

Effectiveness of guided meditation in reducing stress among staff nurses

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Abstract

Guided meditation is an effective intervention for reducing stress among staff nurses. This study aims to evaluate the effectiveness of guided meditation in reducing stress among staff nurses. The increasing prevalence of stress in healthcare settings underscores the need for effective interventions to support staff well-being. The study was conducted involving 50 staff nurses. Participants were randomly assigned to either the guided meditation group or a control group receiving standard stress management resources. The intervention group participated in weekly guided meditation sessions for 4 weeks. Stress levels were measured using the Expanded Nursing stress scale (ENSS). Nurses in the guided meditation group showed significant reductions in stress, anxiety, and overall well-being compared to control group.

Key words: Guided meditation, stress and anxiety.

Introduction

Nursing profession is the framework of health care industry is still to close the gap with the elegance and advancement. Work stress in nursing profession has been a global problem for many years now. Staff nurses are at the forefront of the healthcare system, playing a crucial role in the deliverance of patient care. Still, the high-stress environment of healthcare settings, characterized by long hours, high patient acuity, and emotional demands, often leads to stress and anxiety among nursing professionals. Prolonged exposure to such stressors can create negative impact on their mental health, job satisfaction, and overall well-being, highly affecting patient care quality and increasing turnover rates.

Stress and anxiety are prevalent among nurses due to demanding nature of their work. According to recent studies, approximately 30-40% of nurse's report experiencing high levels of stress, which can lead to burnout, reduced productivity, and increased risk of mental health problems. The negative consequences of unmanaged stress are not only detrimental to nurses themselves but also compromise patient safety and healthcare outcomes.

Traditional stress management strategies, such as cognitive-behavioural therapy and pharmacological treatments, have shown effectiveness in alleviating stress. However, there is growing interest in integrating mindfulness-based approaches, such as guided meditation, into stress management programs. Guided meditation involves structured sessions led by a facilitator, focusing on mindfulness, relaxation, and self-awareness techniques. This approach is believed to enhance psychological resilience and promote the emotional well-being.

Guided meditation, a practice involving focused attention and relaxation techniques, has emerged as a potential intervention for stress management. It has gained recognition for its potential benefits in managing stress. It includes verbal instructions and guided exercises that help individuals focus their attention, regulate emotions, and cultivate a sense of calm. Research has demonstrated that mindfulness and meditation practices can significantly reduce stress across various populations.

Objectives

- To assess the extent of stress among staff nurses as perceived by them
- To determine whether guided meditation can significantly reduce stress among staff nurses.

Hypothesis

- H1: The mean post intervention stress score of the staff nurses are significantly but their mean pre intervention stress scores.
- H2: there's an enormous association between the pre intervention perceived stress and thus the chosen socio-demographic variables.

Research Methodology

Research Approach: Pre experimental approach

Research Design: One group pretest posttest control group design

Study variables: Stress among staff nurses.

Sample size: 50 staff nurses.

Sampling Criteria**Inclusive Criteria**

- Staff nurses in selected Hospitals.
- Staff nurses who were present at the time of data collection.

Exclusion criteria

- Staff nurses following some other forms of stress management techniques such as relaxation technique and mindfulness meditation technique.
- Staff nurses those who were not willing to participate in the study.

Sampling Technique:

Purposive sampling technique

Development and outline of tools**Section A: Socio-demographic data****Section A**

It consists of demographic data on different variables such as Age in years, Religion, Education status, Area of work in the hospital, Current Designation, Working experience and Monthly income in rupees.

Section B:

Expanded Nursing stress scale (ENSS) -Rating questionnaire consist of 59 items, covering different areas of stress of staff nurses.

Scoring Pattern:

Response Scoring

1. Does not apply - 0
2. Never Stressful - 01
3. Occasionally stressful - 02
4. Frequently stressful - 03
5. Extremely Stressful - 04

Table 1: Frequency and percentage distribution of demographic variables.

S.NO	VARIABLE	GROUP	EXPERIMENTAL		CONTROL	
			Frequency	Percentage	Frequency	Percentage
1.	Age	Up to 25 year	8	26.67	6	20.67
		26-30 year	11	36.67	14	46.67
		31-35 year	7	23.33	8	26.67
		36 and above	4	13.33	2	6.67
2.	Religion	Hindu	16	53.33	17	56.67
		Muslim	5	16.67	3	10
		Christian	4	13.33	3	10
		Others	5	16.67	7	23.33
3.	Education	ANM	6	20	4	13.33
		GNM	8	26.67	7	23.33
		BSC/PBBC	13	43.33	17	56.67
		MSC	3	10	2	6.67
4.	Area Of Work In The Hospital	General ward	10	33.33	9	30
		OPD/ Casualty	6	20	8	26.67
		ICU	9	30	8	26.67
		OT	5	16.67	5	16.67
5.	Current designation	Staff nurse	16	53.33	18	60
		Ward incharge	5	16.67	3	10
		Nurse educator	4	16.33	3	10
		Others	5	16.67	6	20
6.	Working experience	0-5 years	9	30	8	26.67
		6-10 years	11	36.67	12	40
		11-15 years	5	16.67	4	13.33
		>16 years	5	16.67	6	20
7.	Monthly income	10000-15000	8	26.67	7	20
		16000-20000	13	43.33	13	23.33
		21000-25000	7	23.33	7	43.33
		>26000	3	10	3	10

Table 2: Pre Test Stress Score

S.no	Category	Frequency	Percentage
1.	Mild	8	26.67
2.	Moderate	16	53.33
3.	Severe	6	20

Table 3: Post Test Stress Score

S.no	Category	Frequency	Percentage
1.	Mild	21	70
2.	Moderate	6	20
3.	Severe	3	10

Table III: Frequency and Percentage distribution of subjects with regards to level of stress among experimental and control groups

S.NO	Category	PRE TEST				POST TEST			
		EXPERIMENTAL		CONTROL		EXPERIMENTAL		CONTROL	
		N	%	N	%	N	%	N	%
1.	Mild	8	26.67	10	33.33	21	70	11	36.67
2.	Moderate	16	53.33	15	50	6	20	15	50
3.	Severe	6	20	5	16.67	3	10	4	13.33

Table IV: Comparison of Stress level between experimental group and control group

Stress level	Mean	Standard deviation	Mean difference	t value	p value	Significant
Experimental group	75.37	39.87	28.70	6.75	0.000	Significant
Control group	104.47	43				

Table V: Association between Pre Test stress level score with selected demographic variables (Experimental group & Control Group)

S.NO	Demographic variable	Chi square	Degree of freedom	P value	Inference
1.	Age in years	9.932	6	0.128	NS
2.	Religion	14.330	6	0.026	Significant Association
3.	Education	20.453	6	0.002	Significant Association
4.	Area Of Work In The Hospital	2.275	6	0.893	NS
5.	Current designation	3.639	6	0.723	NS
6.	Working experience	9.962	6	0.126	NS
7.	Monthly income	10.88	6	0.092	NS

Conclusion:

Guided meditation is a promising intervention for reducing stress among staff nurses. Implementing such programs could enhance nurses well-being, leading to improved job satisfaction and patient care. Further research is needed to validate these findings and explore the broader applications of meditation in healthcare settings. Finding from this study shows that all hospital administrators to develop and implement programs for staff nurses for managing stress in daily living to improve their personal health. In the pre intervention stage, 53.3% of the participants had moderate stress, whereas within the post intervention all the participants had mild stress. The study findings indicate that the guided meditation program was effective for stress reduction among staff nurses.

Conflict of Interest

The author declares there are no conflicts of interest.

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