

## Research Article

# A descriptive study to assess the knowledge regarding meditation therapy among B.sc Nursing IV year students in selected Nursing colleges at Nagapattinam.

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### ABSTRACT

**Background:** Meditation is a mind–body practice that involves focusing attention on a specific object, sound, or activity to reduce distracting thoughts and promote mental clarity. **Aim:** The main aim of the study to assess meditation therapy level of knowledge among b.sc nursing students. **Methodology:** A quantitative approach with a non-experimental descriptive design was adopted for the study. It was conducted among 60 final-year B.Sc. Nursing students. Participants were selected using simple random sampling. Data were collected through a structured self-administered questionnaire after obtaining institutional permission and informed consent. **Result:** The results showed that 36.7% of students had inadequate knowledge, 30.0% had moderate knowledge, and 33.3% had adequate knowledge regarding meditation therapy. Among demographic variables, only previous exposure to meditation therapy showed a statistically significant association with knowledge level ( $p < 0.05$ ), while other variables were not significant. **Conclusion:** The study concludes that a considerable number of nursing students lack sufficient knowledge about meditation therapy. Educational interventions and inclusion of meditation-related content in the nursing curriculum are recommended to improve awareness and support students' mental well-being.

**Keywords:** Meditation therapy, students, Mind body.

### INTRODUCTION

Meditation is a mind–body practice that involves focusing attention on a specific object, sound, or activity to reduce distracting thoughts and promote mental clarity. According to the World Health Organization, meditation is widely recognized for its role in improving mental and emotional well-being. Regular meditation practice has been shown to reduce stress and anxiety, improve concentration, and enhance emotional regulation. It encourages self-awareness and helps individuals manage negative thoughts and emotions more effectively. Meditation is also associated with improved sleep quality, lower blood pressure, increased creativity, and greater patience and tolerance. Among students, meditation acts as a natural stress-relief technique by calming the mind and lowering cortisol levels. It helps individuals gain a better perspective on stressful situations and improves their ability to cope with academic and personal challenges. Additionally, meditation enhances focus, attention span, and cognitive functions such as memory and problem-solving, which are essential for academic success. Meditation practices, including mindfulness and focused breathing, aim to cultivate calmness and heightened awareness. Although meditation has roots in ancient cultural and spiritual traditions, it has gained increasing acceptance in modern healthcare for its potential to reduce stress and promote overall well-being. Because different techniques exist, individuals may adopt meditation practices

that best suit their personal preferences and needs.

## **NEED FOR THE STUDY**

Meditation therapy is increasingly recognized as a simple, low-cost, and effective approach to improve mental well-being, reduce stress, and enhance overall quality of life. Final-year B.Sc. Nursing students experience significant academic and clinical stress, which can affect their well-being and performance. Meditation therapy is a simple and effective method to reduce stress and improve mental health. However, nursing students may have limited knowledge about its benefits and application due to lack of structured teaching. As future nurses, they are expected to promote holistic care, including non-pharmacological approaches like meditation. Assessing their knowledge helps identify gaps and the need for educational improvement. This study is essential to enhance awareness and support the integration of meditation therapy into nursing practice.

## **AIM**

The main aim of the study to assess meditation therapy level of knowledge among b.sc nursing students.

## **METHODOLOGY**

A quantitative approach using a non-experimental descriptive design was employed for this study. It was carried out among final-year B.Sc. Nursing students at Sir Isaac Newton College of Nursing, Pappakovil, Nagapattinam. The study population included all final-year nursing students in the institution. Participants who met the inclusion criteria were selected as the sample. A simple random sampling method was applied to ensure equal chance of selection. The final sample comprised 60 female students who satisfied the criteria and were available at the time of data collection. Data were gathered through a structured, self-administered questionnaire. Approval was obtained from the concerned institutional authority, and informed consent was secured from each participant prior to data collection. On average, each student took about 30 minutes to complete the questionnaire. The collected data were analyzed using descriptive statistics, including frequency and percentage.

## **RESULTS**

A total of 60 final-year nursing students were included in the study. More than half of the participants were in the age group of 21–22 years (56.7%), followed by 20–21 years (38.3%) and a small proportion in 22–23 years (5.0%). All participants were female. With regard to religion, the majority were Hindus (96.7%), while a few were Christians (3.3%). All respondents were pursuing B.Sc. Nursing.

In terms of socioeconomic background, nearly half of the students (48.3%) belonged to the lower middle class, 40.0% to the upper middle class, and 11.7% to the upper lower class. All participants were unmarried. Most students reported sleeping 6–8 hours per day (65.0%), whereas smaller proportions reported 4–6 hours (16.7%), 8–12 hours (15.0%), and 3–5 hours (3.3%).

Regarding personal interests, listening to music was the most commonly reported activity (40.0%), followed by dancing (28.3%), drawing (16.7%), and other activities (15.0%). A majority of the students came from rural areas (76.7%), while 21.7% were from urban areas and a very small percentage (1.7%) from slum areas. Most participants belonged to nuclear families (70.0%), with the remaining from joint (18.3%) and single-parent families (11.7%).

Assessment of knowledge on meditation therapy revealed that 36.7% of students had inadequate knowledge, 30.0% demonstrated a moderate level, and 33.3% showed adequate knowledge.

Statistical analysis using the chi-square test indicated a significant association between prior exposure to meditation therapy and the level of knowledge ( $\chi^2 = 9.516$ ,  $p = 0.023$ ). No significant association was observed between knowledge levels and other demographic variables such as age, religion, socioeconomic status, marital status, sleep pattern, personal habits, area of residence, family type, or practice of meditation.

**Table 1: Demographic variables of the nursing students (N = 60)**

Demographic Variables	Frequency (f)	Percentage (%)
<b>Age</b>		
20–21 years	23	38.3%
21–22 years	34	56.7%
22–23 years	3	5.0%
23–24 years	0	0%
<b>Gender</b>		
Female	60	100.0%
Male	0	0%
Transgender	0	0%
Others	0	0%
<b>Religion</b>		
Hindu	58	96.7%
Muslim	0	0%
Christian	2	3.3%
<b>Education</b>		
ANM	0	0%
DGNM	0	0%
B.Sc (N)	60	100.0%
<b>Socio-economic Status</b>		
Upper	0	0%
Upper Middle	24	40.0%
Lower Middle	29	48.3%
Upper Lower	7	11.7%
Lower	0	0%

<b>Marital Status</b>		
Single	60	100.0%
Married	0	0%
<b>Daily Sleeping Hours</b>		
3–5 hours	2	3.3%
4–6 hours	10	16.7%
6–8 hours	39	65.0%
8–12 hours	9	15.0%
<b>Personal Habits</b>		
Music	24	40.0%
Dance	17	28.3%
Drawing	10	16.7%
Others	9	15.0%
<b>Living Area</b>		
Rural	46	76.7%
Urban	13	21.7%
Slum Area	1	1.7%
Tribal Area	0	0%
<b>Type of Family</b>		
Nuclear	42	70.0%
Joint Family	11	18.3%
Single Parent	7	11.7%
Blended	0	0%
<b>Previous Knowledge of Meditation Therapy</b>		
Workshop	22	36.7%
Symposium	6	10.0%
Newspapers	29	48.3%
Conference	3	5.0%
<b>Practice of Meditation Therapy</b>		
Yes	41	68.3%
No	19	31.7%

**Table 2: Level of knowledge regarding meditation therapy among nursing student [N= 60]**

SCORING INTERPRETATION	FREQUENCY	PERCENTAGE
Inadequate Knowledge	22	36.7%
Moderate knowledge	18	30.0%
Adequate Knowledge	20	33.3%

**Table 3 : Association between the Level of knowledge with selected demographic variables.**

Demographic Variable	$\chi^2$ Value	df	p-value	Significance
Age	0.485	2	0.785	NS
Gender	0.385	2	0.682	NS
Religion	0.752	1	0.386	NS
Educational Qualification	0.352	1	0.216	NS
Socioeconomic Status	0.866	2	0.649	NS
Marital Status	0.226	1	0.249	NS
Daily Sleeping Hours	6.993	3	0.072	NS
Personal Habits	0.744	3	0.863	NS
Living Area	0.483	2	0.785	NS
Type of Family	0.020	2	0.990	NS
Previous Knowledge of Meditation Therapy	9.516	3	0.023	S
Practice of Meditation Therapy	0.343	1	0.558	NS

**DISCUSSION:**

The study evaluated knowledge of meditation therapy among nursing students and found that 36.7% had inadequate knowledge, 30.0% had moderate knowledge, and 33.3% had adequate knowledge. This indicates that a substantial proportion of students lack sufficient understanding of meditation therapy. Meditation is known to reduce stress and improve emotional well-being, which is particularly relevant for nursing students facing academic and clinical pressures. Enhancing their knowledge can support both personal coping and professional practice. Most demographic variables showed no significant association with knowledge levels. However, prior exposure to meditation therapy had a significant association ( $p < 0.05$ ), suggesting that awareness gained through workshops, media, or academic events improves understanding. These findings emphasize the need for educational interventions such as training programs and inclusion of meditation therapy in the nursing curriculum to strengthen students’ knowledge and promote its use in practice.

## **CONCLUSION:**

The study found that many nursing students had inadequate or moderate knowledge of meditation therapy, with fewer demonstrating adequate understanding, indicating a need for improved awareness. Meditation is an effective method for stress reduction and mental well-being, which is important for students facing academic and clinical demands. Previous exposure to meditation showed a significant association with knowledge levels, while other demographic factors did not. These findings support the need for educational programs and inclusion of meditation therapy in the nursing curriculum to enhance knowledge and promote well-being.

## **RECOMMENDATION:**

- Meditation techniques can be integrated into the nursing curriculum as part of stress management and wellness training.
- Students should be encouraged to practice meditation regularly to improve mental well-being, focus, and emotional regulation.
- Nursing colleges can provide guided meditation sessions or mindfulness programs as part of student support services.

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