

# Impact of Guided Meditation Techniques as a Method for Alleviating Stress Among Nursing Students in Selected Nursing College, Bangalore

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## ABSTRACT

**Background:** During their academic period as nursing candidates are going through challenging curriculum, it's often notable that the maximum of nursing scholar is confronting intense level of anxiety because of the immense academic and clinical requirements. So, easy stress relieve method is essential to get rid from student's stress in a mutilate way for leading academic conclusion.

### Objective:

To assess the stress level among nursing students in selected college at Bangalore.

To evaluate the impact of guided meditation techniques on alleviating stress among nursing candidates.

**Methods:** A quasi-experimental research design was adopted in this investigation. Selected sample size was 100 nursing student, simple random method was used in sample selection, a 30-minute guided meditation session was proved to the sample group. Student's anxiety levels were estimated by using the Perceived Stress Scale (PSS) before and after the intercession. Descriptive statistics were used to analyzed the accumulated data.

**Results:** Pre-test outcome is showing mild stress among 17% students, moderate stress among 31% students and 52% were having high level of stress. Post-test consequences

reveal that 65% student was having mild stress, 19% was having moderate stress and only 16% was found high level of stress.

**Conclusion:** Guided meditation techniques were one of the flourishing practices to remedy of stress among nursing students. Administration of these types of stress reduction methods is very productive in scholastic settings to upgrade scholars' well-being and to calibrating in new positive ambience.

**Key Words:** Perceived Stress Scale, Stress, Guided Imagery Techniques etc.

## INTRODUCTION

Stress is a multi-faceted condition that is having facilitated unease with the dynamic correspondence between specific discrete and their wrapping terrain. Stressor anxiety can be illustrated as an irritant as it is a compromission of person's character opposite to the psych stimulus and it indicates strong connection between terrain and individual human being. Psychological pressure is a retaliation of influence which is an electric boundary in every one hard state of affairs. It is a type of cerebral hurt that might be created by sensation under mental pressure, or it can be describe that when we perceive we cannot control a circumstance. Stress can be pleased as a person, as a

member of a society or as a part of individual group.

Stress is a person's retaliation to an irritant alike as an environmental state. When exhausted by irritants that adapt a person's terrain, several systems acknowledge across the figure. Adrenaline and cortisol are the two most important hormones that produces during stressful situation.

It can be well known that equitably some extent of tension or stress can be constructive on uplift and improving persons' presentation. Stress can be upraised as followed by numerous conditions, along with physical sickness and cognitive sickness, diseases related to sleep, nervousness, aggression, unawareness, abnormal dizziness, decreased existent's immunity and frequent infections, head pain, low attention, memory disturbance and decrease in problem solving capacity. Nursing profession is one of the most exhausting and most difficult occupation in encyclopedically. Compare to other health professions, nursing is a most essential part of among all health team that witness elevated situations of stress among nursing undergraduates than other medical professionals' student. As student nurses move forward as per their regular theory classes, they are facing pressure to fulfil several theory part and practical practice exposure, which is playing vital role and major causes of their stress. In the nursing council, nursing students practice and practice avoidance-based knowledge and expertise ability to give patient-based care for patient need by practicing and rehearsing about the practice base nursing care and principal of patient care.

In the medical setting, nursing students can administer all theoretical principles learned in the council and can learn the clinical skills by doing'. By doing the real practice terrain, they gain important psychomotor skills and technical skills in nursing liabilities as a professional. Nursing academic classes are practical oriented and essential as well as grueling, with curriculums of content expanding their knowledge. Finally, this discovered reality of the new period in new

nursing care practice. Nursing degree course has been due from 'learning on the job' with as usual traditional internship practice models of nursing education towards university- grounded curriculums.

Present revised syllabus has increase in content, including theory knowledge to fulfil and meet the necessity of the growing stage of nursing profession, comprising its scope of practice. In addition, nursers are enhancing complex care skill for cases, as day by day growing and growing citizen, increased comorbid condition, shorter hospital stays and dwindling financial problems. Clinical teaching is major essential part of nursing practice and education as it increases high opportunities to attain hands- on application and essential nursing care skills, with schemes supply low number of hours to attain ahead degree completion, the clinical environment of nursing education outcomes in the loftiest conditions of anxiety for students with once exploration continuously presenting that nursing students witness moderate to severe conditions of stress at the time of practical practice.

The practical practice for nursing students can be very stressful with described sources of stress equal as introducing specialized skills, unpredictability, student may scare of making miscalculations or may harm the patient, less knowledge about patient disease conditions, and being substantiation to the patient death and severity of critical cases. Every university scholar is dealing with particular pressures during their academic periods, especially these stress factors can be especially applicable for nursing students. According to the different literature has presented that nursing scholars from the different university, are more different and faced different level of stressful environment during their study period as per curriculum practice.

## **OBJECTIVE**

1. To assess the stress level among nursing students in selected college at Bangalore.

- To evaluate the impact of guided meditation techniques on alleviating stress among nursing candidates.

### HYPOTHESIS

H1: Guided meditation techniques significantly reduce stress levels among nursing students after the intervention.

H2: Guided meditation techniques significantly not reduce stress levels among nursing students after the intervention.

### METHODOLOGY

**Study Design-** Pre-experimental study was adopted in this study with one group pre-test and post-test design to evaluate the impact of guided meditation technique on stress.

**Population:** Nursing students from selected nursing college, Bangalore.

**Sample Size:** 100 Nursing students studying Basic BSc Nursing.

#### Inclusion Criteria:

Nursing students aged between 19-31 years.  
Nursing students studying Basic BSc Nursing.

Nursing student's willingness to participate in the study.

#### Exclusion Criteria:

Mentally stressed students.  
Those who are undergoing any kind of therapy or using medication for stress.  
Students who have participated other study related to stress.

**Intervention-** Guided Meditation Session to relieve stress.

**Duration of session:** 60 minutes.

Researcher use a structured script or audio recording that guides participants through a calming visualization process.

**Location:** Sessions conducted in college auditorium.

### MEASUREMENT TOOLS

Pre-test and Post-test Assessment:

Perceived Stress Scale (PSS): Administer the PSS before and immediately after the intervention (Guided Meditation Session) to measure stress levels.

Score Range

- 0-13 scores consider as low stress
- 14-26 scores consider as moderate stress
- 27-40 scores consider as a high perceived stress

### DATA COLLECTION PROCEDURE:

- Obtain informed consent from all the nursing students.
- Administer the pre-test assessment with Perceive stress scale before the guided meditation session.
- Conduct the guided meditation session.
- Administer the post-test assessment with same perceived stress scale immediately after the session.

### DATA ANALYSIS

Use appropriate statistical methods to analyze the data:

Descriptive Statistics: Summarize demographic information and pre-test/post-test scores.

### ETHICAL CONSIDERATIONS

Ensure ethical approval from the institutional ethical board.

Maintain confidentiality of participant data.  
Provide the right to withdraw from the study at any time without consequences.

### RESULTS

Table 1: Demographic variable of study Sample.

SL NO.	VARIABLES	FREQUENCY	PERCENTAGE
1.	Sex <ul style="list-style-type: none"> <li>• Male</li> <li>• Female</li> </ul>	35 65	35% 65%
2.	Age in years <ul style="list-style-type: none"> <li>• 19-23</li> <li>• 24-26</li> <li>• 27-31</li> </ul>	62 22 16	62% 22% 16%

3.	Religion • Hindu • Muslim • Christian	57 40 3	57% 40% 3%
4.	Family • Nuclear • Joint	89 11	89% 11%
5.	Residence during pursuing a degree • With family • Without Family	7 93	7% 93%
6.	Residence • Rural • Urban	47 53	47% 53%

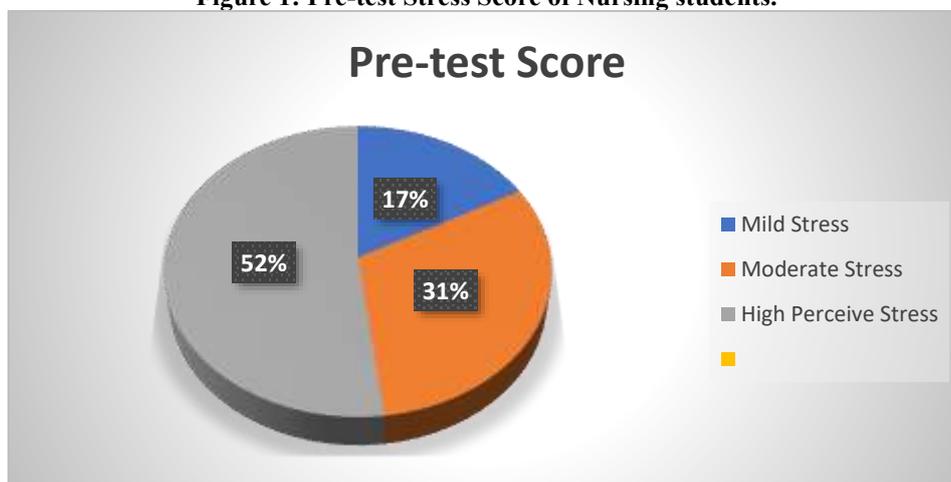
The table reveals that majority of the student participated in this study are female that is 65% and only 35% were male. 62% students were from age group of 18-22 years. Hindu students were more 57%, Muslims was 40%

and only 3% was Christian. Majority 89% of the sample was from nuclear family. 93% students were staying in hostel. 47% from rural area 53% were from urban area.

**Table 2: Pre-test Stress Score of Nursing students.**

SL No.	Categories	Frequency	Percentage (%)
1.	Mild Stress	17	17%
2.	Moderate Stress	31	31%
3.	High perceived stress	52	52%

**Figure 1: Pre-test Stress Score of Nursing students.**



Pre-test result is showing mild stress among 17% students, moderate stress among 31% students and 52% were having high perceive stress.

**Table 3: Post-test score of nursing students after the session.**

SL No.	Categories	Frequency	Percentage (%)
1.	Mild Stress	65	65%
2.	Moderate Stress	20	19%
3.	High perceived stress	15	16%

Figure 2: Post-test score of nursing students after the session.

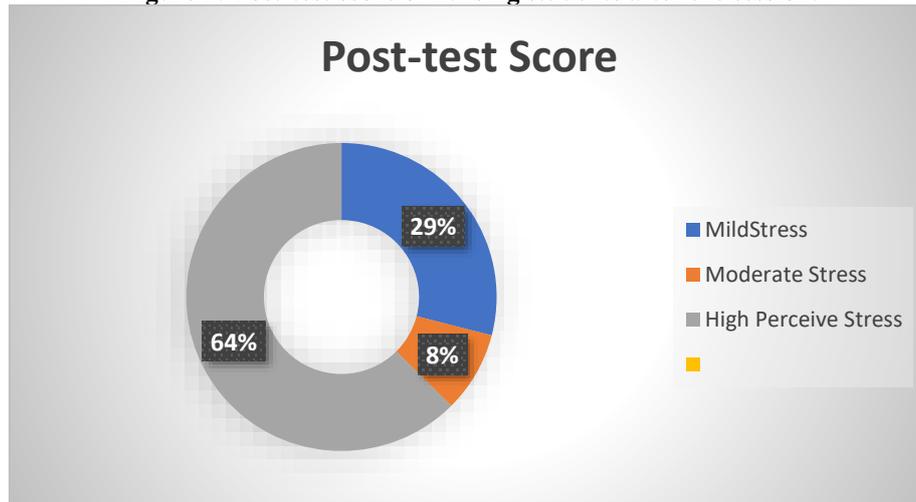
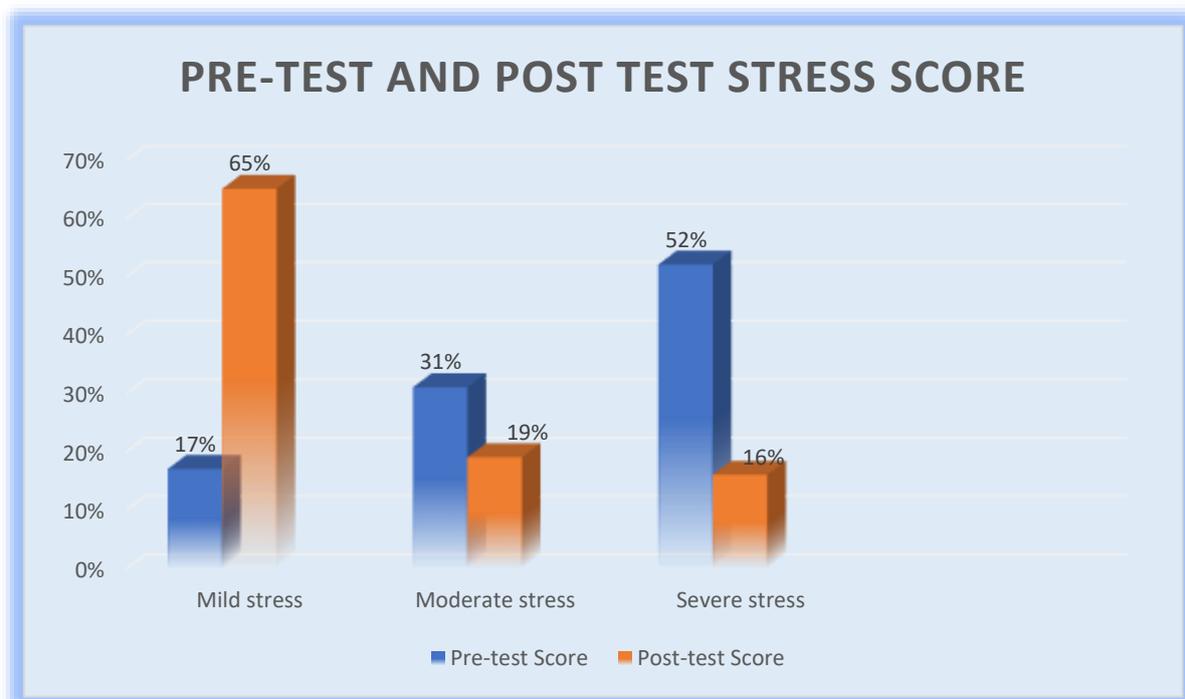


Figure 3: Overall levels of pre-test and post test scores.



Post-test result reveals that mild stress among the students was 65%, moderate stress was 19% and only 16% was found high perceive stress.

## CONCLUSION

Study result reveals that there is a significant decrease in stress level after administering guided imaginary technique and H1 Guided imagery techniques significantly reduce stress levels in nursing students after the intervention compared to a control group. is accepted. Daily basis practice of guided imaginary technique will be more effective for stress among nursing scholars and in any age group.

## Recommendations

- Incorporate guided imagery sessions into the nursing curriculum as part of stress management
- Provide training for faculty and staff on guided imagery techniques for better outcome.

## Declaration by Authors

**Ethical Approval:** Approved

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**Conflict of Interest:** No conflicts of interest declared.

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