

A Descriptive Study to Assess the Knowledge Regarding Meditation and its Effects on Mental Health among B.Sc. Nursing 3rd year students of Pratiksha College of Nursing, Guwahati, Kamrup (Metro), Assam

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Abstract: Meditation is a kind of self-discipline that help one achieve inner peace and her money by focusing uncritically on one thing at a time. Meditation is an ancient practice that is believed to have originated in India several thousand years ago. It plays a central role to helping individual to manage stress and improved overall wellbeing. **Objectives:** The study is to assess the level of knowledge regarding the meditation and its effects on mental health among B.Sc. Nursing 3rd year students and find the association between level of knowledge regarding meditation and its effects on mental health with selected demographic variables. **Methods:** Cross-sectional research design was used and quantitative research approach was adopted. 45 nursing students were selected from Pratiksha College of Nursing by using Purposive sampling technique. Acknowledge questionnaire regarding meditation and its effects on mental health was used to assess the level of knowledge. **Results:** It was found that majority i.e. 82.2% (37) respondents were in the age group of 21-22 years, 91.1% (41) were female, 80% (36) were nuclear family, 53.4% (24) were from urban residence, 68.9% (31) have previous knowledge, 53.3% (24) respondents were regularly practicing meditation and majority i.e. 68.89% (31) have average knowledge on meditation and its effect on mental health. The finding of study revealed that the mean score is 14.24 and had significant association between level of knowledge regarding meditation and its effects on mental health with selected demographic variables.

Keywords: Meditation, knowledge, effect, mental health

1. Introduction

“Meditation is a way for nourishing and blossoming the divinity within you”

According to world health organization (WHO), mental health is defined as a state of wellbeing in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to contribute to his or her community. [1] Meditation stems from ‘Meditatum’, a Latin term meaning “to ponder.” Meditation is a kind of self-discipline that help one achieve inner peace and her money by focusing uncritically on one thing at a time. Meditation is an ancient practice that is believed to have originated in India several thousand years ago. Meditation has become increasingly more common, such that a survey in 2007 found that almost 1 in 10 American has meditated. It plays a central role to helping individual to manage stress and improved overall wellbeing. There are 9 popular types of meditation practice: Mindfulness meditation, Spiritual meditation, Focused meditation, Movement meditation, Mantra meditation Transcendental meditation (TM), Progressive meditation, Loving kindness meditation, Visualization meditation. Mantra is prominent in many teachings, including Hindu and Buddhist traditions. This type of meditation uses a repetitive sound to clear the mind. It can be a word, phrase, or sound, one of the most common beings “om.” This is also a good practice for people who do not like silence and enjoy repetition. Transcendental meditation was founded by Maharishi Mahesh Yogi and refers to a specific practice designed to quiet the mind and induce a state of calm

and peace. Progressive relaxation is a practice aimed at reducing tension in the body and promoting relaxation. [2]

Benefits of meditation on mental health are: it helps to reduce stress as normally mental and physical stress causes increase in the level of the stress hormone cortisol, and this produces many of the harmful effects of stress, such as the release of inflammatory chemicals called Cytokines. In an 8-week study, a meditation style called “mindfulness meditation” reduced the inflammation response caused by stress. This can shorten the time it takes to fall asleep and increase sleep quality, and helps control pain as meditation can diminish the perception of pain in the brain. This may help treat chronic pain when used to supplement medical care or physical therapy. Meditation is an integral component of yoga, having applications for different mental illnesses such as major depressive disorder, chronic pain, generalized anxiety disorder, etc. [3]

2. Literature Survey

In 2021, a descriptive study was conducted to assess the knowledge regarding meditation and its effect on Mental Health among B.Sc. Nursing students at selected nursing colleges of Faridabad. A descriptive approach was used for the study using convenient sampling is adopted and 100 samples were selected from Lingayas Institute of Health Sciences Faridabad. The tool used was self-administered questionnaire. The collected data was analysed by using descriptive analysis. The findings of the study reveals that 11% of B.Sc. nursing students have above average level of

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knowledge, 77% have average levels of knowledge and 12 % of B.Sc. nursing students have below level of knowledge regarding meditation and its effect on mental health.^[4]

In 2016, a study was conducted on effect of meditation on psychological wellbeing with the aim to analyse the effect of meditation on the psychological wellbeing of people by using survey method. Data was collected using questionnaire on the psychological wellbeing before and after meditation. Among them, relaxation and reduction intension achieve by the student through meditation have comparatively more influence on their well-being. After 3 months of meditation, 96% of student report either maximum or high level of relaxation while 64% experience either minimum or no tension. Students can achieve better psychological wellbeing through meditation for a period of three months when compared to before practicing meditation.^[5]

Objectives

- a) To assess the level of knowledge regarding the meditation and its effect on mental health among B.Sc. Nursing 3rd year students.
- b) To find the association between levels of knowledge regarding the meditation and its effects on mental health with selected demographic variables.

3. Methods/Approach

In this study considering the objectives, quantitative research approach was adopted.

Setting of the study

The study was conducted in Pratiksha College of Nursing, Panikhaiti, Guwahati, Assam, India.

Target population

The population were B.Sc. Nursing 3rd year students.

Sample and Sample size

45 students, who were in studying in B.Sc. Nursing 3rd year and who fulfils the inclusion criteria.

Description of the tools

The tools used for the study consisted to two sections.

- **Section A: Demographic Profile:** Variables are- age, gender, type of family, residence, previous knowledge on meditation and its effect on mental health and practiced of meditation.
- **Section B: Knowledge questionnaire regarding Meditation and its effects on Mental Health:** A self-structured multiple-choice questions (no.22) were used to assess the level of knowledge regarding meditation and its effects on mental health. Each item had three distracters and one correct answer & 1 score had rewarded in every correct answer.

4. Results

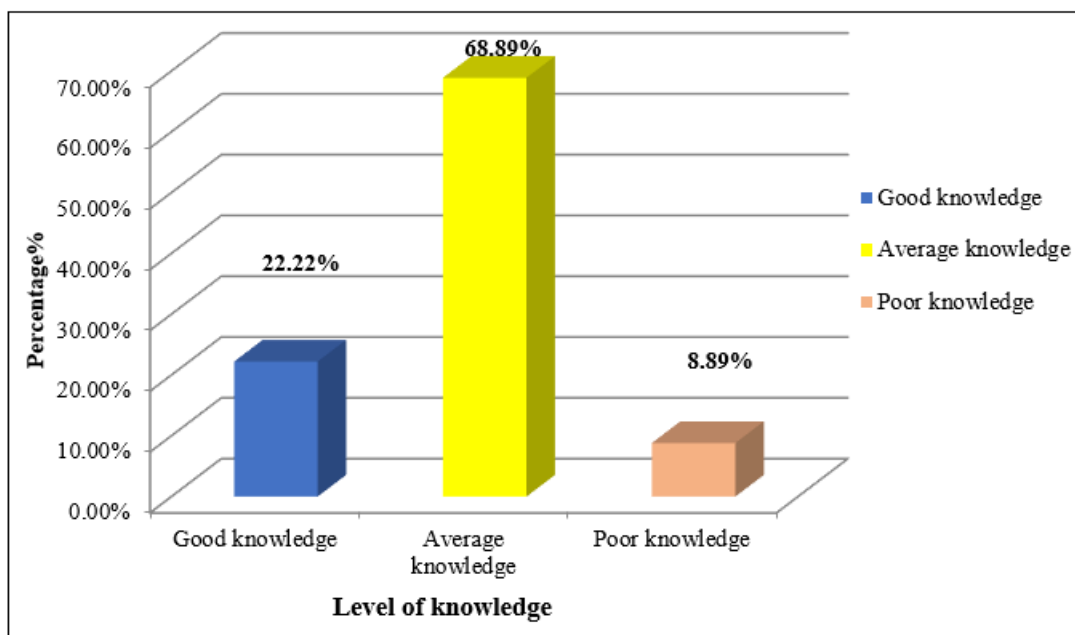


Figure 1: Percentage distribution of the respondents according to their level of knowledge (n=45)

Table i: Frequency and percentage distribution of students according to their level of knowledge (n=45)

Level of knowledge	Frequency	Percentage	Mean	SD	Range of scores	Total score
Good knowledge (Scores 16-22)	10	22.22%	14.24	2.58	8-21	22
Average knowledge (Scores 13-15)	31	68.89%				
Poor knowledge (Scores <12)	4	8.89%				

Table (i) depicts that out of 45 respondents, majority i.e. 31 (68.89%) respondents had average knowledge, 10 (22.22%) respondents had good knowledge and 4 (8.89%) respondents

had poor knowledge regarding meditation and its effects on mental health. The overall mean and standard deviation of knowledge level was 14.24 and 2.58 respectively.

Table ii: Association between levels of knowledge regarding the meditation and its effects on mental health with selected demographic variables. (n=45)

Variables		Level of knowledge			Total	χ^2		df	Remarks
		Poor knowledge	Average knowledge	Good knowledge		Calculated value	Tabulated value		
Age	18-20 years	0	3	0	3	17.03	17.02	4	S
	21-22 years	4	24	9	37				
	23-24 years	1	3	1	5				
Gender	Male	1	3	0	4	64.47	12.59	6	S
	Female	3	28	10	41				
Type of family	Nuclear	2	26	8	36	1711.67	9.49	4	S
	Joint	2	5	1	8				
	Extended	0	0	1	1				
Residence	Urban	1	17	6	24	360.15	9.49	4	S
	Rural	2	14	3	19				
	Others	1	0	1	2				
Previous knowledge on meditation	No	2	9	3	14	133.9	5.99	2	S
	Yes	2	22	7	31				
Practice of meditation	No	1	19	4	24	185.78	5.99	2	S
	Yes	3	12	6	21				

*S = Significant, χ^2 = Chi square, df = degree of freedom

NB: For the calculation, data were clubbed together. Chi square formula is applied and Level of Significance is $p > 0.05$.

Discussion as per the objectives of the study

Objective i: To assess the level of knowledge regarding the meditation and its effect on mental health among B.Sc. Nursing 3rd year students. The analysis depicts that out of 45 respondents, majority i.e. 31 (68.89%) had average knowledge, 10 (22.22%) respondents had good knowledge and 4 (8.89%) respondents had poor knowledge regarding meditation and its effects on mental health. The overall mean and standard deviation of knowledge level was 14.24 and 2.58 respectively.

Objective ii: To find the association between levels of knowledge regarding the meditation and its effects on mental health with selected demographic variables.

Chi-square analysis was carried out to test the association and result depicts that there was a statistically significant association found between level of knowledge regarding the meditation and its effects on mental health with selected demographic variables.

5. Conclusion

Based on the finding of the research study, it was concluded that majority of the respondents have average knowledge on regarding the meditation and its effects on mental health.

6. Future Scope

Recommendations are to be made for future studies-

- The similar research study can be conducted in different schools of the state and countries from time to time till there are satisfactory statistical results.
- A study can be conducted by providing structure teaching programme.
- Similar studies can be conducted by providing a self-instructional module.

Delimitations

- The study is Quantitative in nature.

- The study has Cross-sectional data.
- Participants were students of B.Sc. Nursing 3rd year.

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