

Manipal Academy of Higher Education

**Impressions@MAHE**

---

Manipal College of Nursing, Manipal Theses  
and Dissertations

MAHE Student Work

---

Winter 8-1-2018

**A study to assess the effectiveness of mindfulness meditation on anxiety and sleeping pattern among the nursing students in selected nursing colleges of udupi district"**

UMA LAMICHANEY

Follow this and additional works at: <https://impressions.manipal.edu/mcon>



Part of the **Nursing Commons**

---

## "ABSTRACT

A research study titled "A study to assess the effectiveness of mindfulness meditation on anxiety and sleeping pattern among the nursing students of selected nursing colleges of Udupi district" was conducted by Uma Lamichaney, as partial fulfilment of the requirement for the degree of Master of Science at Manipal College of Nursing, Manipal.

The objectives of the study were to determine the level of anxiety, assess the sleeping pattern, and measure the effectiveness of mindfulness meditation in terms of reduction of anxiety and improvement in the sleeping pattern.

The conceptual framework for the study was based on CIPP model. A quantitative approach with descriptive survey for the phase I and quasi experimental pre-test post-test design for phase II was opted for the study. Purposive sampling technique was used to recruit the participants. The research tool used to collect the data were demographic proforma, HAM-A and structured tool on sleeping pattern. Content validity was established by giving the tools to five experts. Validity index for the demographic proforma was 0.962 and structured tool on sleeping pattern was 0.887. Pre-testing was done among five nursing students. Reliability was established for sleeping pattern tool by Cronbach's alpha and was found to be 0.82 which was found to be reliable.

The pilot study was conducted among 10 students each in control group and experimental group. It was found to be feasible. After obtaining the permissions, the data collection was done from 3rd of January 2018. Mindfulness meditation for an  
Abstract

Manipal College of Nursing Manipal v

experimental group was provided for half an hour daily for 10 days and post-test was done after 10 days of intervention. Data was tabulated and coded in SPSS version 16. Descriptive and inferential statistics was used to compute the data.

Among the participants 34 (29.6%) were from 2nd year BSc. Nursing in experimental group and 40(29.6%) in control group. Majority of the subjects were between the age group of 18-20 years i.e. 101(87.8%) in experimental and 130(96.3%) in control group. Females were 94(81.7%) in the experimental group and 134(99.3%) in the control group. Majority were Christians i.e., 76(66.1%) in

experimental group whereas 88(65.2%) were Hindus in the control group. About 98(85.2%) in experimental group and 115(85.2%) in control group belonged to a nuclear family. 45 (39.1%) of participants parents income was between Rs.10, 001 to Rs.20, 000 in experimental and 73(54.1%) subjects income was Rs≤10,000 in control group. Most of them i.e. 61(45.2%) and 58(50.4%) were first born child in both experimental and control group respectively. As far as concerned with type of stay, maximum participants i.e., 61(53%) and 75(55.6%) were staying in the hostel both in experimental and control group.

In the experimental group among 115 participants 82, 28 and 5 had mild, moderate and severe anxiety and in control group among 135 participants 102, 24 and 9 had mild, moderate and severe anxiety respectively. Among 115 participants in experimental group 1, 97 and 17 had excellent, good and average sleeping pattern and in control group among 135 participants 4, 115 and 16 had excellent, good and average sleeping pattern.

Abstract

Manipal College of Nursing Manipal vi

The present study findings revealed that mindfulness meditation is effective in reducing the anxiety among the nursing students in the experimental group (Z value [-5.257] and  $p < .05$ ).

The present study result revealed that there is a significant difference in the post-test sleeping pattern score (Z value [-3.589] and  $p < .05$ ) which is statistically significant and inferred that mindfulness meditation is effective in improving the sleeping pattern among the nursing students.

Nursing students are the future of our healthcare sector playing a major role in providing a quality care and enhancing the national health delivery system. The practice of mindfulness meditation can be a major strategy for reducing their anxiety and improving sleeping pattern which in return helps for positive learning, excelling the academic performance and better working environment for nursing students.

Based on the findings of the current study recommendations were made for further research in the same field."