

A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING MEDITATION AND ITS EFFECTS ON THE MENTAL HEALTH AMONG PHYSIOTHERAPY STUDENTS IN SELECTED COLLEGE KANPUR”.

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ABSTRACT

Meditation is the basic spiritual practice for quieting the mind and getting in touch with our deeper self, the spirit. Meditation provides a deeper appreciation of the interrelatedness of all things and the part each person plays. Meditation has a long history of use for increasing calmness and physical relaxation improving psychological balance, coping with illness, and enhancing overall health and wellbeing. Keeping this in view researcher justified the need to assess knowledge of meditation and its effects on physiotherapy students with view to develop and distribute pamphlet on meditation. Therefore the study titled. “A descriptive study to assess knowledge regarding meditation and its effects on mental health among physiotherapy students in selected college Kanpur. A quantitative research approach and descriptive research design was used. Research setting was in selected college Kanpur (Chaubepur Kanpur UP) total 100 physiotherapy students were selected with purposive sampling technique. Self-structured knowledge questionnaire containing 30 questions was used to evaluate the knowledge of meditation and its effects regarding meditation. Results depicted that means knowledge score of physiotherapy students was 17.75 ± 0.40 . This means score was statistically significant at $P < 0.05$ level. Hence it was inferred that physiotherapy students had average knowledge regarding meditation and its effects.

KEYWORDS

Physiotherapy students, knowledge, pamphlet

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INTRODUCTION

RAMDASS (NHIS 2013)¹

Meditation is the basic spiritual practice for quieting the mind and getting in touch with our deeper self, the spirit. Meditation provides a deeper appreciation of the interrelatedness of all things and the part each person plays. The simple rules of this game or honesty with yourself about where you are in your life and learning and listening to hear how it is. Meditation is a way of listening more deeply, so you hear how it all is from a more profound place. Meditation enhances your insight, reveals your true nature, and bring your inner peace. Meditation is a mind-body practice in complementary and alternative medicine (CAM). There are many types of meditation, most of which originated in ancient religious and spiritual traditions. Generally, a person who is meditating uses certain techniques, such as a specific posture, focused attention, and an open attitude toward distractions. 3 Meditation may be practiced for many reasons, such as to increase calmness and physical relaxation, to improve psychological balance, to cope with illness, or to enhance overall wellness. As a therapeutic 4 model, meditation has been practiced for thousands of years. It is estimated that approximately 52% of the Australian population uses complementary medicines now a days and 65 percentage of population practice meditation as a complementary therapy. Meditation can cut stress,

level of anxiety, depression, anger and fatigue. Many research studies have shown that when people receive appropriate mental healthcare, their use of medical services declines

Asst. Prof. Sweta Tiwari 2014² “A descriptive study to assess the knowledge regarding meditation and its effects on mental health among physiotherapist students at selected nursing colleges of Faridabad “meditation has long history across many cultures. There are many types of meditation, all involving techniques for the focusing attention. It is an efficient and effective means of reducing stress and managing pain. Traditional medicine is slowly learning and accepting the benefits of meditation as a complementary protocol in treating many mild, chronic and acute conditions. As a therapeutic model, meditation has been practiced for thousands of years. It is estimated that approximately 52% of the Australian population uses complementary medicines now a days and 65 percentage of population practice meditation as a complementary therapy. The aim of the study was To assess the knowledge regarding aims of -meditation and its effects on mental health among physiotherapist students at selected colleges of Faridabad". A -descriptive approach was used for the present study. Using convenient sampling technique is adopted and 100 samples were selected from, lingayas institute of health sciences Faridabad. The tool used was self-administered questionnaire. The collected data was analyzed by using the findings of the study revealed that 11% of physiotherapist students have above average levels of knowledge, 77% have average levels of knowledge and 12% of physiotherapist students have below level of knowledge regarding meditation and its effects on mental health . It was suggested that nurse as a health personnel must know about meditation and its effects on mental health. The physiotherapist students will be learning about mental health and psychology in their academic session. Introducing an awareness of meditation will help them manage their day to day stresses and they can utilize this knowledge in theoretical as well as practical area to treat mental stress.

REVIEW OF LITERATURE

Abhimanyu Ganguly, Rajay Bharshankar (2020)³ Effect of meditation on autonomic function in healthy individuals: A longitudinal study. Context: Meditation is very useful to relieve stress via hypothalamo-pituitary axis. Meditation is considered to be useful to relieve stress and cardio-respiratory health. Aims: To compare the effect of meditation on autonomic function including heart rate variability (HRV) over a period of 3 months of meditation. Settings and Design: Longitudinal study conducted at Physiology Department, AIIMS Bhopal. Methods and Materials: Thirty healthy volunteers doing meditation were evaluated for autonomic function using autonomic function test battery (Ewing's battery) and HRV using Power lab (Ad instrument) and digital electrocardiograph (MARKS). Statistical Analysis Used: Statistical analysis was done using statistical software. Wilcoxon signed rank test was used. Results: Significant change was seen in Valsalva ratio and lying to standing 30:15 ratio. There was no significant change in other parameters studied with 3 months of meditation. Conclusions: Three months of meditation does not have any significant effect on major parameters of autonomic functions. Keywords: Heart rate variability, meditation, yoga.

Dirgha Raj Joshi, Roshan Chitrakar (2021)⁴ Physical Health Problems and Patterns of Self-Care Associated with the Use of Digital Devices among University Students. Utilization of digital devices create some problems for users, such as, mental disorder, visual problems, headache, weight gain and unnecessary time consumption. Therefore, this study aims to identify the information about the practices on the use of digital devices, its impact on physical health and pattern of self-care among the university students involved in different professions. MPhil scholars involved in different professions (n= 315) of Nepal Open University (NOU) had participated in this cross-sectional online survey during January 2019 to August 2019. Multivariable analysis was employed to obtain rate ratios and chi-square test was used for the association of the use of digital devices with physical health problems. Socio-demographic factors like age was significantly associated with neck pain ($p=0.02$) and stiffness in hands/arms ($p=0.04$), while profession was associated with weight gain and difficulty in sleep ($p=0.04$). Moreover, the use of tablets or taking tea or coffee during the use of digital devices was associated with headache among university students ($p=0.05$) with small effect sizes. Additionally, we found that headache ($p<0.001$), and weight gain ($p=0.01$) were significantly associated with the daily use of computer and TV respectively. Physical health problems among the subjects who used computers and TV were relatively high as compared to the subjects who used laptops. Self-care measures taken by participants for physical health problems involved the use of medicine and meditation.

MATERIAL AND METHODS

Quantitative research approach and descriptive research design was used to assess the knowledge regarding meditation and its effect on mental health among physiotherapy students. The assumption was formulated that : the physiotherapy student were had adequate knowledge regarding meditation.

The study was conducted in Saaii college of Medical Science & Technology Chaubepur Kanpur U.P. the study subject was all the physiotherapy students who present at the time of data collection. A total 100 students were taken. Data were collected after obtaining permission from the Principal of the Institution and ethical clearance from the ethical committee of the institute.

The study was conducted in two phases: Tool development and assessment of knowledge. The tool consist of two parts- A. Sociodemographic variable B. Self structured knowledge questionnaire.

Written consent was obtained from the students. The tool for data collection were self structured questionnaire consisting 30 questions. The tool was developed through a review of relevant literature and validate from the field of nursing and department of Psychiatric. After the validation of tool pilot study was conducted in selected college of Kanpur. Result of the pilot study indicated that study was feasible.

The data was analysed using descriptive and inferential statistics. The analysis was performed with the help of SPSS-20. The finding were explained and presented with the help of table and graphs.

RESULT

SECTION I : Description of socio demographic variable by using frequency and percentage

63% (63) students were in the age group of 21-23 years, 54% (54) students were female, 42% (42) students studied in BPT 3rd year, 96% (96) students were unmarried, 86% (86) students were Hindu, 56% (56) were from joint family, 97% (97) were having pakka house, 90% (90) students having pervious knowledge regarding meditation, 81% (81) students follow Yoga meditation and 77% (77) students were doing meditation at past.

SECTION II : Assessment of knowledge regarding meditation and its effect on mental health among physiotherapy students

Objectives1 : To assess the knowledge regarding meditation and its effect on mental health among physiotherapy students

- ❖ Mean knowledge score regarding meditation and its effect was 17.75 ± 0.40 and mean %age was 17.75%
- ❖ 65% students had average knowledge regarding meditation and its effect on mental health.

Mean knowledge score regarding meditation and its effects among physiotherapy students were

N=100			
Physiotherapy students	Mean score	Mean % age	SD
Knowledge regarding meditation and its effect	17.75	17.75	0.40
Maximum score = 30		Minimum score = 0	

SECTION :III Association of knowledge with selected socio demographic variable by using Chi square

Objective: 3 To determine the association of knowledge regarding meditation and its effect on mental health among physiotherapy students with their selected socio-demographic variable.

There was significant association of knowledge regarding meditation and its effect on mental health among physiotherapy students with the selected socio-demographic variable such as age, gender, education qualification,

marital status, religion, types of family, types of house, previous knowledge, exposure of meditation, meditation any time.

DISCUSSION

Analysis of data regarding 1st objective of the i.e. to assess the knowledge regarding meditation & its effects on mental health among physiotherapy students in selected college indicate that mean knowledge score of physiotherapy students was 17.75 ± 0.40 mean percentage 17.75% and 65% (65) physiotherapy students has average knowledge regarding meditation & its effects examination these findings were supported by Asst. Prof. Sweta Tiwari, Sweta Tiwari study on meditation and its effects on mental health among physiotherapist students at selected nursing colleges of Faridabad, India

Analysis of data regarding 2nd objective of the study i.e. to determine the association between knowledge regarding meditation and its effects on mental among physiotherapy students with their selected socio demographic variables according to age, gender, education qualification, marital status, religion, type of family, type of house, previous knowledge, exposure to meditation, types of meditation, meditation any time in the past regarding meditation and its effects.

Findings revealed that according to types of meditation revealed that there was statistically significant difference in the frequency at $p < 0.05$. It revealed that types of meditation had effect on the knowledge of physiotherapy students regarding meditation and its effects. These finding is supported by the study conducted by Dirgha Raj Joshi (2021) on meditation and its effects where there was significant association on types of meditation of physiotherapy students at $p < 0.05$

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