

# “ A Study To Assess The Effectiveness Of ‘So Hum’ Meditation In Reducing The Level Of Stress Among The B.Sc Nursing Students In Selected Nursing Colleges Of Daman & Dnh.”

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## Abstract

**Background:** Stress is a very common aspect of life. Every day, each and every person suffers from stress due to various stressors. Stress affects their mental health as well as their physical health. College students experience stress from various stressors such as increased responsibilities, adjusting to a new social life, relationship issues and many more. Health care professionals experience more stress than other people. So it is important to manage their stress. Relaxation techniques are found to be effective for managing stress. Meditation is a common technique to manage the stress. ‘So Hum’ meditation helps in calming the mind and giving the peace in life.

**Aim:** The aim of the study was to assess the effectiveness of ‘So Hum’ meditation in reducing the stress among B.Sc. Nursing Students.

**Methodology:** A pre experimental one group pretest posttest design was adopted for this study. 40 nursing students were selected by using non-probability purposive sampling techniques from Government College of Nursing, Daman. The ‘So Hum’ meditation intervention was given for 15 days for 20 minutes.

**Results:** The results of the study showed that the mean pretest stress score was 109.17 and mean posttest stress score was 67.875. The calculated ‘t’ value was 23.6274 and tabulated ‘t’ value was 1.685 at  $p < 0.05$  level of significance. Thus, it was significantly proven that ‘So Hum’ meditation was effective in reducing stress among B.Sc. Nursing students. The Chi square value showed that there was a significant association between age, type of family, source of information regarding meditation and level of accommodation at  $p < 0.05$  level of significance.

**Conclusion:** Thus, the findings of the study showed that ‘So Hum’ meditation was effective in reducing the stress among B.Sc. Nursing students.

**Keywords:** Stress, ‘So hum’ meditation, Nursing Students.

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## I. Background Of The Study

Life is full of hassles, deadlines, frustrations, and demands. Many people are suffering from stress each and every day due to various reasons. For some people stress is so common that it exists throughout their daily lives. Stress can be helpful as well as harmful. Sometimes a little bit stress helps us to motivate and to complete deadlines and perform tasks under the pressure. Stress can lead to mental and physical illnesses such as memory problems, concentration impairment, depression, anxiety, weight gain or weight loss and a name to few.<sup>1</sup> Stress is an unavoidable part of the life. If we respond positively to stressful situations, we can learn and recall the inevitable consequences of our actions that help us in avoiding them again in the future. Too much stress can harm our well-being in many ways, from causing physical illness to overwhelming us mentally.<sup>2</sup>

People experience stress in different ways and from different reasons. The reaction is based on their perception or of an event or situation. If people see a situation negatively then they will feel more distressed, overwhelmed, oppressed or out of control. It is called distress. Distress is more familiar form of the stress. The other form of stress is called as a Eustress; it is a positive perception of an event or situation, which is why it is also called good stress. Mostly people suffer from distress due to poor stress management skills.<sup>3</sup>

College students mostly experience stress because of increased responsibilities, a lack of time management, changes in eating and sleeping habits, and not taking enough breaks for self-care.<sup>4</sup> College life can be a stressful experience, as well as being fun and exciting. Students may feel stressed about starting college exams, coursework deadlines, living with people they do not know, or thinking about the future. All these

thoughts can cause stress in students.<sup>5</sup> Going to college can be stressful for a variety of reasons, including new routines and expectations, ramped-up academics, and unfamiliar surroundings. It is a lot for students to manage stress even if some of it is fun. Too much stress can lead to anxiety, depression and other mental and physical health conditions.<sup>6</sup>

Meditation is the best way to take a deep rest and be alert and get consciousness at the same time. It is the practice to calming the mind and getting in touch with individual's inner joy. Meditation is the delicate art of doing nothing and letting go all efforts to relax in nature, which is joy, love and peace. The practice of meditation gives a deep rest and it is important to reduce stress as well as to maintain mental hygiene. Meditation is a journey from sound to silence and from movement to stillness. Music is a food for emotions; knowledge is a food for the intellect, likewise meditation is a food for the soul and spirit.<sup>7</sup>

Meditation is a practice where an individual uses a certain techniques to train both attention and awareness, which allows to quiet the mind, achieve the cessation of the restless thought stream of the mind and reach a mentally clear and emotionally calm and stable state. The ultimate goal of the meditation is to empty the mind.<sup>8</sup>

Scientific analysis of meditation states that when the subject of meditation and the object of meditation are nullified, there is only a pulsation- a pure form of energy, a wave function that helps to manifest through pure intention and focus; where all factors of stress are removed and what exists then, is the pure being within us, from where all solutions emerge.<sup>9</sup>

A mantra meditation is technique that helps in taking the mind quieter, calming the brain. The “So Hum’ meditation is significant in Vedic philosophy and is often the mantras given to new people to practice yoga and meditation. ‘So Hum’ is word composed of two Sanskrit words. ‘So means “that” and Hum means “I”. So Hum means I am that. This mantra represents that we are all connected to the universal energy that is continuously supporting and nourishing us in the way we need and desire.<sup>10</sup>

‘So Hum’ meditation has existed in India throughout the ages. It synchronizes the movement of the breath with the mantra that fits naturally into the inhalation (So) and exhalation (Hum). So is felt during the phase of inhalation and Hum during the exhalation. It is a pure vibration that allows your mind to settle into higher levels of awareness. When one silently repeats a mantra in meditation, one can go beyond the mind's thought stream and dip into the gap, the space of pure consciousness.<sup>11</sup>

### **Need Of The Study**

Stress refers to a dynamic interaction between the individual and the environment. In this interaction, demands, limitations and opportunities related to work may be perceived as threatening to surpass the individual's resources and skills. In case of disarrangement, this interaction may lead to cognitive, emotional and behavioral alterations. Nursing students face not only academic stress but also stress at work during their training period.<sup>12</sup>

As a student, the pressure to perform well in exams, meet deadlines, navigate social and familial expectations, and compete with peers can all contribute to stress. When stress levels become too high and are not managed properly, students may experience a range of mental health problems, such as anxiety, sadness, and burnout and even depression. Additionally, research shows that high levels of stress among students can lead to dangerous behaviors such as drug and alcohol misuse and consuming smoking. Therefore, it is crucial to learn effective stress management techniques to maintain good mental health and avoid negative consequences.<sup>13</sup>

A study was conducted to evaluate the effectiveness of heartfulness meditation technique on reduction of stress among nursing college students, Bhopal. Pre experimental one group pretest posttest design was adopted for the study. Non probability convenient sampling techniques was used and 60 students were selected for the study. The study was conducted in L.N. nursing college Bhopal. Pretest was assessed by using modified stress assessment scale. The intervention was given for 14 days. The post test was administered by using the same tool after intervention. The study revealed that mean pretest stress score was  $57.5 \pm 5.9$  whereas mean posttest stress score was  $42.8 \pm 4.2$ , that showed that there a significance mean difference in pretest and posttest score at 0.05 level of significance which showed that heartfulness meditation was effective in reducing the stress.<sup>14</sup>

A study was conducted on mindfulness meditation practices on concentration ability among primary school children. 30 students were selected from Karaikudi Tamilnadu from age group of 8 to 10 years. They were divided into two groups 15 experimental and 15 control group and intervention was given for six weeks to the experimental group. The concentration cognitive assessment questionnaire was used to assess the concentration ability. The finding showed that in the experimental group mean pretest score was 5.53 which were reduced in posttest score by 3.73 which was statistically significance at 0.05 levels and in control group the mean pretest score was

5.60 and post test score was 5.66. Thus, effect of mindful meditation was found to be effective in experimental group on concentration ability when compared to control group.<sup>15</sup>

A study was conducted on to assess the effectiveness of meditation among adolescent with memory impairment in selected school of Rajkot. In this study pre experimental one group pretest posttest design was adopted. 62 samples were selected by using the non-probability purposive sampling method from gyandeep vidhyalaya Rajkot. The results showed that there is a significance difference between mean pretest memory assessment score and mean posttest memory assessment score of Mindfulness meditation on improvement of memory impairment among adolescent in selected school of Rajkot at 0.05 level of significance. The obtained ‘t’ values for mild (10.589), moderate (28.500) and severe (11.667) were statistically significant at 0.05 level. Here, meditation found to be effective in improving the memory impairment.<sup>16</sup>

A study was conducted on academic stress reduction by Jacobson Progressive Muscle Relaxation. A quasi experimental non -randomized pretest- posttest design was adopted. 100 samples studying in the tenth standard of the selected school, Managluru Karnataka, were selected by using non probability purposive sampling techniques and were assigned equally to the experimental and control groups. A self- administered stress rating scale was used for data collection. The intervention was given to the experimental group for 10 days. The finding showed that in the experimental group mean pretest and post test score was 38.36 and 35.76 respectively and in control group mean pretest and post test score was 36.22 and 38.16 respectively. The calculated t value in the experimental group was 5.27 and in the control group was -4.85 at 49 degree of freedom at  $p < 0.05$  level of significance. It was proven that Jacobsen progressive Muscle relaxation technique was effective in reducing academic stress.<sup>17</sup>

A study was conducted on the level of stress among the 1<sup>st</sup> year B.Sc. Nursing students at Narayana College of Nursing, Nellore. A quantitative research approach a descriptive research design was adopted for the study. 60 samples from 1st year B.Sc. nursing students were selected by using a probability simple random sampling technique. A modified student stress scale was used to assess the level of stress. It consisted of 29 items that covered the areas of physical, psychological, academic, and sociological factors. The minimum score was 14 and the maximum score was 70. The data was analyzed by using the descriptive and inferential statistics, i.e., frequency and percentage, mean, standard deviation, Z test and chi-square. The finding showed that 15(25%) students had mild stress, 22(36.7%) students had moderate stress, and 23 (38.3%) students had severe stress. Association between the level of stress and socio demographic variables, there is a statistically significant association with socio demographic variables such as mother’s education, father’s education, family income per month, type of family and awareness about nursing profession.<sup>18</sup>

### **Objectives**

- i. To assess the level of stress among B.Sc. Nursing students.
- ii. To assess the effectiveness of ‘so hum’ meditation among B.Sc. NursingStudents.
- iii. To find out the association between the pre-test stress score and selecteddemographic variables.

### **Hypothesis**

The hypothesis was tested at 0.05 level of significance.

**H<sub>1</sub>:** There will be a significant mean difference between the pre-test and post-testlevel of stress.

**H<sub>2</sub>:** There will be a significant association between the pretest level of stress and selected demographic variables.

### **Delimitations**

The period of study is limited to 15 days as the prolonged effect of meditation cannotbe measured.

The sample size is limited to 40.

The study is limited to only nursing college.

## **II. Methods & Materials**

**Research approach:** quantitative research approach

**Research design:** pre experimental one group pretest posttest design

**Setting of the study:** the pilot study was conducted at shri vinoba bhav college of nursing, silvassa and the main study was conducted at government college ofnursing, daman.

**Population:** nursing students

**Target population:** b.sc nursing students

**Accessible population:** second semester bsc nursing students

**Sample and sampling technique :**sample was selected from government college of nursing, daman

**Sample size:** 40 samples were selected studying in government college of nursing, daman.

**Sampling technique:** non probability purposive sampling technique

**Criteria for the selection of samples**

The sampling or the eligibility criteria is the list of characteristics essential for inclusion or exclusion in the target population. The sample is selected from the accessible population that meets the sampling criteria. The sampling criteria may be narrowly defined to make the sample as homogenous as possible or to control the extraneous variable.<sup>72</sup>

**Inclusion Criteria**

Inclusion criteria are those characteristics that fulfill the needs of the researcher for the study. Students who were in the second semester of B.Sc. Nursing. Students who were willing to participate in the study. Students who were having a moderate level of stress.

**Exclusion Criteria**

Exclusion criteria are those characteristics that disqualify prospective subjects from inclusion in the study. Students who were already practicing meditation or exercise. Students who were not available on the day of data collection.

**Ethical Consideration**

Ethical clearance was obtained from the Institutional Ethical Committee of NAMO Medical Education and Research Institute and Shri Vinoba Bhawe Civil,Hospital, Silvassa, U.T Of DNH & DD.

**Selection And Development Of Tool**

Research tool can be defined as the instrument in the hand of researchers to measure what they intended to in their study. The tool was consisted of two sections.

**Section A: Demographic Variables**

It consists of demographic characteristics including age, religion, type of family, family monthly income, medium studied in H.S.C. in school, number of siblings, number of friends, order of birth, do you really love profession?, source of information regarding meditation and level of accommodation.

**Section B: Modified Stress Assessment Scale**

Modified stress assessment scale was used to assess the stress among Second Semester B.Sc. Nursing Students. It consists of 7 point rating scale with 30 statements. The maximum questions were 30 and maximum score were 180.

The students were requested to give responses based on the frequency of experiencing a particular stress against seven options given namely:

- 1.Everyday= Score 6
- 2.Once in 2/3 days= Score 5
- 3.Once in a week= Score 4
- 4.Once in fortnight= Score 3
- 5.Once in a month= Score 2
- 6.Rarely= Score 1
- 7.Never= Score 0

**TABLE NO.1.1 THE SCORE INTERPRETATION FOR THE LEVEL OFSTRESS**

SR NO.	LEVEL OF STRESS	SCORING
1	No stress	1-45
2	Mild stress	46-90
3	Moderate stress	91-135
4	High stress	136-180

**The data finding were organized and presented under following sections:**

**Sections-I:** Description of demographic variables of participants based on frequency and percentage.

**Section-II:** Description of significant mean difference of pretest and posttest stress score regarding effectiveness of ‘So Hum’ meditation among B.Sc. Nursing students.

**Section-III:** Effectiveness of ‘So Hum’ meditation in reducing stress among B.Sc. Nursing students.

**Section-IV:** Association between the pretest stress score with selected demographic variables regarding ‘So Hum’ meditation in reducing the level of stress among B.Sc. Nursing students.

**Hypothesis testing**

There will be a significant association between the pre-test level of stress and selected demographic variables at  $p < 0.05$  level of significance.

The above table showed that, there was a significant association between the pretest stress score with age in years, type of family, source of information regarding meditation, and level of accommodation among B.Sc. Nursing students of Government college of Nursing, Daman

The chi square value showed that there was no any significant association between the pretest stress score with religion, family monthly income, medium studied in H.S.C. school, number of siblings, number of friends, order of birth, do you really love your profession among B.Sc. Nursing students of Government College of Nursing, Daman.

Hence  $H_2$  is accepted.

**III. Findings Of The Study**

**Findings of pilot study**

The pilot study was conducted at Shri Vinoba Bhave College of Nursing, Silvasa with 4 participants. The findings of pilot study showed that the mean posttest stress score was 123 which were lower than the mean pretest stress score which was 43. The reliability of modified stress assessment scale was analyzed 0.88 by using the Karl Pearson Correlation Coefficient formula with test retest method.

**Findings of main study**

The main study was conducted at Government College of Nursing, Daman.

The findings of the main study are as followed:

15 (37.5%) participants were from 18 years of age group and 15 (37.5%) were from 19 years of age group.

The majority of participants 31 (77.5%) were from the Hindu religion

The majority of participants 28 (70%) belonged to the nuclear family.

The majority of participants 15 (37.5%) were from family income above 30,000.

The majority of participants 23 (57.5%) had studied in English medium in their H.S.C. school.

The majority of participants 18 (45%) had two siblings.

The majority of participants 28 (70%) had more than two friends.

The majority of participants 21 (52.5%) were first child in their family. The majority of participants 27 (67.5%) loved their profession.

The majority of participants 21 (52.5%) had gained information from mass media The majority of participants 26 (65%) were hosteller.

To assess the effectiveness of ‘So Hum’ meditation paired t test was used and the data found that the mean pretest score was 10.377721 and mean post test score was 67.8750 and calculated ‘t’ value was 23.6274 which were higher than table value (1.685), this indicates that ‘So Hum’ meditation was effective in reducing level of stress.

To find out the result of association between the pretest stress score and selected demographic variables among B.Sc. Nursing students which was statistically tested by using Chi square. The result revealed that demographic variables such as age in years, type of family, source of information regarding meditation, and level of accommodation was significantly associated with pretest stress score at 0.05 level of significance. The other demographic variables were not significantly associated with the pretest stress score among the B.Sc. Nursing Students.

**IV. Conclusion**

The modern lifestyle often exposes individuals to constant stressors such as academic pressure, tight deadlines, social pressure to adopt a new environment can contribute the stress. Therefore, a significant number of students may experience stress, which may affect their curriculum as well as their physical and mental health. Managing stress is crucial for overall well-being. People who are able to manage stress are the ones who have achieved a balance in their lives where they understand their limitations, their strengths, and their interests in a manner which help them in regulating their daily work. So the goal of the research was to

reduce the level of stress among B.Sc. Nursing students. To reduce the level of stress many non-pharmacological techniques are used. In this study, ‘So Hum’ meditation was adopted to reduce the level of stress among nursing students. In addition to reducing the level of stress ‘So Hum’ meditation also helps nursing students to become calmer, developing more confidence and decreasing the level of anxiety. The findings of the pretest stress score and posttest stress score showed that ‘So Hum’ meditation was effective in reducing the level of stress among B.Sc. Nursing students.