledge score mean and SD were 10.90 ± 3.81 and the post-test knowledge score mean and SD were 23.48 ± 1.95 with a mean difference of 12.58. The mean pre-test and post-test score was compared and tested using paired t-test (t-value=32.26 df=119 and p-value=0.05) and were highly significant than the tabular value 1.660 at p-value<0.05 level of significance. The study findings showed that an information booklet was effective in improving the knowledge of 3rd-year B. Sc. Nursing students regarding meditation and its effects on mental health. Hence, research hypothesis H_1 was accepted. There was a significant association between the pre-test level of knowledge and demographic variables such as gender ($\chi^2=3.86$), marital status ($\chi^2=9.08$), any previous knowledge of meditation ($\chi^2=14.69$), exposure to meditation ($\chi^2=18.66$) and experience of practicing meditation ($\chi^2=9.96$) is higher than the tabular value which indicates that there was a significant association at $p>0.05$ level and other demographic variables such as religion ($\chi^2=3.73$), type of family ($\chi^2=5.44$) were non-significant at $P<0.05$. Hence, research hypothesis H_2 was accepted.

KEYWORDS Knowledge; Meditation; Metal Health; B. Sc. Nursing Students; Information Booklet

Date Received: 19/11/22

Date Revised: 26/12/22

Date Published: 15/01/2023

© Greentree Group Publishers



INTRODUCTION

Health is a unique interaction since it is evolving. We all have times of good health, times of illness, and perhaps times of difficult sickness. As our ways of life change, so does our degree of fitness. Wellness is the search for enhanced quality of life, personal growth, and potential through positive lifestyle behaviors and attitudes. We can all lead healthier lives if we take personal responsibility for our health and well-being. Our degree of well-being is influenced by some variables, such as diet, exercise, stress management techniques, positive interpersonal interactions, and professional achievement.¹

Meditation is a mind-body practice in complementary and alternative medicine (CAM). There are many types of meditation, most of which originated in ancient religious and spiritual traditions. Generally, an individual who meditates uses certain strategies, like a specific posture, focused attention, and an open attitude toward distractions. Meditation may be practiced for several reasons, for example, to increase calmness and physical relaxation, to improve psychological balance, to cope with illness, or to enhance overall wellness. In meditation, a person learns to focus attention.

In meditation, a person learns to focus attention. A few types of contemplation educate the specialist to become aware of considerations, sentiments, and sensations and to notice them in a non-critical manner. These practices are acceptable to bring about greater calmness, physical relaxation, and psychological balance. Practicing meditation can change how an individual connects with the progression of feelings and considerations in the brain.²

Meditation therapy is an activity that calms the mind and keeps it focused on the present. In the meditative state, the mind is not cluttered with thoughts or recollections of the past nor is it concerned with future events. Meditation therapy is an activity that calms the mind and keeps it focused on the present. Meditation depends on the body's capacity to change to an alpha (resting) or theta (relaxing) brain wave state, during which the mind's rhythm slows appreciably, and endorphins, the body's natural painkillers released. During meditation, metabolism is lowered, resulting in a weak heart rate, decreased blood pressure, and slower breathing.³

NEED FOR STUDY

The B. Sc. Nursing students will be learning mental health nursing in their 3rd year of the academic session. Introducing an awareness of meditation will help them manage their day-to-day stresses



and connect them with their psychiatric disorders which they are learning during 3rd year. The investigator will gauge the knowledge of the students on meditation and its effects on mental health and will provide suggestions to practice meditation students. So, the investigator selected assessing the knowledge of meditation and its effects on mental health as the problem statement for the research.

PROBLEM STATEMENT

“A study to assess the knowledge regarding meditation and its effects on mental health among 3rd year B. Sc. nursing students in the selected nursing college at Udaipur, with a view to develop an information booklet”

OBJECTIVES

- To assess the pre-test knowledge score regarding the knowledge of meditation and its effects on mental health among 3rd-year B.Sc. Nursing students.
- To administer the information booklet regarding the knowledge of meditation and its effects on mental health among 3rd-year B.Sc. nursing students.
- To assess the post-test knowledge score regarding the knowledge of meditation and its effects on mental health among 3rd-year B.Sc. Nursing students.
- To evaluate the effectiveness of information booklet regarding the knowledge of meditation and its effects on mental health among 3rd-year B.Sc. nursing students.
- To find out the association between pre-test knowledge scores of 3rd-year B.Sc. Nursing students with selected demographic variables.

HYPOTHESIS

H₁: There will be a significant difference between the pre-test and post-test knowledge scores after the administration of the information booklet regarding the knowledge of meditation and its effects on mental health at the 0.05 level of significance.

H₂: There will be a significant association between pre-test knowledge scores with their selected demographic variables at the 0.05 level of significance.



MATERIALS AND METHODS

Research Approach: A quantitative research approach was used in the study.

Research Design: Pre-experimental, one group pre-test post-research design used.

Sample: In the present study the sample comprises 120 B. Sc. Nursing 3rd Year Students.

Sampling Technique: In the present study the samples were selected through a non-probability purposive sampling technique.

Setting: In the present study the setting was selected nursing colleges in Udaipur city.

Population: In the present study, the target population consisted of 120 B. Sc. Nursing 3rd year students studying in the selected nursing colleges at Udaipur city.

Description of tool: Structured questionnaire to assess the knowledge regarding meditation or its effects on mental health. It consisted of two parts:

Section A: 7 Demographic data, includes gender, marital status, religion, type of family, any previous knowledge of meditation, exposure to meditation, and experience of practicing meditation.

Section B: 30 structured questionnaires, in these self-structured multiple choice questions, was considered appropriate for assessing knowledge score. The maximum total score of the knowledge questionnaire was 30 (for each correct response 1 mark will be given and 0 mark for an incorrect answer).

Ethical consideration

- Approval from the ethical committee of Venkateshwar College of Nursing Udaipur.
- Before data collection, written permission was obtained from the concerned authority of the nursing college, at Udaipur.
- Anonymity and confidentiality of subjects were maintained.
- Informed consent was obtained from the subjects.

Plan for data analysis

The data analysis will be done according to the study objectives by using descriptive and inferential statistics. The plan of data analysis would be as follows:

- Frequency, percentage, mean, and standard deviation will be calculated.
- A paired t-test will be used to test the hypothesis.
- The chi-square test will be used for association with demographic variables.



RESULTS AND DISCUSSION

The data obtained are divided into sections for easy and accurate interpretation of data. The data finding has organized under the following section:

Section A: Description of the demographic variables of the participants.

Section B: Findings related to the level of knowledge score regarding meditation and its effects on mental health among 3rd-year B.Sc. Nursing students.

Section C: Findings related to the effectiveness of the information booklet on the level of knowledge regarding meditation and its effects on mental health among 3rd-year B.Sc. Nursing students.

Section D: Findings related to the association between pre-test knowledge score with demographic variables.

Section A: Description of the demographic variables of the participants:

The demographic data consists of 7 items seeking information about gender, marital status, religion, type of family, previous knowledge of meditation, exposure to meditation, and experience of practicing meditation.

Table 1 Description of the demographic variables of the participants

N = 120

S. N.	Demographic variable	Frequency (n)	Percentage (%)
1	Gender		
a)	Male	68	56.67
b)	Female	52	43.33
	Total	120	100.00
2	Marital Status		
a)	Single	26	21.67
b)	Married	34	28.33
c)	Widow	36	30.00
d)	Divorced	24	20.00
	Total	120	100.00
3	Religion		
a)	Hindu	36	30.00
b)	Christian	30	25.00
c)	Muslim	30	25.00
d)	Other	24	20.00
	Total	120	100.00
4	Type of family		
a)	Nuclear family	24	20.00
b)	Joint family	36	30.00
c)	Extended family	26	21.67
d)	Single parent	34	28.33
	Total	120	100.00
5	Do you have any previous knowledge of meditation?		



a)	Yes	56	46.67
b)	No	64	53.33
Total		120	100.00
6	Which among the following provided exposure to meditation?		
a)	TV	32	26.67
b)	Radio	28	23.33
c)	Newspaper	40	33.33
d)	Health personnel	20	16.67
Total		120	100
7	Have you done meditation any time in the past?		
a)	Yes	54	45.00
b)	No	66	55.00
Total		120	100

Gender: Table 1 showed that the majority of the participants i.e. 56.67% were males, whereas 43.33% participants were females.

Marital Status: Table 1 depicts that the majority of the participants i.e. 30% were widows, whereas 28.33% of participants were married, 21.67% were single and 20% were divorced.

Religion: Table 1 revealed that the majority of the participants i.e. 30% were Hindu, whereas 25%-25% participants were Christian or Muslim, and 20% were other.

Type of Family: Table 1 mentioned that the majority of the participants i.e. 30% belonged to joint families, whereas 28.33% of participants belonged to single parents, 21.67% belonged to extended families and 20% were nuclear families.

Previous knowledge of meditation: Table 1 showed that the majority of the participants i.e. 53.33% had previous knowledge about meditation; whereas 46.67% of participants had no idea about meditation.

Exposure to meditation: Table 1 revealed that the majority of the participants i.e. 33.33% got knowledge from the newspaper, whereas 26.67% got knowledge from TV, 23.33% got knowledge from radio, and 16.67% got knowledge from health personnel.

Meditation any time in the past: Table 1 showed that the majority of the participants i.e. 55% had experience with meditation, whereas 45% of participants had no experience with meditation.

Section B: Findings related to the level of knowledge score regarding meditation and its effects on mental health among 3rd year B. Sc. Nursing students: N=120

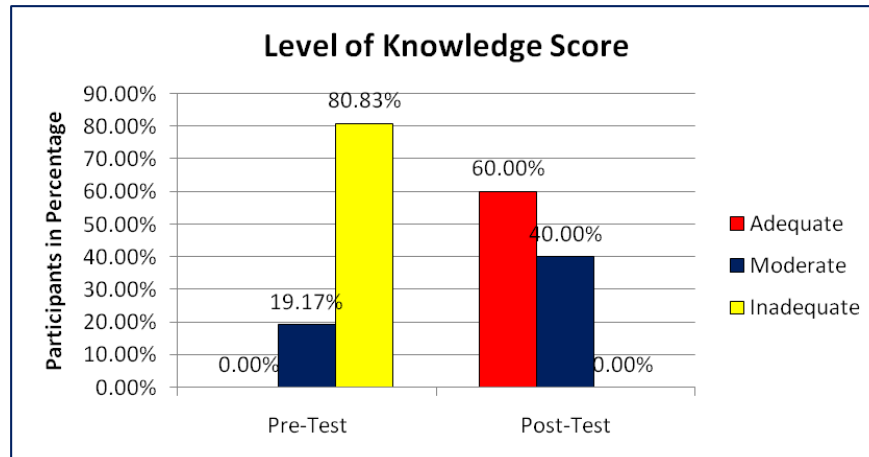


Figure 1 Comparison of pre-test & post-test knowledge score

Figure 1 showed that in the pre-test majority of participants i.e. 97 (80.83%) had inadequate knowledge, whereas 23 (19.17%) had moderate knowledge, and none (0%) of the participants had adequate knowledge regarding meditation and its effects on mental health. In the post-test, after administering the information booklet, the participants gain adequate knowledge regarding meditation and its effects on mental health i.e. 72 (60%), whereas 48 (40%) participants had moderately adequate knowledge & none (0%) participants had inadequate knowledge.

Section C: Findings related to the effectiveness of information booklet on the level of knowledge regarding meditation and its effects on mental health among 3rd year B. Sc. Nursing students:

N=120

Test	Mean	SD	Mean Difference	df	t- value	Inference
Pre-test	10.90	3.81	12.58	119	32.26	1.98* (0.05 Level)
Post-test	23.48	1.95				

H₁: There will be a significant difference between the pre-test and post-test knowledge scores after the administration of the information booklet regarding the knowledge of meditation and its effects on mental health at the 0.05 level of significance.

Table 2 revealed that the pre-test knowledge score means and SD was 10.90±3.81, and the post-test knowledge score means and SD was 23.48±1.95 with a mean difference of 12.58. The mean pre-test or post-test was compared and tested using a paired t-test (t value=32.26 df=119 and p value=0.05) and were highly significant than the tabular value 1.660 at p-value<0.05 level of significance. The study findings showed that an information booklet was effective in improving the knowledge of



3rd-year B. Sc. Nursing students regarding meditation and its effects on mental health. Hence, research hypothesis H_1 is accepted.

Section D: Findings related to the association between pre-test knowledge score with demographic variables:

Table 3 Association between pre-test knowledge scores with demographic variables

S. N.	Demographic variable	Below Median	Above Median	Total	df	χ^2	P value (0.05 level)	Inference
N = 120								
1	Gender							
a)	Male	38	30	68	1	3.86	3.84	S
b)	Female	15	37	52				
	Total	53	67	120				
2	Marital Status							
a)	Single	10	16	26	3	9.08	7.82	S
b)	Married	10	24	34				
c)	Widow	23	13	36				
d)	Divorced	10	14	24				
	Total	53	67	120				
3	Religion							
a)	Hindu	17	19	36	3	3.73	7.82	NS
b)	Christian	10	20	30				
c)	Muslim	12	18	30				
d)	Other	14	10	24				
	Total	53	67	120				
4	Type of family							
a)	Nuclear family	15	9	24	3	5.44	7.82	NS
b)	Joint family	12	24	36				
c)	Extended family	10	16	26				
d)	Single parent	16	18	34				
	Total	53	67	120				
5	Do you have any previous knowledge of meditation?							
a)	Yes	36	20	56	1	7.61	3.84	S
b)	No	17	47	64				
	Total	53	67	120				
6	Which among the following provided exposure to meditation?							
a)	TV	12	20	32	3	18.66	7.82	S
b)	Radio	20	8	28				
c)	Newspaper	9	31	40				
d)	Health personnel	12	8	20				
	Total	53	67	120				
7	Have you done meditation any time in the past?							
a)	Yes	11	43	54	1	9.96	3.84	S
b)	No	42	24	66				
	Total	53	67	120				

S = Significant / NS = Non Significant

H_2 : There will be a significant association between pre-test knowledge scores with their selected demographic variables at the 0.05 level of significance.



Table 3 showed that the demographic variable such as gender ($\chi^2=3.86$), marital status ($\chi^2=9.08$), any previous knowledge of meditation ($\chi^2=14.69$), exposure to meditation ($\chi^2=18.66$), and experience of practicing meditation ($\chi^2=9.96$) is higher than the tabular value which indicates that there is a significant association at $p>0.05$ level and other demographic variables such as religion ($\chi^2=3.73$), type of family ($\chi^2=5.44$) is non-significant at $P<0.05$. Hence, research hypothesis H_2 is accepted.

CONCLUSION

The present study aims to assess the knowledge regarding meditation and its effects on mental health among 3rd year B. Sc. Nursing students in the selected nursing college at Udaipur, to develop an information booklet. The quantitative research approach and pre-experimental one-group pre-test post-research design was adopted for this study. The non-probability purposive sampling technique was used for data collection. The data collection tool consists of a structured knowledge questionnaire. Data were analyzed through descriptive and inferential statistics. The study findings showed that an information booklet was effective in improving the knowledge of 3rd-year B. Sc. Nursing students regarding meditation and its effects on mental health. There was a significant difference between the pre-test knowledge score and post-test knowledge score after the administration of the information booklet regarding the knowledge of meditation and its effects on mental health at the 0.05 level of significance. There was a significant association between the pre-test level of knowledge and demographic variables.



REFERENCES

1. <http://www.womens-fitness.org/index.php>; 2008
2. <http://nccam.nih.gov>
3. <http://spiritualguidedmeditation.com/mind-body-spirit/healing-of-mind-and-bodythrough-meditation.html>; 2008
4. <https://portsmouthva.gov/DocumentCenter/View/4393/what-is-meditation#:~:text=Meditation%20is%20a%20mind%2Dbody,ancient%20religious%20and%20spiritual%20traditions>.
5. Sharma A. (2021). A study to assess the knowledge regarding meditation therapy among 1st year b.sc nursing students at selected nursing colleges at Chintamani. International journal of trend in scientific research and development, 6 (1), 935-947.
6. Cavin N, Frisch L. (2007). Psychiatric mental health nursing (3rd-ed.) Thomas Delmar Learning Ltd.
7. Tabish S. A. (2008). Complementary and Alternative Healthcare: Is it Evidence-based? International journal of health sciences, 2(1), 5-9.