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**Effects of Mindfulness Meditation Program on Adjustment Problem Faced By Nursing Students****Raj Mr. G. Jennet<sup>1</sup>, Joy Mr. Jayadeep<sup>2</sup>, Mrs. Divya<sup>3</sup>,**<sup>1</sup>Department of Nursing, Dr.BRA. IRCH, AIIMS New Delhi, India<sup>2</sup>Anbu College of Nursing, Komarapalayam, Namakal, Tamil Nadu, India<sup>3</sup>Kongunadu College of Nursing, Coimbatore, Tamil Nadu, India**Abstract:**

Adolescence is the most important period in one's life. It has affection and excitement, the mind is pious and pure, and free of all wickedness. The adolescent is still teen and lacks maturity of thought and experiences. He/she is not aware of what is proper and what is improper and therefore is in danger of going in the wrong path. To evaluate the effectiveness of mindful meditation on adjustment problem among nursing students. To find out the association between level of adjustment problem and their selected demographic variables. The problem of adjustment is a vital problem of the modern world. This problem is a matter of such widespread concerns that books, magazines, scientific journals etc. dealing with adjustment problems are appearing more frequently. Although derived from a relatively small number of studies, these results suggest that Mindfulness based stress reduction may help a broad range of individuals to cope with their clinical and nonclinical problems.

**Keyword :** Mindfulness, Meditation, Adjustment, Mindfulness based stress reduction, Stress

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**Introduction:**

The present society is an ever Changing society and with the passage of time; the needs of human beings are growing day by day. The individuals today are facing contradictions and hence facing difficulty in adjustment with environment. Being a social animal, man needs society and to remain in society he has to adjust with the values of society. <sup>[1-2]</sup> Without social adjustment man cannot live happily. Man lives by himself in the changing circumstances of the society. An individual feels a sort of emotional tension, uneasiness and restlessness when he does not or cannot adjust himself with social environment. An individual feels a sort of emotional

tension, uneasiness and restlessness when he does not or cannot adjust himself with social environment. Good (1959) states that adjustment is the process of adopting modes of behavior suitable to the environment or the changes in the environment. Unless a person is not able to adjust himself to the environment, he/ she cannot develop his/her wholesome personality. <sup>[3]</sup> Lack of experience, fear of making mistakes, discomfort at being evaluated by faculty members, worrying about giving patients the wrong information or medication and concern about possibly harming a patient are just a few of the stressors for the beginning student nurse. <sup>[4]</sup> The researches shows that the stress among nursing students is high and

the investigator herself has undergone a lot of emotional stress during the 1<sup>st</sup> year of Bsc Nursing course due to new environment, parental separation, work load and new peer groups. <sup>[5]</sup> Mindfulness meditation has been proven effective for reducing stress. Recently healthcare providers of multiple disciplines are overwhelmingly turning to the practice of mindfulness meditation as a useful tool in building a self-care routine. <sup>[5-6]</sup> Meditation has several 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 behavior, increases listening skills and empathy, helps make more accurate judgments, greater tolerance, more balanced personality, develops emotional maturity experience an inner sense of “assurance or knowingness”, increases the synchronicity in your life. <sup>[7-8]</sup>

### **Mindful meditation**

Mindful meditation refers to focusing on physical sensation, such as movement or breath and on the thoughts in order to increase awareness and enhance living in the moment to the fullest extent possible. <sup>[9]</sup>

**Adjust :** An adjustment is a change in a person's behavior or thinking. <sup>[10]</sup>

**Stress:** In this study stress refers to the response of the first year B. Sc. nursing students to situations that disrupt their physical, physiological, intellectual, emotional, and social aspects as measured by a stress scale. <sup>[11]</sup>

### **Methodology**

The methodology of research indicates the general pattern of organizing the procedure for gathering valid and valuable data for the purpose of investigation. The methodology of this study includes the research approach, research design, setting of the study, population sample and sampling

technique, development of tool, data collection procedure and plan for data analysis. An experimental study was conducted to determine the level of adjustment and effectiveness of mindful meditation on students with adjustment problem who were studying in first year B.Sc Nursing in College at Komarapalayam. The research design was one group pre-test post-test experimental design. The sample size was 40. Purposive sampling technique was used to select the students. The aim of the study was to determine the level of adjustment problem and to find out the effectiveness of mindful meditation among students who are studying in first year . The analysis was done in three sections as follows.

### **Section I : Demographic variables of students.**

### **Section II: Effectiveness of mindful meditation in reducing adjustment problem.**

### **Section III: Association between the demographic variables with level of adjustment.**

The gathered data was tabulated, grouped and analyzed. Biostatistical methods (chi square and correlation) were used for analysis.

## **MAJOR STUDY FINDINGS**

### **FINDINGS: 1**

Pre-test reveals that 4(10%) having no adjustment problem, 4(10%) having mild level of adjustment problem, and 32(80%) having severe adjustment problem. Post-test reveals that 32(80%) having no stress and adjustment problem, 8(15%) having mild level of adjustment problem, assessed by using college adjustment scale.

### **FINDINGS: 2**

Comparison of mean and standard deviation score of level of adjustment and effectiveness of mindful meditation among students during pretest and posttest. In



the students pretest mean level of adjustment problem was 11.8 with the standard deviation of 5.12 and posttest mean level of problems score was 2.75 with the standard deviation of 1.67. The mean difference between the pretest and posttest value was 9.05. The paired 't' test value of 11.13. In the students a statistically significant value at  $p < 0.05$ . It is interpreted that mindful meditation reduced the level of stress and adjustment.

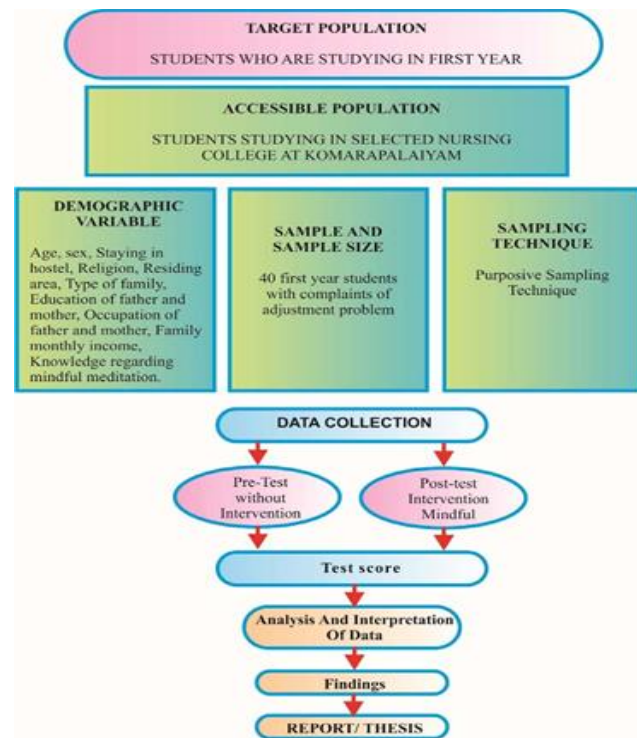
### FINDINGS : 3

Association of the demographic variables with the level of adjustment problems among students. The chi square test shown that there was no significant association between the selected demographic variables of age, sex, religion, type of family, education qualification of mother, occupation of mother and father, monthly family income, source of information regarding mindful meditation, and there was significant association between the educational qualification of father, residential area, previous knowledge regarding mindful meditation.

### Discussion

Table 1: Illustrate the distribution of demographic variables of 40 students, which includes 29(72.5%) students were between the age group of 16 to 18 years, 19 (22.5%) students were between the age group of 19 to 20 years, and 2(5%) students were above 22 to 25 years. Regarding sex of the students, 33(82.5%) were female and 7(17.5%) were male students. Regarding hostel staying in the students, 39(97.5%) students were staying in hostel and 1(2.5%) students were day scholar. Regarding religion of the students, 36(90%) students were Hindu and 4(10%) students were Christian. Regarding residential area of the students, 27(67.5%) students were from rural, and 13(32.5%) students were from urban. Regarding the type of family of the students, 28(70. %) students were from nuclear family, and 12(30%) students were from joint family. Regarding educational qualification of the student's father, 4(10%) people were uneducated, 5(12.5%) persons were S.S.L.C, and 21 (52.5%) persons were higher secondary level, 10 (25%) people's graduates. Regarding occupation of the student's father, 4(10%) persons were self- employee, 13(32.5%) persons were daily in wages, 20(50%) persons

### SYSTEMATIC PRESENTATION OF RESEARCH DESIGN



were working private and 3(7.5%) persons were working in government. None were unemployed. Regarding educational qualification of the student's mother, 7(17.5%) women were uneducated, 20(50%) women were S.S.L.C, 10 (25%) women were higher secondary level, 3(7.5%) women were graduates. Regarding occupation of the student's mother, 21(52.5%) women were home maker, 1(2.5%) woman self-employed, 8(20%) women working in daily wages, 5(12.5%) women were working in private and 5(12.5%) women were working in government. Regarding the monthly income of the family, 13(32.5%) persons were having the monthly income of Rs 5001 to 10000/- and 12(30%) persons were having 10001 to 20000/-, 15(37.5%) persons were having above 20000 monthly income. Considering the previous knowledge regarding mindful meditation in the students, 15(37.5%) students were having previous knowledge, and 25(62.5%) students had no previous knowledge. Considering the source of information regarding mindful meditation in the students, 2(5%) students got information from family members, and 3(7.5%) students got information from friends, 10(25%) students were received information from mass media.

**Table -1 : Frequency and Percentage Distribution of the students based on their demographic variables. (N=40)**

| S. No. | VARIABLES              | FREQUENCY DISTRIBUTION | PERCENTAGE |
|--------|------------------------|------------------------|------------|
| 1      | Age in years           |                        |            |
|        | 16 to 18               | 29                     | 72.5%      |
|        | 19 to 20               | 9                      | 22.5%      |
|        | 22 to 25               | 2                      | 5%         |
| 2      | Sex                    |                        |            |
|        | Female                 | 33                     | 82.5%      |
|        | Male                   | 7                      | 17.5%      |
| 3      | Are you stay in hostel |                        |            |
|        | Yes                    | 29                     | 72.5%      |
|        | No                     | 11                     | 27.5%      |
| 4      | Religion               |                        |            |
|        | Hindu                  | 36                     | 90%        |
|        | Muslim                 | -                      | -          |
|        | Christian              | 4                      | 10%        |
|        | Others                 | -                      | -          |
| 5      | Residing area          |                        |            |

|          |                                 |    |       |
|----------|---------------------------------|----|-------|
|          | Urban                           | 13 | 32.5% |
|          | Rural                           | 27 | 67.5% |
| <b>6</b> | <b>Type of family</b>           |    |       |
|          | Nuclear family                  | 28 | 70%   |
|          | Joint family                    | 12 | 30%   |
| <b>7</b> | <b>Education of the father</b>  |    |       |
|          | Illiterate                      | 4  | 10%   |
|          | S.S.L.C                         | 5  | 12.5% |
|          | H.S.C                           | 21 | 52.5% |
|          | Degree                          | 10 | 25%   |
| <b>8</b> | <b>Occupation of the father</b> |    |       |
|          | Unemployed                      | -  | -     |
|          | Self employee                   | 4  | 10%   |
|          | Daily wages                     | 13 | 32.5% |
|          | Private                         | 20 | 50%   |
|          | Government                      | 3  | 7.5%  |
| <b>9</b> | <b>Education of the mother</b>  |    |       |

|            |   |    |       |
|------------|---|----|-------|
|            | Illiterate  | 7  | 17.5% |
|            | S.S.L.C   | 20 | 50%   |
|            | Higher secondary  | 10 | 25%   |
|            | Degree  | 3  | 7.5%  |
| <b>10</b>  | <b>Occupation of the mother</b>                                 |    |       |
|            | Home maker  | 21 | 52.5% |
|            | Self employee   | 1  | 2.5%  |
|            | Daily wages   | 8  | 20%   |
|            | Private   | 5  | 12.5% |
|            | Government  | 5  | 12.5% |
| <b>11</b>  | <b>Family monthly income</b>                                    |    |       |
|            | Below 5000  | -  | -     |
|            | 5001-10000  | 13 | 32.5% |
|            | 10001-20000   | 12 | 30%   |
|            | Above 20000   | 15 | 37.5% |
| <b>12.</b> | <b>Do you know mindful meditation reduce adjustment problem</b> |    |       |
|            | Yes   | 15 | 37.5% |

|    |  |    |       |
|----|--|----|-------|
|    | No   | 25 | 62.5% |
| 13 | Which is the source of previous knowledge regarding mindful meditation |    |       |
|    | Family members   | 2  | 5%    |
|    | Friends  | 3  | 7.5%  |
|    | Mass media   | 10 | 25%   |

Table-2 : Illustrate the distribution of demographic variables of 40 students, which includes 4(10%) people were uneducated, 5(12.5%) persons were 29(72.5%) students were between the age group of 16 to 18 years, 19 (22.5%) students were between the age group of 19 to 20 years, and 2(5%) students were above 22 to 25 years. with the Chi-square value is 0.749.  $p=9.488$  statistically not significant. Regarding sex of the students, 33(82.5%) were female and 7(17.5%) were male students. with the Chi-square value is 0.312.  $p=5.991$  statistically not significant. Regarding hostel staying in the students, 39(97.5%) students were staying in hostel and 1(2.5%) students were day scholar. With the Chi-square value is 0.312.  $p=5.991$  statistically not significant. Regarding religion of the students, 36(90%) students were Hindu and 4(10%) students were Christian. with the Chi-Square value is 5.4115.  $p=12.592$  statistically not significant. Regarding residential area of the students, 27(67.5%) students were from rural and 13(32.5%) students were from urban. with the chi-Square value is 5.99.  $p=10.384$  statistically not significant. Regarding the type of family in the students, 28(70.%) students were from nuclear family, and 12(30%) students were from joint family. with Chi-square value is 5.99.  $p=1.30$  statistically not significant.

Regarding educational qualification of the students father, 4(10%) people were uneducated, 5(12.5%) persons were S.S.L.C, 21 (52.5%) persons were higher secondary level, 10(25%) persons graduates. with the Chi-square value is 15.0344.  $p=12.592$  statistically significant. Regarding occupation of the students father, 4(10%) persons were self- employee, 13(32.5%) persons were daily wages, 20(50%) persons were working private and 3(7.5%) persons were working government. No unemployed. With the Chi square value is 11.926.  $p=12.592$  statistically not significant. Regarding educational qualification of the students mother, 7(17.5%) women were uneducated, 20(50%) women were S.S.L.C, 10 (25%) women were higher secondary level, 3(7.5%) women were graduates. with the Chi-Square value is 4.223.  $p=12.592$  statistically not significant. Regarding occupation of the student's mother, 21(52.5%) women were home maker, 1(2.5%) women self-employee, 8(20%) women working as daily wages, 5(12.5%) woman were working in private and 5(12.5%) women were working in government. With Chi square value is 3.1856.  $P=12.592$  statistically not significant.

**Table – 2 Association between the selected demographic variables and level of adjustment problem among the students.**

| S.No. | VARIABLES    | FREQUENCY | PERCENTAGE | CHI-SQUARE VALUE |
|-------|--------------|-----------|------------|------------------|
| 1     | Age in years |           |            |                  |



|          |                               |    |       |                  |
|----------|-------------------------------|----|-------|------------------|
|          | 16 to 18                      | 29 | 72.5% | 0.749<br>9.488   |
|          | 19 to 20                      | 9  | 22.5% |                  |
|          | 22 to 25                      | 2  | 5%    |                  |
| <b>2</b> | <b>Sex</b>                    |    |       | 0.312<br>5.991   |
|          | Female                        | 33 | 82.5% |                  |
|          | Male                          | 7  | 17.5% |                  |
| <b>3</b> | <b>Are you stay in hostel</b> |    |       | 0.312<br>5.991   |
|          | Yes                           | 29 | 72.5% |                  |
|          | No                            | 11 | 27.5% |                  |
| <b>4</b> | <b>Religion</b>               |    |       | 5.4115<br>12.592 |
|          | Hindu                         | 36 | 90    |                  |
|          | Muslim                        | -  | -     |                  |
|          | Christian                     | 4  | 10    |                  |
|          | Others                        | -  | -     |                  |
| <b>5</b> | <b>Residing area</b>          |    |       | 5.99             |
|          | Urban                         | 13 | 32.5% |                  |

|          |                             |    |       |                    |
|----------|-----------------------------|----|-------|--------------------|
|          | Rural                       | 27 | 67.5% | 10.3814*           |
| <b>6</b> | <b>Type of family</b>       |    |       | 5.412<br>5.991     |
|          | Nuclear family              | 28 | 70%   |                    |
|          | Joint family                | 12 | 30%   |                    |
| <b>7</b> | <b>Education of father</b>  |    |       | 15.0344<br>12.592* |
|          | Illiterate                  | 4  | 10%   |                    |
|          | S.S.L.C                     | 5  | 12.5% |                    |
|          | H.S.C                       | 21 | 52.5% |                    |
|          | Degree                      | 10 | 25%   |                    |
| <b>8</b> | <b>Occupation of father</b> |    |       | 11.926<br>12.592   |
|          | Unemployed                  | -  | -     |                    |
|          | Self employee               | 4  | 10%   |                    |
|          | Daily wages                 | 13 | 32.5% |                    |
|          | Private                     | 20 | 50%   |                    |
|          | Government                  | 3  | 7.5%  |                    |

|           |                              |    |       |                 |
|-----------|------------------------------|----|-------|-----------------|
| <b>9</b>  | <b>Education of mother</b>   |    |       | 4.223<br>12.592 |
|           | Illiterate                   | 7  | 17.5% |                 |
|           | S.S.L.C                      | 20 | 50%   |                 |
|           | H.S.C                        | 10 | 25%   |                 |
|           | Degree                       | 3  | 7.5%  |                 |
| <b>10</b> | <b>Occupation of mother</b>  |    |       | 3.185<br>12.592 |
|           | Home maker                   | 21 | 52.5% |                 |
|           | Self employee                | 1  | 2.5%  |                 |
|           | Daily wages                  | 8  | 20%   |                 |
|           | Private                      | 5  | 12.5% |                 |
|           | Government                   | 5  | 12.5% |                 |
| <b>11</b> | <b>Family monthly income</b> |    |       | 2.487<br>12.592 |
|           | Below 5000                   | -  | -     |                 |
|           | 5001-10000                   | 13 | 32.5% |                 |
|           | 10001-20000                  | 12 | 30%   |                 |

|    |   |    |       |                |
|----|---|----|-------|----------------|
|    | Above 20000   | 15 | 37.5% |                |
| 12 | <b>Do you know mindful meditation reduce</b>                              |    |       |                |
|    | <b>Adjustment problem</b>   |    |       |                |
|    | Yes   | 15 | 37.5% |                |
|    | No  | 25 | 62.5% |                |
| 13 | <b>Which is the source of previous knowledge about mindful meditation</b> |    |       |                |
|    | Family members  | 2  | 5%    | 1.712<br>9.488 |
|    | Friends   | 3  | 7.5%  |                |
|    | Mass media  | 10 | 25%   |                |

## SUMMARY

The quasi experimental design (one group pre and post test) was adapted for the study. The research was conducted in College of Nursing with the sample size of 40 first year students. The samples were selected by using purposive sampling technique based on inclusion criteria. In this study the tools used were, section I of demographic data and section II knowledge regarding mindful meditation and section III adjustment test scale to assess the level of stress and adjustment. The College adjustment test scale consists of 19 questionnaires with the maximum score of 19, to evaluate the level of adjustment among the students. Pre test was conducted for students the day before the intervention. Intervention of mindful meditation was given to the students. The investigator conducted the post test on the 7<sup>th</sup> day after teaching about mindful meditation. Pre test and post test

was conducted to identify the level of adjustment among students studying in selected college. A mindful meditation was given to motivate positive outlook of life to improve quality of life and happy life to the students. Mindfulness is regarded not as something to get or to acquire, but as an internal resource that already exists, patiently awaiting to be reawakened. The study had found that increased mindfulness can improve psychological functions, reduce in suffering, and has been proved to be an important predictor of depression in nursing students

**Ethical Clearance-** Ethical clearance was taken from Institutional Research Ethics Committee

**Source of Funding-** Self-Funding Project.

**Conflict of Interest** – There is no any conflict of interest.

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