
A Quasi Experimental Study To Evaluate The Effectiveness Of Mindfulness Meditation On The Level Of Stress Among Early Adolescents In Selected Schools At Madurai

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Abstract

Objectives: The objective of the study was to assess the effectiveness of Mindfulness Meditation in reducing the level of stress among adolescents. **Methods:** pre-experimental one group pre-test post-test design. **Results:** Majority 33 (50%) of adolescents were in moderate level of stress with a high mean value of 8.7 (SD 3.98) for psychological factor, at ($P < 0.01$) the obtained $t = 28.34$ **Conclusion:** Mindfulness meditation was effective in reducing the level of stress among adolescents.

Key words: Mindfulness meditation, Stress, Early Adolescents

INTRODUCTION

Everyone is familiar with the term "stress". Stress can provide the stimulus for change and growth. Stress is neither inherently good nor bad. Experts say that a small amount of stress is necessary for the growth of the individual which is positive by placing certain demand on them. However when stress increases it decreases their optimal functioning and thinking capacity. Life for many adolescent is like a "Boat in a blustery ocean" filled with conflicting demands from parents, teachers, society, friends and oneself. Adolescent is a fascinating stage of development filled with many somatic, intellectual, communal and emotive changes. The prevalence of stress consequence of stress and competence of students on their attitude and behaviour among 667 students below the age of 4 -17 at Trivandrum were studied. Result revealed that 98.2% of the students between the age of 4 to 17 years had medium to moderate and even high stress.⁶

OBJECTIVES

- To assess the pre-test level of stress among adolescents.
- To assess the effectiveness of Mindfulness Meditation on the level of stress among adolescents.
- To associate pre-test and post test level of stress with the selected demographic variables.

HYPOTHESIS

- H₁: There will be a significant difference between pre-test and post-test level of stress.
- H₂: There will be a significant association between Pre-test and Post-test level of stress with selected demographic Variables

Materials and Methods

An evaluative approach with experimental one group pre-test post-test design was used for the study. A purposive sampling technique was used to select 67

adolescents from C.S.I Pasumalai Boys higher secondary school and C.S.I Girls higher secondary school Pasumalai, Madurai. A structured self-administered four point rating scale was developed and used for collecting data regarding the stress among adolescents residing in hostel. Content validity of the tool and mindfulness meditation was established by experts. Reliability coefficient was found to be $r =$

After pre-test adolescents with normal level of stress and those who were absent due to illness were excluded. Finally 64 samples were present who had practiced mindfulness meditation for a period of 6 weeks and then post-test was done.

3. Level of stress before and after mindfulness meditation based on type of stressors

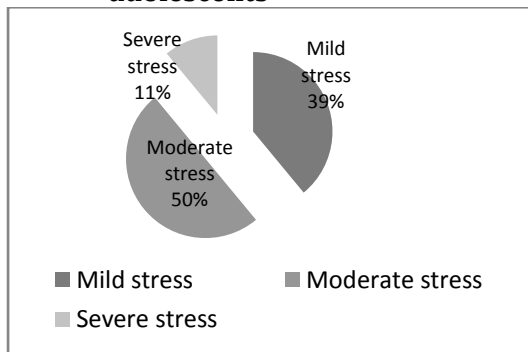
S.no	Stressor	Pre-test		Post-test		Paired 't' value
		Mean	SD	Mean	SD	
1.	Physical	8.7	3.88	3.73	2.83	15.41*
2.	Psychological	21.3	5.59	9.06	4.27	19.91*
3.	Social	10.2	3.76	4.57	2.92	16.89*
4.	Scholastic	11.2	4.29	4.73	3.18	15.92*
5.	Environmental	12.6	4.31	4.76	2.98	17.44*

*Significance at $p < 0.01$ level

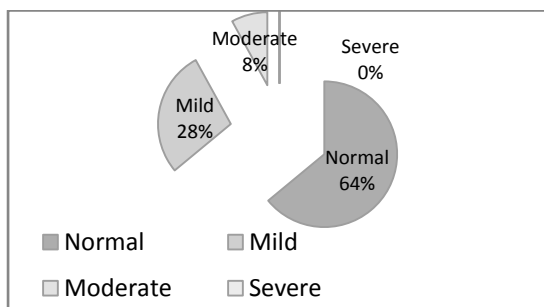
4. Effectiveness of mindfulness meditation on level of stress among adolescents

Results

1. Pre-test level of stress among early adolescents



2. Post-test level of stress among early adolescents



	Mean	SD	Paired 't' value
Pre-test	64	16.02	28.34*
Post-test	26.86	14.73	
Difference	37.12	10.51	

*Significance at $p < 0.01$ level

Conclusion

- Majority of adolescent 33 (50%) had moderate stress.
- Mindfulness meditation was found to be effective in reducing the stress
- There was a significant association between post-test level of stress with demographic variables like duration of stay in hostel, hobbies and monthly family income.

Implication

- It focuses attention on stress reduction for promoting health.
- School health Nurse should plan mindfulness meditation for students during her health visit.

- Nurse educator should teach parents and children about the effective ways to cope with the stress.
- Mindfulness meditation may be studied more and can be used as a specific nursing intervention in reducing stress.

Recommendations

- A similar study can be replicated on a large scale.
- A true experimental study with experimental and control group can be conducted to prove effectiveness.
- A similar study can be conducted to find association between stress and academic performance.
- Mindfulness meditation and other stress reduction intervention can be compared in reducing stress by using a randomized control trial study.

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Nutrition Puzzle

Answer Key for May-August 2016

R	E	N	N	I	N	
	W	H	E	Y		
			P			
			H			A
		B	R	A	I	N
		M	I			E
G	O	I	T	E	R	M
			I			I
O	B	E	S	E		A