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An evaluative study to determine the effectiveness of reiki therapy on dysmenorrhoea among nursing students of selected nursing institutions of Udupi Taluk, Karnataka.

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"ABSTRACT

The research study titled "An evaluative study to determine the effectiveness of reiki therapy on dysmenorrhoea among nursing students of selected nursing institutions of Udupi Taluk, Karnataka." Was conducted by Ms. Ananya Das in partial fulfilment of requirements for the award of the degree of Master of Science in Nursing at Manipal College of Nursing Manipal, Manipal University, Karnataka.

The objectives of the study were to find the proportion of nursing students suffering with dysmenorrhoea in selected nursing institutions of Udupi Taluk, Karnataka, to assess the level of pain during menstruation among the nursing students, to determine the effectiveness of reiki therapy on dysmenorrhoea during menstruation among nursing students in selected nursing institutions of Udupi Taluk, Karnataka.

Conceptual framework developed for this study was based on stufflebeams CIPP Model (2007). The tool used to gather the data for the study were Tool 1: Demographic Proforma, Tool 2: Dysmenorrhoea assessment scale.

A non equivalent pre-test post-test control group design was used. This study was conducted in two phases. Survey approach was used in Phase one, by administering the demographic proforma to identify the proportion of students suffering from dysmenorrhoea and in phase two evaluative approach to evaluate the effectiveness of reiki therapy on dysmenorrhoea. Non probability convenient sampling was used to select the nursing institutions. In phase two the students were assigned to control and experimental group using purposive sampling. A simple random sampling technique (chit method without replacement) was used to select the nursing students in the control and experimental. Participants were randomly allocated to the experimental group (n=30) and control group (n=30). The experimental group after pre-test received reiki therapy and practiced daily thirty minutes for three weeks and post-test was assessed during their next menstruation cycle in both the control as well as experimental group.

Content validity and reliability of the tools were established and the tools were pretested. Pilot study revealed the feasibility to conduct the main study. Permissions from authorities were obtained to conduct the study.

In Phase one a survey was conducted from 4th December 2015 to 7th December 2015 among 746 nursing students from Manipal College of Nursing and Manipal School of Nursing Manipal and Vidyarathna College of Nursing, Udupi. All students from the mentioned institutions were asked to fill the tool. The students who were absent on the day of data collection were excluded from the study. After the completion of the data collection for Phase one, the researcher identified the nursing students who were suffering from dysmenorrhoea.

Data was collected for phase two from 12th January 2016 to 3rd February 2016. After assessing pre intervention dysmenarrhoea level among the nursing students of Manipal College of Nursing and Manipal School of Nursing Manipal and Vidyarathna College of Nursing, Udupi. Thirty samples were selected by using chit method without replacement for each group. Researcher had undergone a master degree in reiki therapy and taken class for the nursing students of experimental group to taught about the hand position and the technique to do meditation during reiki therapy. Thirty students had undergone the 1st degree attunement of reiki therapy. The attunement was given by the researcher on the first day. They had concentrated on 7 chakaras like crown chakra, throat chakra, heart chakra, solar plexus, sacral chakra, base chakra and navel chakra. They had practiced the reiki therapy for each point for four minutes and two minute meditation once a day for three weeks. Researcher had played reiki meditation music during the practice daily.

The data gathered were coded and summarized in a master data sheet and were analysed using SPSS 20.0 version. Both descriptive and inferential statistics were used. The study showed that out of 746 nursing students, 580 (77.8%) were suffering from dysmenorrhoea during last six months. The study also revealed that 126 (21.68%) nursing students had reported mild pain, 246 (42.35%) reported moderate pain and 208 (35.97%) reported with severe pain. Majority 742 (99.5%) of nursing students belonged to the age group of 18-28 years. BMI was normal for most 395 (53.01) of the students. Most 650 (87.1%) of them were belonged to nuclear family. Majority 428 (57.4%) of the students attained their menarche within the age of 10-13 years. The frequency of menstrual cycle for most 646 (86.6%) of the students was within 20-30 days. For most 605 (81.2%) of the students menstrual flow duration was for 4-6 days. Only 13 (1.7%) of nursing students were taking medications to get regular menstrual cycles.

Majority 512 (68.5%) of them didnot have any family history of dysmenorrhoea. Most 653 (87.6%) of them sleeps comfortably during menstruation at least for 4-7 hours at night. During menstruation most 398 (53.4%) of the samples had sound sleeping pattern and 562 (75.37%) of them were present for attending the regular classes in college during menstruation.

Majority 615 (82.5%) of the nursing students were not doing regular physical exercises. Most 379 (57.6%) of them were active and alert for sometimes during menstruation. Majority 663 (88.9%) of them were not taking any medications to get relief from dysmenorrhoea. Most 719 (96.4%) of them had not undergone any complementary therapies to get relief from dysmenorrhoea. Majority 717 (96.1%) of them did not take ginger tablets to get relief from menstruation. Most 445 (59.7%) of them did not take warm water compression to get relief from dysmenorrhoea.

The frequency and percentage distribution among the nursing students of control group and experimental group showed that majority 29 (96.7%) of nursing students belonged to the age group of 18-22 years in control group and 25 (83.3%) in experimental group. BMI was normal for most 16 (53.3%) of the students in both control group and 16 (53.3%) in experimental group. Most 26 (86.7%) of the nursing students were from nuclear family in both control group and 24 (80.0%) in experimental group. Majority 17 (56.7%) of the students in control group and 17 (56.7%) in experimental group attained their menarche within the age of 10-13 years. For most of the nursing students the frequency of menstrual

cycle was within 20-30 days in both 29 (96.7) control group and 23 (76.7%) in experimental group and menstrual duration was 4-6 days in both 22 (73.3) experimental group and 27 (90.0%) in control group. All 30 (100.0%) of nursing students from control group and experimental group were not taken medications to get regular cycle.

Majority 16 (53.3%) of the nursing students in control group and 18 (60.0%) in experimental group did not have any family history of dysmenorrhoea. Most 28 (93.3%) of the nursing students in control group and 26 (86.7%) in experimental group had slept more than 7 hours comfortably during menstruation at night and 17 (56.7%) of the nursing students in control group and 16 (53.3%) in experimental group had sound sleep during menstruation at night. Most 22 (73.3%) of the nursing students in control group and 22 (73.3%) in experimental were regular to the class in college during menstruation.

Most 27 (90%) of the nursing students in control group and 26 (86.7%) in experimental group did not do any regular physical exercises. Most 23 (76.7) of the students in control group and 13 (43.3%) in experimental group were active and alert for sometimes during menstruation. majority 28 (93.3%) of them in control group and 27 (90.0%) in experimental group did not take any medications to get relief from dysmenorrhoea. Majority 29 (96.7%) of them in control group and 28 (93.3%) in experimental group had not undergone any complementary therapies to get relief from dysmenorrhoea. Most 29 (96.7%) of them in control group and 26 (96.7%) in experimental group did not take ginger tablets to get relief from dysmenorrhoea. Most of them did not take warm water compression to get relief from dysmenorrhoea 17 (56.7) in experimental group but the students from control group 21 (70.0%) had taken warm water compression to get relief from dysmenorrhoea.

The Wilcoxon signed rank test computed which shows that the Z= 4.833 and the p = 0.001 which is less than 0.05 level of significance. Therefore, it is inferred that reiki therapy has a significant effect on reducing the dysmenorrhoea level in experimental group.

The Chi-Square test was computed to compare the post-test scores of dysmenorrhoea level of experimental and control group, which shows the p value 0.001 which is less than 0.05 and statistically significant. Therefore, it is inferred that the reiki therapy helped in reducing dysmenorrhoea level of nursing students.

The frequency and percentage distribution of the symptoms experienced during menstruation cycle in experimental group after the intervention showed that all 30 (100%) of nursing students did not get giddiness and headache during menstruation after intervention. During pre-test 18 (60%) of the nursing students reported leg cramps, but after intervention, only 8 (26.7%) of nursing students had leg cramps and 26 (86.3%) of nursing students had reported about lower back pain but after intervention 16 (53.3%) of nursing students reported free from lower back pain during menstruation. Only 5 (16.7%) of nursing students had reported breast tenderness during menstruation after intervention. None of the nursing students had reported syncopal attack during menstruation after intervention. During pre-test 20 (66.7%) of them had reported about presence of mood swings but after intervention 10 (33.3%) had mood swings during the menstruation and 8 (26.7%) of samples had nausea during pre-test and none of the nursing students reported nausea after intervention.

The frequency and percentage distribution of some demographic variables in experimental group after intervention showed that most 22 (73.3%) of the nursing students slept for more than 7 hours. All 30 (100%) of nursing students had a sound sleep during the menstruation. Most 20 (66.7%) of the nursing students from experimental group reported that they were active and alert during the menstruation after the intervention. Most 23 (76.7%) had no pain in first day of menstrual cycle during the menstruation. So, it inferred that the reiki therapy helps to improvement in duration of sleeping hours, sleeping pattern, activity and alertness level, duration of pain in the first day during the menstrual cycle.

So it inferred that the reiki therapy helps to get relief from symptoms like giddiness, headache, leg cramps, lower back pain, breast tenderness, syncope, mood swings and nausea during menstruation cycle.

The findings show that, there was a significant decrease in the dysmenorrhoea level in the experimental group when compared to control group after giving the intervention. Thus it can be concluded that the reiki therapy was effective in reducing dysmenorrhoea of the nursing students.

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