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RESEARCH ARTICLE

EFFECTIVENESS OF 'SO HUM' MEDITATION IN REDUCING THE LEVEL OF ACADEMIC STRESS AMONG FIRST SEMESTER B.SC. NURSING STUDENTS

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Manuscript Info	*Abstract*
……………………. *Manuscript History* Received: 20 March 2024 Final Accepted: 27 April 2024 Published: May 2024	……………………………………………………………… **Background:**. Human beings have a natural power to cope with and manage with the stressful situations.Among all professions, nursing profession is considered as highly stressful for students. Nursing students face various stressful situations in their college life, like time pressure, excessive workload, clinical duties, long college hours, examinations and results. Some of the relaxation techniques that can help to reduce stress are guided imagery, mantra meditation, yoga and breathing exercises. **Objectives:** To evaluate the effectiveness of 'So hum' meditation among the first semester B.Sc. Nursing students at Government College of Nursing, Pauri, and Uttarakhand. **Materials and Methods:**Quasi-experimental approach with time series design was used in the study. Purposive sampling technique was used to collect data from 65 first semester B.Sc. Nursing students. The subjects were given 'So hum' meditation for approximately 15-20 minutes, once a day for four weeks. Pre-test, Post- test I and post-test II were conducted by using Academic Stress Rating Scale. Both descriptive and inferential statistics were used to assess the data. **Result:** Mean age of study participants was 31.9 ± 7.77. Results revealed that a reduction in Academic stress with a mean difference (MD) of22.89, 'f' value 47.56 following four weeks of 'So hum' meditation was found significant at $p = 0.001$. **Conclusion:** This study concluded that 'So hum' meditation is effective in reducing Academic stress among first semester B.Sc. nursing students.

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Introduction:-
Stress refers to a dynamic interaction between the individual and the environment. Every individual experiencing stress in their life from birth to till death. Human beings have a natural power to cope with and manage with the stressful situations.

Stress is a particularly important issue in education because it has the potential to impede learning and performance.Nowadays stress has become the most common thing among students. Every new day we are noticing

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many students whether in college or high school suffering from stress especially the nursing students due to lots of assignments, homesickness, peer competition, heavy workload, social anxieties, poor time management.

According to World Health Organization (WHO), stress has been classified as the health epidemic of the 21st century. According to the American Psychological Association's latest Stress in America report, 87 percent of college students report that their education is a significant source of stress.

There are many techniques to manage Stress. We cannot restrict a particular technique for any particular person because of different natural instincts and different tendencies differing from person to person.Some of the relaxation techniques that can help you evoke the relaxation response and reduce stress are guided imagery, mindfulness and mantra meditation, yoga, breathing exercises, progressive muscle relaxation techniques, music therapy, laughter therapy etc.

Materials and Methods:-
This study was conducted in the, Government College of Nursing, Pauri, Uttarakhand from 28th June 2023 to 28th July. Quasi experimental time series design was adopted and 65 subjects were included in the study by purposive sampling technique. Self- structured questionnaire was used to assess demographic variables and Academic Stress Scale was used to assess the level of Academic stress.

Instrument/ Tool
Self- structured questionnaire was used to assess socio demographic variables and Academic Stress Scale was used to assess the level of Academic stress among first semester B.Sc. nursing students.

Tool 1: Socio demographic variables
It contains 11 items, Age, gender, type of family, medium of education until intermediate, no. of siblings, order of birth, no. of close friends, place of living, awareness about profession, reason for selection of course, have you ever used stress relieving technique.
Tool 2: Academic Stress Scale
Academic Stress Scale was used to assess the level of Academic stress among first semester B.Sc. nursing students.It consists of 40 items. Each item had five alternatives varying from the response 'No stress' to extreme stress'. Each response carries a score of '0', '1', '2', '3', '4' respectively. The maximum possible score will be 160.

Statistical Analysis
The data was presented as mean ± standard deviation (SD). Frequency and percentage distribution was used to evaluate socio demographic variables offirst semester B.Sc. nursing students at Government College of Nursing, Pauri, Uttarakhand. Academic Stress Scale was used to assess the level of Academic stress among first semester B.Sc. nursing students.

Table 1:- (a) Frequency (f) and percentage distribution of nursing students according to their socio- demographic variables. N= 65

S.No.	Variables	Categories	Frequency	%
1	**Age in years**	17-19	40	61.5
		20-22	25	38.4
2	**Gender**	Male	6	9.23
		Female	59	90.7
3	**Type of family**	Joint family	44	67.6
		Nuclear family	20	30.7
		Single parent	1	1.53
4	**Medium of education until intermediate**	Hindi	22	33.8
		English	43	66.1
5	**Number of siblings**	One	25	38.4
		Two	31	47.6
		More than two	9	13.8
	Order of birth	First child	38	58.4
		Middle child	18	27.6

6				
		Last child	9	13.8
7	**No. of close friends**	Nill	6	9.23
		One	18	27.6
		Two	19	29.2
		More than two	22	33.8
8	**Place of living**	Own house	4	6.15
		Hosteller	52	80
		Paying guest	9	13.8
9	**Awareness about nursing profession**	Yes	64	98.4
		No	1	1.53
10	**Reason for Selection of course**	Self interest	45	69.2
		Pressure from parents	3	4.61
		Friends	3	4.61
		Mass media	14	21.5
11	**Have you ever use any stress relieving technique**	Yes	64	98.4
		No	1	1.53

Table 1(a): shows that, Majority were female 90.7% and only 9.23% were male students. Most of the nursing students (67.6%), belong to joint family. Majority of students about (66.1%) were of English medium and (33.8%) students were from Hindi medium. Regarding no. of siblings, most of students had 2 siblings about 47.6%. More than half 58.4% of students were first child in their family. About number of close friends 9.23% of students did not have friends and 33.8% of the students had more than two friends. Most of the students were hosteller 80%. Majority of the students 98.4% were aware about nursing profession and 69.2% students were self-interested for selecting the course

Figure No 1 shows that, majority of 64.6% nursing students had moderate level of academic stress, 35.6% had mild academic stress level. The majority of 61.53 % nursing students had mild level of academic stress, 38.46% nursing students had slight academic stress level in post-test in this study.

Figure No.1:- Frequency (F) and percentage distribution (%) of pre and post – test level of stress.
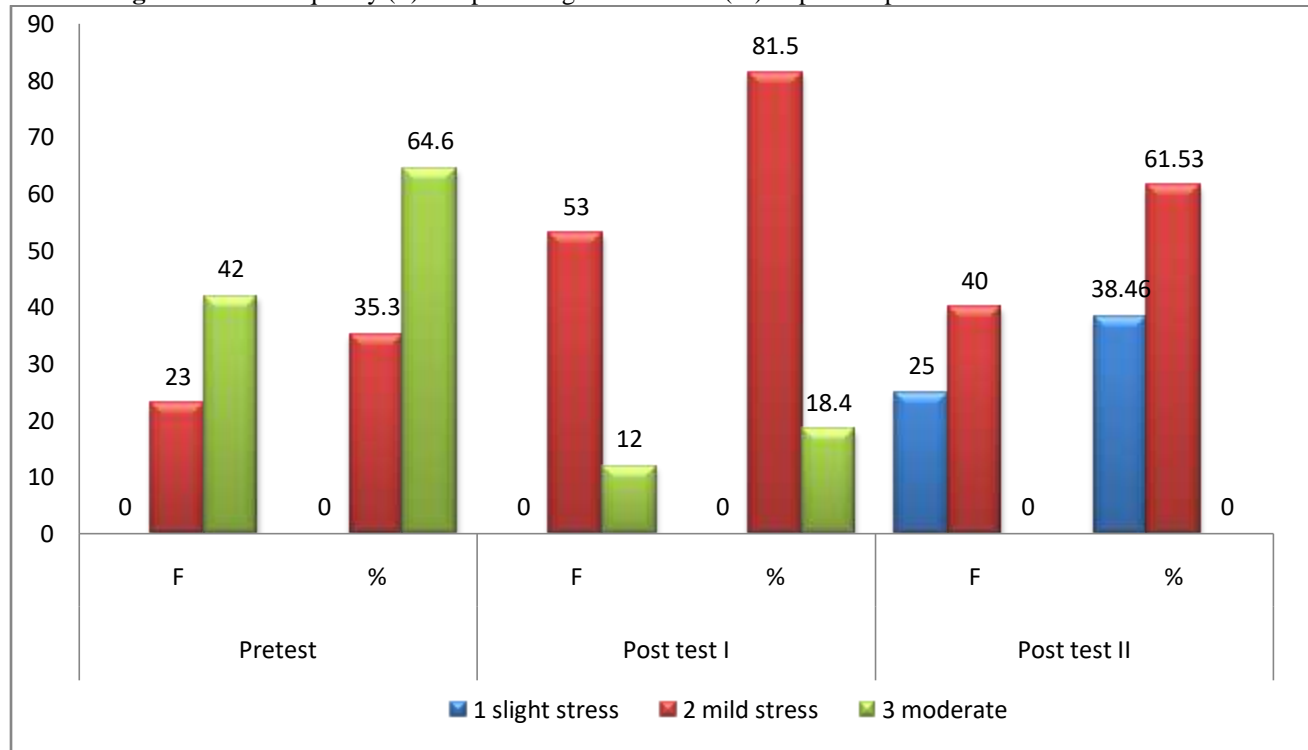
Table No. 2:- Changes in academic stress score of nursing students before, during, and after intervention **N= 65**

VARIABLES	PRETEST (MEAN±SD)	POSTTEST I (MEAN±SD)	POSTTESTII (MEAN±SD)	F VALUE	DF	P VALUE
ACADEMIC STRESS SCORE	82.05 ± 10.78	71.42 ± 12.46	59.15 ± 16.31	47.56	194	0.001

Table No 2 shows that,the mean post intervention academic stress score following 15 days and one month of intervention was lower than the mean pre intervention score. The calculated 'f' value was 47.56, which was greater than the table value, 3.04 at p = 0.001. Hence, the null hypothesis was rejected.

Table No. 3:- Post – hoc analysis (pair- wise multiple comparisons) of academic stress score at three levels of assessment.

ACADEMIC STRESS LEVEL	MEAN DIFFERENCE	P VALUE
PRETEST- POSTTEST I	10.63	0.001
POSTTEST I - POSTTEST II	12.62	0.001
PRETEST - POSTTEST II	22.89	0.001

Table No. 4 shows, that there was significant reduction in Academic stress score at three levels of assessment from pre-intervention to post- test I (MD = 10.63), post- test I, post- test II (MD = 12.62) and pre- intervention to post- test II (MD = 22.89) at p = 0.001.

Discussion:-
Mean age of study participants is 31.9 ±7.77. Result of present study revealed that so hum meditation was found effective in reducing academic stress with 'f' value 47.56 at p = 0.001. After One month of so hum meditation MD was found 22.89, following 4 weeks of 'So hum' meditation.A similar study conducted at Kolhapur (2022) on effectiveness of 4 weeks 'so hum' meditation on stress reduction among 60 nursing students in D.Y.Patil College of Nursing. The calculated paired "t" test value was 20.13 at p ≤ 0.05with a mean difference of 53.33. It predicts that the so hum meditation was effective in reducing stress level among nursing students.

Limitations of the study
So hum meditation prolonged effect could not be measured.

Conclusion:-
Pretest result shows that there was increased stress level among first semester nursing students. Academic stress was present in my subjects.The result of present study revealed that a majority of students had positive impact of so hum meditation in reducing academic stress.

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