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A quasi-experimental study to assess the effectiveness of mindfulness meditation on level of happiness among the nursing students of SGRD college of nursing, Vallah, Amritsar

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Abstract

Nursing entails providing independent and team-based care to individuals of all ages, families, groups and communities, no matter where they are and whether they are ill or not. It deals with disease prevention, illness treatment, and care for the terminally ill, the disabled, and people who aren't feeling well. An individual who is seeking nursing-related education or training is referred to as a Nursing student. When they start their clinical training and practice; they typically experience tension and anxiety. The negative effects of stress during this time can include diminished personal wellness, increased levels of burnout, and subpar academic performance.

Methodology: This research employed a quantitative research approach, as well as a Quasi – Experimental two groups pre-test post-test research design is applied. The research was carried out among 152 B.Sc. nursing students studying in SGRD College of Nursing, Vallah, Amritsar, Punjab chosen by using a by Purposive Sampling techniques. The information was gathered using a program that included demographic characteristics and Oxford Happiness Questionnaire. Data were acquired using a reliable technique that included demographic information and knowledge surveys. SPSS 20 was used to do data analysis.

Results: The data also revealed that there was no statistically significant difference between the pretest stress scores of subjects of control groups ('t'=0.1.341, p=.0.184) but found statistically highly significant difference in posttest stress scores of subjects of experimental groups ('t'=18.83, p=0.001). Association between posttest levels of happiness among nursing students with socio demographic variables in experimental group. The result revealed that An Age, year of course, Motivational factor and occupational status of father were found statistically.

Conclusion: The research found that this shows that Mindfulness meditation was highly effected to improve level of happiness among nursing students.

Keywords: Nursing, nursing student, happiness, effectiveness, mindfulness meditation

Introduction

Nursing students experience a lot of stress because of the expectations of their professions. A potent technique for reducing stress is mindfulness-based meditation. A growing amount of evidence demonstrates the effectiveness of mindfulness-based therapies in treating anxiety, depression and wellness, which reduces stress in healthcare professionals.

Mindfulness-based interventions (MBIs) can have a positive impact on stress, anxiety and overall wellness in nursing students during clinical training. Mindfulness is a psychological practice that entails paying attention to what is happening in the present moment without passing judgment [1]. Meditation is training the attention to achieve a state of relaxed concentration and joy. Mindfulness meditation is one of the most popular meditation techniques [2]. The best way to explain the mindfulness technique is as a mental state that includes being fully present in order to accept and enjoy your thoughts, feelings and sensations without passing judgment [3].

Happiness is a crucial element in developing and retaining professionalism. In order to provide patients with appropriate care, a care provider must possess the following vital traits: empathy, self-assurance, adaptability and physical stamina. Their level of satisfaction has a direct impact on how these skills develop. According to Jun and Jo, happiness is essential for the education and development of nursing students as potential nurses [4].

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Mindfulness meditation helps people becoming happier, can raise one's degree of happiness. Higher the level of mindfulness greater the level of enjoyment and lower symptoms of anxiety and despair. Mindfulness meditation and happiness are closely related to each other. More the mindfulness meditation greater level of happiness will be there [9]. So the mindfulness meditation is very helpful in improving the level of happiness of nursing students. When the students are happy, the performance of nursing students also get improved Happiness among the students will improve the performance of the nursing students. This study aimed to assess the effectiveness of mindfulness meditation on level of happiness among nursing students.

Need of the study
Academic stress is more common in developing than developed countries. Most of the student during studying feels the stress related to their examination, test, academic performance, assignments. These stresses cause the many time the positive effect on their performance but sometimes cause the negative effects on the student's health that leads to mental health problems like anxiety, phobia, and depression. The investigators realized that academic stress not only affects the physical domain, but it also has an impact on the psychological domain and cognitive domains. Mind fullness meditation and level of happiness are closely related to each other. Based on various literature review mindfulness meditation has shown importance in increasing level of happiness. So the observer felt that nursing students have much more stress in academic as well as clinical practice. The investigator planned to determine the effectiveness of mindfulness meditation on level of happiness among nursing students.
Oxford Advanced Learner's Dictionaries (2019) define happiness as the state of feeling or expressing pleasure and the state of being pleased that something is right or excellent. Happiness is the state of feeling or expressing pleasure and the state of being content that something is good or right, according to Oxford Advanced Learner's Dictionaries (2019). In recent years, the educational literature has given happiness more emphasis [12].

Happiness is a crucial component of nursing students' education and development, mostly because people tend to serve others when they are happy. This is because nursing students will eventually become nurses. People who are joyful will cultivate an upbeat and positive environment, and they can also persuade others to share their happiness [12].

Aim of study
A Quasi experimental study to assess the effectiveness of mindfulness meditation on level of happiness among the nursing students of SGRD College of Nursing Vallah, Amritsar.

Research methodology
The current research was designed to assess the of mindfulness meditation on level of happiness among the nursing students of SGRD College of Nursing Vallah, Amritsar. This research employed a Quantitative approach, as well as a squasi experimental design (2 group pretest and posttest. The research was carried out among 152 B.Sc. nursing students studying in SGRD College of Nursing, Vallah, Amritsar, Punjab chosen by using a by Purposive Sampling techniques. The information was gathered using a program that included demographic characteristics and Oxford Happiness Questionnaire. The scores were classified as Not Happy (29-76), Happy (77-125), and Very Happy (126-174). (2-3) Somewhat unhappy, (3-4)Not particularly happy, (4) Somewhat happy, (4-5) Rather happy, very Happy Data collection is the process of recruiting participants and gathering information for a research. Administrative approval was acquired in writing. To ensure a truthful answer, the chosen participants were informed about the objective and use of the research and ensured of the anonymity of their replies. Each participant in the research provided written informed permission. SPSS Version 20 was used to analyze the data.

Results

Table 1: Distribution of subjects according to their level of happiness during pre and post intervention period of experiment and control groups (N=152)

Levels of Happiness	Experimental n=76(f/ (%)		Control Group n=76(f/ (%)	
	Pretest	Posttest	Pretest	Posttest
Not Happy (29-76)	0	0	0	0
Happy (77-125)	53(69.7%)	6(7.9%)	51(67.1%)	47(61.8%)
Very Happy (126-174)	23(30.3%)	70(92.1%)	25(32.9%)	29(38.2%)
	$X^2$61.93, DF=2, p=0.001		$X^2$0.46, DF=2, p=0.7	

Table depicts distribution of subjects according to pre and posttest scores of experimental and control group. Data revealed that in there test out of 76 in experimental group 53 (69.7%) were happy and 23 (30.3%) were very happy. After intervention of mindfulness meditation, during posttest 70 (92.1%) were very happy and 6 (7.9) were happy. In control group in pretest out of 76 subjects 51(67.1%) were happy and 25(32.9%) were very happy. During posttest without any intervention 47(61.8%) were happy and 29(38.2%) were very happy. Hence table shows that there was effectiveness of mindfulness meditation on level of happiness among the nursing students in experimental group.

Table 2: Comparison of pretest and posttest level of happiness of experimental and control group (n= 152) experimental group (n=76) control group (N=76)

	Experimental group (n=76)			Control group (n=76)			Independent t test
	Range	Mean ± SD	Mean %	Range	Mean ± SD	Mean %	
Pre-test	66-158	116.33±16.26	67.85%	75-152	115.82±16.08	66.56%	0.196 DF = 150 0.845[NS]
Post-test	113-163	141.32±11.53	81.21%	90-157	116.59±16.59	67.05	11.67 DF = 150 0.001*
Paired t test	18.83, DF = 75, 0.001*			1.341, DF = 75, 0.184			

NS - Not significant *p<.05 significant

Table shows pretest and posttest stress scores of subjects of experimental and control group. In experimental group (n=76), the pretest happiness score of subjects ranging 66-158, with mean score 116±16.26 and mean percentage 67.85% and after Mindfulness meditation, the post-test stress scores were ranging 113-163 with mean score 141±11.53 and mean percentage 81.21. There was statistically highly significant difference between pre and post stress scores among the subjects ('t'=18.83, *p*<0.001).While in control group (n=76), the pretest stress score of subjects ranging 75-152 with mean score 115.82±16.8 and mean percentage 66.56% and the post-test stress without administering Mindfulness meditation, was

ranging 90-157 with mean score 116.59± 16.59 and mean percentage 67.05. Statistically there was no difference between pre and post stress scores among the subjects ('t'=1.341, p=0.184). The data also revealed that there was no statistically significant difference between the pretest stress scores of subjects of control groups ('t'=0.1.341, p=.0.184) but found statistically highly significant difference in posttest stress scores of subjects of experimental groups ('t'=18.83, p=0.001). This shows that Mindfulness meditation was highly effected to improve level of happiness among nursing students.

There for Hypothesis 1 is accepted

Table 3: Domain wise comparison of subjects according to their level of happiness during pre and post intervention period of experiment and control groups (N=152)

Levels of Happiness	Experimental n=76(f/ (%)		Control Group n=76(f/ (%)	
	Pretest	Posttest	Pretest	Posttest
(2-3) Somewhat unhappy	1(1.3%)	0(0.0%)	3(3.9%)	1(1.3%)
(3-4) Not particularly happy	41(53.9%)	2(2.6%)	32(42.1%)	30(39.5%)
(4) Somewhat happy	2(2.6%)	1(1.3%)	2(2.6%)	7(9.2%)
(4-5) Rather happy	28(36.8%)	36(47.4%)	39(51.3%)	38(50.0%)
very Happy	4(5.3%)	37(48.7%)	0(0.0%)	0(0.0%)

Table depicts distribution of subjects according to pre and posttest scores of level of happiness of experimental and control group. Data revealed that in the pretest out of 76 in experimental group 41 (53.9%) were not particularly happy, 28 (36.8%) were rather happy, 4 (5.3%) were very happy and only one subject was somewhat unhappy, After intervention in posttest 37(48.7%) were very happy, 36(47.4%) were rather happy, 2(2.6%) were not particularly happy, one subject somewhat happy and no subject is somewhat unhappy. In control group out of 76 subjects in the pretest 39 (51.3%) were rather happy, 32(42.1%) were not particularly happy, 3(3.9%) were somewhat unhappy, 2(2.6%) were somewhat happy and no subject was very happy. During posttest without any intervention 38(50.0%) were rather happy, 0(39.5%) were not particularly happy, 38 (50.0%) were rather happy, one subject was somewhat unhappy and no subject was very happy. Hence the table showed that there was effectiveness of mindfulness meditation on level of happiness in nursing students in experimental group.

Aassociation between posttest level of happiness among nursing students with socio demographic variables in experimental group. The result revealed that An Age, year of course, Motivational factor and occupational status of father were found Statistically significantly associated with posttest level of happiness at 0.05 level of significance The other demographic variables were not having statistical significant association with level of happiness among nursing students at 0.05 Level of significance.

Discussion
This chapter deals with the discussion of the study in accordance with objectives of study and in relation to similar studies conducted by other researcher. The study was focused to assess the effectiveness of mindfulness meditation on level of happiness among nursing students. 152 (76 in experimental and 72 in control group) students was selected using purposive sampling technique. The demographic characteristics and Oxford happiness questionnaire was used to collect the data. The data was collected and analyzed using descriptive and inferential statistics. The purpose of the current study is to determine

the impact of mindfulness meditation on the happiness levels of nursing students at the SGRD College of Nursing in Vallah, Amritsar. Nursing entails providing independent and team-based care to individuals of all ages, families, groups and communities, no matter where they are and whether they are ill or not. The results of post-test level of happiness in experimental group shows that 6(7.9) were Happy, and 70(92.1%) Very happy with average mean of 141.32±11.53. Where as in control group 47(61.8%) were happy and 29(38.2%) were very happy with average mean of 116.59±16.59. The supported study was conducted by Akhilendra K. Singh in 2018 on the relationship between perceived stress and students' happiness. It reveals that mindfulness was adversely correlated with perceived stress and positively correlated with trait and subjective pleasure as well as felt stress. Subjective happiness (r = -0.329, p.001) and trait happiness (r = -0.308, p.001) are correlated. It demonstrates that were strongly and adversely linked with perceived stress.

Conclusion
The findings of the present study concludes that nursing students experience stress due to various reasons which affects their performance and activities carried out during their nursing programme may result in various physiological and psychological health problems and on their Happiness level. The study concludes that mindfulness meditation was effective in improving the level of happiness among nursing students. It is important to emphasize on coping to manage the stress among nursing students contributing to prevention and health promotion in improving the quality of life of students. The purpose of the current study is to determine the impact of mindfulness meditation on the happiness levels of nursing students at the SGRD College of Nursing in Vallah, Amritsar. Nursing entails providing independent and team-based care to individuals of all ages, families, groups and communities, no matter where they are and whether they are ill or not. An individual who is seeking nursing-related education or training is referred to as a Nursing student. Nearly one-third of nursing students, according to estimates from the National Institute of Mental Health, were dealing with stress that was interfering with

their daily life. For the treatment and prevention of stress, the NHS and National Institute for Health Care Excellence advocate mindfulness-based therapy.

Implications
The findings of this study can be utilized in all the domains of nursing. The findings can be used in nursing practice, nursing education, nursing administration and nursing research and all the areas of nursing profession.

Nursing Practice
- The nursing students recognize the benefit of mindfulness meditation and its value in speeding up the recovery process of minor ailments and disorders. It helps to improve the creativity of the nursing students.
- Nursing students experience un happiness due to various stressors which can be managed by practicing mindfulness meditation.
- Physical and psychological wellbeing and happiness is more important to nursing students to show their performances during the nursing programme which can be improved by practicing mindfulness meditation in their daily life.
- Mindfulness meditation helps the nursing students to prevent from unhappiness and promotion of healthy wellbeing.
- During clinical duties nursing students can teach mindfulness meditation to patients to improve the wellbeing and happiness.

Nursing Education
- Stress is more common among nursing students which can be relieved by adequate training of mindfulness meditation.
- Teach the nursing students regarding Mindfulness meditation which helps them in stressful situation.
- Nursing educational system can incorporate Mindfulness meditation in advancement in nursing science into curriculum.
- The nurse educator can create awareness aboutthe therapeutic benefits of Mindfulness meditation.

Nursing Administration
- Nurse administrator can plan for in-service education and training programme on mindfulness meditation for nursing students and staff nurses. Nurse administrator can organize awareness campaign on mindfulness meditation.
- Nurse administrator can encourage the staff nurses to practice Mindfulness meditation which help them to increase the level of happiness and to promote healthy wellbeing.

Nursing Research
- Findings of the study can be implemented in nursing institutions to increase level of happiness among nursing students.
- Research studies can be conducted to evaluate the impact of Mindfulness meditation to increase level of happiness among nurses
- Mindfulness meditation can be implemented to reduce the stress among nursing students, staff nurses, patients and family members. Research studies can be carried out to evaluate the stress level and impact on health.

Limitations
- The present study was limited to 2nd and 3rd semester B.Sc. nursing students.
- The present study was limited to 152 nursing students.
- The present study was limited to SGRD College of Nursing, Vallah, Amritsar.

Recommendations
The following recommendations can be made in this study
- Study can be conducted to assess the effectiveness of mindfulness meditation on level of the happiness among the students of specialities other than nursing.
- A study can be conducted on large sample.
- The similar study can be conducted on a larger sample to generalize the finding.
- A study can be conducted in different settings.
- A quasi experimental study can be conducted with more than one intervention.

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