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## The experience and expectations in maintaining the harmony of mind, body, and spirit practices among student nurses, Bangalore

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### Abstract

Nursing is the largest, the most diverse, and one of the most respected of all the health care professions. Nursing focuses on the holistic care of human beings and the use of multiple complementary healing modalities when participating in a caring-healing relationship.

**Aim:** The study was done to assess the experience, expectations in maintaining the harmony of mind, body, and spirit practices among student nurses. Forty student nurses were chosen by Convenient Sampling technique. Subject was provided assurance that information obtained from them was kept confidential. The investigator used structured questionnaire to collect Socio Demographic data. Experience and expectation assessed by Likert scale.

**Results:** The experience mean score of 51.80 with the standard deviation of 7.339 whereas the expectation mean score of 57.43 with the standard deviation of 9.658. Karl Pearson's correlation Coefficient used between experience and expectation in maintaining the harmony of mind, body, and spirit practices ( $r=0.521$ ) with  $p>0.001$  level.

**Conclusion:** Most of the nurses are experienced in Mind, Body, Spirit practices in maintaining the harmony. They have greater expectations about spiritual and emotional than physical benefits. Knowledge of participant's baseline experiences, expectations help in future training and research on mind, body, spirit practices.

**Keywords:** Experience, expectations, body- mind- spirit, harmony, student nurses

### Introduction

Nurses are the pioneers in being the voice of the patient. It is no wonder the profession has been ranked as the most trusted profession for the last consecutive years. Integrated Body-Mind-Spirit practice is a broad term that incorporates the body, mind, and spiritual aspects of an individual in maintenance harmony between Mind, Body, and Spirit. The nurses who lead the charge for health and wellness among their patients, their families and themselves [1]. Maintaining a calm, compassionate attitude is a core nursing skill. Occupational stress among nurses is important because it can adversely affect attitudes, staff morale, communication, cognition, and quality of care. Training in mind- body practices, such as meditation, can reduce stress and burnout and improve health outcomes. Training nurses in mind- body skills could also indirectly improve the quality of care by improving staff health and teamwork, and decreasing unanticipated absences and turnover [2].

There is a growing awareness and acceptance of treating the whole person, mind, body and spirit, in a holistic approach to allow for optimal healing and well-being. Healing becomes the process that is restorative and integrative in nature, providing not only for the physical needs of a person, but also for their emotional and spiritual recovery [1].

### Need of the study

Nursing has shifted the focus of its praxis toward a commitment to holistic care. This holistic care suggests each nurse must bring a harmony as the essential element of therapeutic participation with another human being [3].

In order to achieve healing, all aspects of the whole person such as physical, mental, emotional, societal, and spiritual must be considered because illness involves the disharmony between the mind, body and spirit [4].

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This authentic healing process of becoming whole is the bringing together of all parts of oneself “at a deep level of inner knowledge, resulting in an integrated, balanced whole with each part having equal importance and value”<sup>[3]</sup>.

The meditation practices such as deep breathing, mindfulness- based stress reduction, the Relaxation Response, and Transcendental Meditation are also common mind-body practices.

Nursing practices such as therapeutic touch and healing touch include a centring component like meditation, and explicitly extend compassion and good will.

The 2016 National College Health Assessment II, from the American College Health Association, indicates a need to help nursing students adopt healthy behaviours. Findings include: Only 20% of nursing students reported participating in moderate-intensity cardio or aerobic exercise for 30 minutes, 5 to 7 days a week. A mere 5.6% of nursing students reported eating the recommended five or more servings of fruits and vegetables daily. More than half (55%) of nursing students described having more than average or tremendous stress<sup>[5]</sup>.

Considering all the above facts the researcher found that it is very essential to conduct this study to assess the experiences, expectations in maintaining the harmony for mind -body and spirit practices among student nurses.

### Statement of the problem

The experience and expectations in maintaining the harmony of mind, body, and spirit practices among student nurses, Bangalore.

### Objectives

1. Assess the experiences in maintaining harmony of mind, body, and spirit among nursing students.
2. Assess the expectations in maintaining harmony of mind, body, and spirit among nursing students.
3. Find out the correlation between experiences, expectations in maintaining the harmony of mind, body, and spirit among nursing students.
4. Find out the association between experiences and expectation score in maintaining harmony of mind, body, and spirit among nursing students with selected demographic variables.

### Material and Methods

**Source of data:** Data was collected from student nurses of AECS Maaruti College & school of Nursing at Bengaluru.

**Research approach:** Non experimental research approach.’

**Research design:** Descriptive Research Design.

**Research setting:** AECS Maaruti College & school of Nursing, Bengaluru.

**Population:** In this study Populations refers to student nurses.

**Sample:** sample comprises of who are studying 3rd year B.sc Nursing and 3rd Year GNM at AECS Maaruti College& school of Nursing, Bengaluru.

**Sample size:** sample size comprises of 40 samples

**Sample technique:** Convenient Sampling Technique.

### Sampling criteria

#### Inclusion criteria

- Study includes 3<sup>rd</sup> year B.sc Nursing and 3rd year GNM students.
- Both male and female subjects
- Who knows the language Kannada and English

#### Exclusion Criteria

- Who are studying 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> year B.Sc. Nursing
- Who are studying 1<sup>st</sup>, 2<sup>nd</sup> year GNM
- Subjects not willing to participate
- Subjects not Available at the time of Data collection

### Tool for data collection

#### Socio- demographic data

Age, gender, course of the study, place of residence, family income per month, number of siblings, order of siblings, type of relaxation techniques, Anger relieving control, high level of stress area.

### Method of data collection

A prior written permission was obtained from the concern authorities of AECS Maaruti College & school of Nursing, Self-introduction and purpose of the study was explained to the subjects and informed consent was taken. The subject was provided assurance that information obtained from them was kept confidential. The investigator used structured questionnaire to collect Socio Demographic data. Experience and expectation assessed by Likert scale. The data collection period was one month.

### Results

**Table 1:** Section A: Distribution of student nurses based on frequency and percentage of demographic characteristics. N=40

S. No.	Demographic variables	Frequency	Percentage	
1	Age in Year	17-19	3	7.5
		20-22	35	87.5
		23&above	2	5.0
2	Gender	Male	0	0
		Female	40	100
3	Course of Study	B. Sc. N	23	57.5
		GNM	17	42.5
4	Place of residence	Day Scholar	0	0
		Hostilities	40	100
5	Type of Family	Nuclear	27	67.5
		Joint	13	32.5
6	Family Income per month in Rupees	5000-10000	16	40.0
		10000-15000	7	17.5

		15000-20000	10	25.0
		> 20000	7	17.5
7	No of Siblings	One	10	25.0
		Two	13	32.5
		Three	9	22.5
		Four and above	8	20.0
		Order of Siblings	One	22
8	Order of Siblings	Two	9	22.5
		Three	6	15.0
		Four or above	3	7.5
		Type of relaxation	Painting	7
9	Type of relaxation	Singing	14	35.0
		Dancing	6	15.0
		Playing instruments	6	15.0
		Reading	3	7.5
		Other relaxation technique	4	10.0
		10	Common methods Used to keep Anger under control	Meditation
Prayer	3			7.5
Listening to Music	31			77.5
Being Alone	6			15.0
High Level of Stress area	Teaching hours			9
11	High Level of Stress area	Clinical hours	10	25.0
		Teaching & Clinical hours	15	37.5
		None of the above	6	15.0

**Table 2:** Section B: Findings related to Experience and expectation of subjects in maintaining the Harmony for mind body spirit. N=40

No.	Area	Statements	Max. Score	Mean	SD	Mean (%)
1	Experience	15	75	51.80	7.339	69.06
2	Expectation	15	75	57.43	9.658	76.57

**Table 3:** Section C: Correlation between experience and expectation in maintaining the harmony for mind body and spirit N=40

Correlation	Correlation coefficient	P value
Karl Pearson's correlation between experience and expectation	r =0.521	> 0.001

While finding the association between experience and expectations of subjects and demographic variables, the association was found only between No of siblings with experience ( $X^2$  8.27,  $p \geq 0.05$ ) and expectation score ( $X^2$  13.42  $p \geq 0.05$ ).

### Recommendations

1. A similar study can be conducted on a larger sample for wider generalizations.
2. A comparative study can be conducted between two different settings regarding experiences, expectations in maintaining the harmony for mind-body and spirit practices among student nurses.
3. A similar study can be done in different health sectors.
4. A similar study can be conducted to find out the effectiveness in maintaining harmony of mind, body, and spirit to reduce stress.

### Conclusion

Student nurses are interested in Mind, Body, spirit practices in maintaining the harmony. Body, mind, and spirit related outcomes are effective if the student nurses are practice for longer time could be considered holistically effective to avoid confusion and to better comply with the key construct [6].

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### Conflict of interest

The author declare that I have no known competing financial interest or personal relationships that could have appeared to influence the work reported in this paper.

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