

Descriptive Study to Assess the Factors Affecting Harmony of Body, Mind and Spirit of Students Undergoing BSc Nursing Course in a Tertiary Care Hospital in Lucknow

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Abstract: Background: Nursing is a patient care centred profession that is much more challenging and stressful job than many other profession. The World health Organisation (WHO) has estimated that stress related disorders will be one of the leading causes of disability by the year 2020. Nursing schools are now recognised as a stressful environment that often exert a negative effect on the academic performance and psychological well-being of the students¹. Method: A descriptive study was conducted with the objectives to assess the factors affecting harmony of body, mind and spirit among nursing students and to find the association of these factors with socio-demographic variables. A total of 60 nursing students as samples were selected by two way sampling technique and data was collected using structured questionnaire comprising three sections. Results: The study revealed that 77% of students were in moderate level of harmony with body and 57% were in moderate level of harmony of mind and spirit. The finding of study revealed that leg pain (65%) was the most prevalent health problem followed by inadequate sleep (80%). Other health problems encountered by students were backache(40%), headache (10%), irregular periods(21.7%), constipation(26.6%) and weight changes(43%). Factors which affected their harmony of mind were not having adequate time for self (88.3%), feeling of health risk due to nursing profession(73.3%), considering hostel life stressful (48.3%) and (38.3%) felt that they were always stressed out. It was also found that 66.7% of respondents felt that their expectations of joining nursing were being fulfilled while 33.3% expressed desire to go abroad. None of the respondents had picked up any kind of vices to cope with the stressful situation and 98% started doing physical exercises after joining nursing. Conclusion: Positive and negative aspects of factors affecting harmony of nursing students should be balanced.

Keywords: nursing students, harmony, body, mind, spirit.

1. Introduction

According to Florence Nightingale, "Nursing is an art, and if it is to be made an art, it requires as hard a preparation as any painter's or sculptor's work".² WHO has defined health as a "state of complete physical, mental, social and spiritual well-being and not merely an absence of disease"³. Today, health no longer is viewed as a passive state of being, but as a dynamic process of attaining higher level of wellness within each dimension. Hence, it is very important to maintain the harmony of body, mind and spirit of each individual.

Nurses, are the biggest member of healthcare team, who spend more time with their patients. Student nurses need to be taken care of even more as they are at a very crucial stage of life handling both their learning process (theory and practical) along with vigorous training.

It is imperative that nurses are healthy themselves so as to provide holistic care. Health as per National Health Policy (NHP 2017) is attainment of highest possible level of well-being for all at all ages. Nurses hence need to have harmony of body mind and spirit to effectively contribute to quality patient care. The definition of various aspects used in present study are given below along with their operational definitions-

Harmony

According to English Cambridge dictionary Harmony is defined as "A situation in which people are peaceful and agree with each other, or when things seem right or suitable together". In present study harmony is described as balance between body, mind and spirit.

Body

According to the English oxford dictionary Body is defined as "The physical structure, including the bones." In our study, various ailments are specified such as headache, backache etc which are specific to Nursing.

Mind

The element of a person that enables them to be aware of the world and their experiences, to think, and to feel; the faculty of consciousness and thought.

Spirit

According to English Oxford dictionary spirit is defined as "the person's inner nature, emotional energy or power".

In our study factors affecting harmony of mind and spirit among nursing students were elicited through likert questionnaire pertaining through different domains of mind and questions were clubbed together as positive and negative aspects.

Student nurses enroll for nursing at young age of 17 yrs and are at a very crucial stage of life. They undergo strict

professional baccalaureate course of 04 yrs as per INC which metamorphoses them from vulnerable youth to confident health professional. Moreover Army Institute trains nursing student to work in various adverse conditions. Hence, maintaining harmony of body, mind and spirit is of utmost importance for nursing students to handle stressors and to be able to work skilfully. Limited studies have been done for factors affecting harmony of body, mind and spirit among nursing students. Hence, the need was felt to undertake the present study.

2. Review of Literature

A qualitative study using the content analysis approach was conducted by Nahid Jamshidi et.al (2016) with the aim to explore Iranian Nursing Students' challenges in the clinical learning environment. A total of 17 Nursing students and 3 nursing instructors were selected through purposive sampling method who attended semi structured interviews. An interpretive process of data analysis was used which showed the three main challenges faced by the participants i.e. ineffective communication, inadequate readiness and emotional reactions.

A cross-sectional descriptive study was conducted by Susan Ka Yee et.al (2018) on the topic "do demographic factors and a health promoting life-style influence the self-rated health of college nursing students. Consecutive sampling technique was used to select 314 junior and senior nursing students. An ordinal logistic regression showed that those students with higher health management score and no family conflicts were more likely to give a positive appraisal of their health status.

A descriptive-comparative study was carried in Iran by Mojgan Abbasi et.al (2014) on Nursing students' spiritual well-being, spirituality and spiritual care. Data was collected from 283 nursing students from first year and fourth year batch. Research questionnaire on Spiritual Well-being Scale, Spiritual Perspective Scale, and Nursing Spiritual Care Perspective Scale were used. Data were analysed using descriptive statistics, Mann-Whitney test was used to compare each item and independent t-test to compare the mean values of two groups. Result regarding spiritual well-being showed that there were no significant differences between the two groups. 98.8% of the first year students and 100% of the fourth year students were in the category of moderate spiritual well-being.

Foozeh Rafati in 2017 conducted a qualitative study on coping strategies of nursing students for dealing with stress in clinical setting in Iran. The result depicted that 98% of nursing students felt stressed and for them the main coping strategies were seeking well-being, active confrontation with stress, mastering the mind and body and avoidance of stressful situation.

A descriptive study³ done by Amandeep Singh and Mohan Chopra in 2013, among 400 North Indian Nursing undergraduate students showed that 70.5% of nursing students perceived stress.

A study done by Labrague and Denise⁴ on nursing students from 3 countries showed that stress level among nursing students ranges from moderate to high.

3. Methodology

Research Setting - The study was conducted in College Of Nursing, CH (CC), Lucknow.

- Study design - Descriptive cross sectional study.
- Population - All nursing students undergoing BSc(N) course
- Sample- Nursing students undergoing BSc(N) course at College
- Sampling technique-Two stage sampling
Stage 1: Non proportionate stratified sampling to draw sample of 15 from 04 strata (batches)
Stage 2: In each batch systematic random sampling technique was used
- Sample size- 60
- Inclusion criterion
 - Nursing students willing to participate in the study
 - Nursing students who have at least completed 6 months of training
- Exclusion criterion
 - Nursing students sick/hospitalised/ not willing to participate in the study
- Stating operational definitions – operational definitions were given for various terminologies used in the study.
- Tool-A questionnaire was used consisting of following sections:
- Pilot Study-was conducted to check for the feasibility of the study and tool validity and reliability
- Data collection- Data was collected in June 2019 from 60 BSc Nursing students

4. Findings and Interpretation

Section A– Socio-demographic profile of the sample

A total of 60 students were selected to show socio-demographic characteristics of respondents in terms of age, diet, religion and language. A maximum of 95% respondents were in the age group 19-24yrs, 68.3% belonged to North India, 65% were 12th passed and 28.3% was undergraduate, 88.3% were Hindus. All were able to speak Hindi and English.

Section B – Factors affecting harmony of body

Objective 1(a) - To ascertain the harmony of body of nursing students

Table 1: Level of harmony of body of nursing students

Score	Level of harmony	Frequency	%
8-11	Poor harmony	11	18
12-19	Moderate harmony	46	77
20-23	Higher level of harmony	03	5

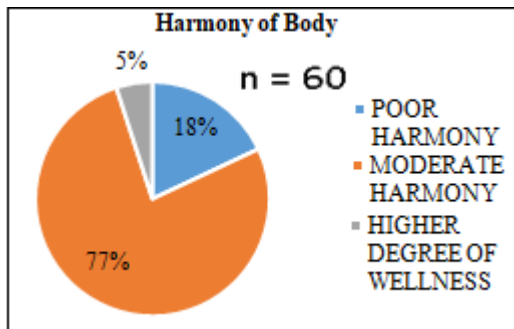


Figure 1: Harmony of body among nursing students

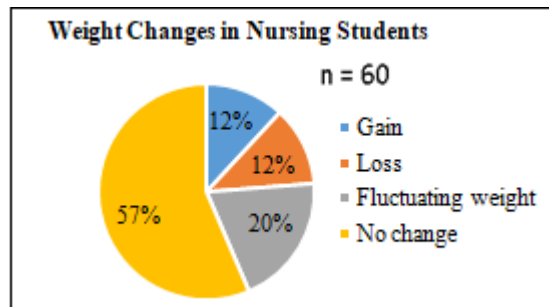


Figure 4: The above figure shows changes in weight of nursing students after joining nursing course. Out of total 57% of nursing students had no change in weight while change in weight (both gain and loss) was seen in 12% of nursing students. Weight fluctuation was seen in 20% of the students.

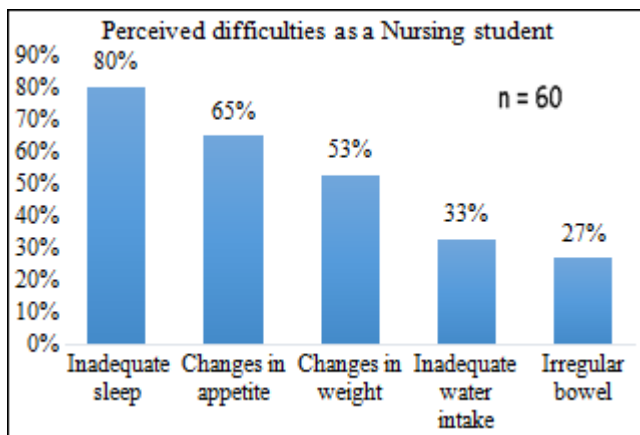


Figure 2: The above figure explains changes acquired after joining nursing in which maximum 80% of students had inadequate sleep followed by 65% change in appetite while 53% had changes in weight, it was also found that 33% had inadequate water intake and 27% had irregular bowel after joining nursing course.

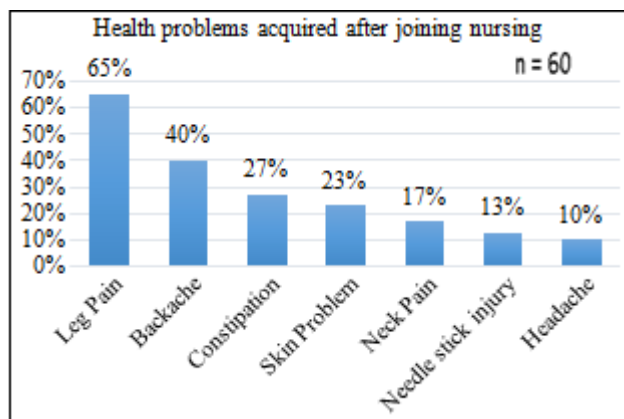


Figure 3

The Fig 3 above depicts the health problems acquired after joining nursing course. It was found that 65% of respondents had leg pain followed by backache (40%), constipation (27%), skin problems (23%), irregular periods (22%), neck pain (17%) headache (10%) and UTI (3%). A total of 13% had reported for needle stick injury.

Section C – Factors affecting harmony of mind and spirit

Objective 1(b) - To ascertain the harmony of mind and spirit of nursing students

Respondents were asked questions regarding factors affecting harmony of mind and spirit as a Nursing student (expectations of nursing course being met, perceived positive and negative aspects of Nursing profession as undergraduate student) Scoring was done as per the table 2 and fig.5 shown below and it was found that 20% of respondents had poor harmony followed by 57% with moderate harmony and 23% Nursing students had high degree of harmony of mind and spirit.

Table 2: Harmony of mind

Score	Level of harmony	Frequency	%
5-10	Poor harmony	12	20
11-15	Moderate harmony	34	57
16-20	Higher level of harmony	14	23

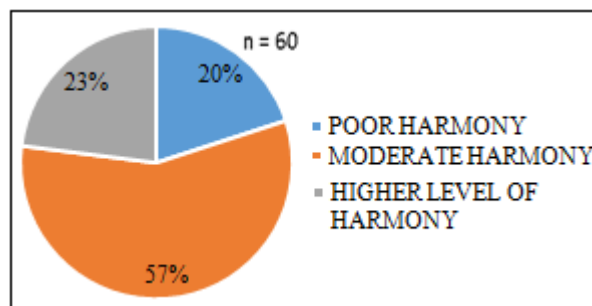


Figure 5: Harmony of mind among nursing students

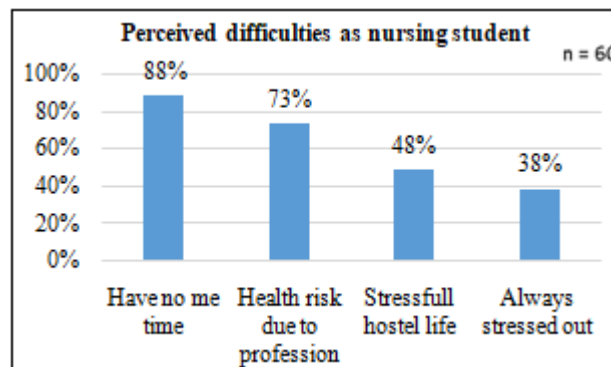


Figure 6

The Fig 6 depicts perceived difficulties as nursing student after joining Nursing profession. Out of 60 students , 88% reported to have no me time followed by 73% who felt health risk due to profession while 48% considered hostel life stressful and 38% reported to be always stressed out.

Perceived positive aspects related to nursing profession are depicted in the fig 7 below:

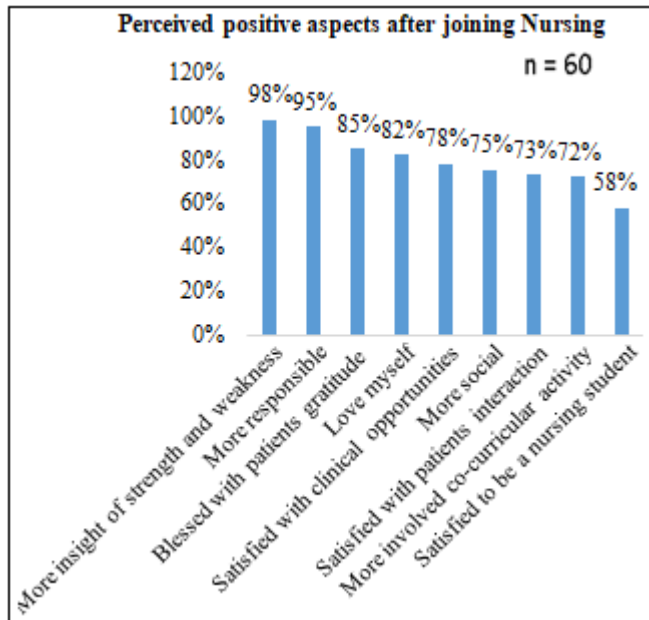


Figure 7: Perceived positive aspects after joining Nursing

Various aspects of Nursing profession that were perceived as positive contributing factors towards harmony of mind and

spirit by the nursing students were tabulated. It was found 98% of respondents developed more insight of their strength and weaknesses, 95% became more responsible, 85% felt blessed with patient’s gratitude and 78% students were satisfied with clinical opportunities.

It was also found that those students who were regular in physical activity (97%) and yoga (15%) had higher level of wellness mentally.

Association of selected socio-demographic variables with attributes of respondents

Chi-square test was used at 95% confidence interval and alpha error of (p value less than 0.05).

An association was drawn between selected socio-demographic variables(age, qualification, residence, diet, religion and languages) and factors affecting harmony of body (sleep, water intake, changes in weight, diet, bowel, and yoga).

Table4 depicted below shows that there is significant association between intake of water and qualification(at time of enrolment).

For other parameters the p-value was found to be more than 0.05 i.e. no significant association was found between factors affecting harmony of body (sleep, water intake, changes in weight, diet, bowel, and yoga) and socio-demographic variables as shown in table 3.

Table 3: The above table shows association of selected socio-demographic variables with attributes of respondents

Attribute	Criteria	Classification	Residence		Sum	df	Table Value	Chi-square	p-value
			NI	O					
Sleep	Adequate	Yes	8	4	12	1	3.84	5.92E-31	1
	Inadequate	No	33	15	48				
Water Intake	adequate	Yes	28	12	40	1	3.84	0.0096277	0.9218
	Inadequate	No	13	7	20				
Weight	Gain	Gain	4	3	7	3	7.81	1.0086	0.7992
	Loss	Loss	5	2	7				
	Fluctuation	Fluctuating	6	4	10				
	No Change	No change	26	10	36				
Diet	Yes	Yes	10	8	18	1	3.84	1.1883	0.2757
	No	No	31	11	42				
Bowel	Regular	Yes	29	15	44	1	3.84	0.12647	0.7221
	Irregular	No	12	4	16				
Yoga	Yes	Yes	7	2	9	1	3.84	0.074001	0.7856
	No	No	34	17	51				

Table 4: The table on the right shows association between intake of water and qualification

Attribute	Criteria	Classification	Qualification		Sum	df	Table Value	Chi-square	p-value
			12 th	U.G.					
Sleep	Adequate	Yes	9	3	12	1	3.84	0.22436	0.6357
	Inadequate	No	30	18	48				
Water intake	Adequate	Yes	22	18	40	1	3.84	4.0385	0.04447
	Inadequate	No	17	3	20				
Weight	Gain	Gain	7	0	7	3	7.81	4.3084	0.23
	Loss	Loss	4	3	7				
	Fluctuation	Fluctuating	6	4	10				
	No Change	No change	22	14	36				
Diet	Yes	Yes	10	8	18	1	3.84	0.50235	0.4785

	No	No	29	13	42				
Bowel	Regular	Yes	28	16	44	1	3.84	0.0037463	0.9512
	Irregular	No	11	5	16				
Yoga	Yes	Yes	7	2	9	1	3.84	0.24276	0.6222
	No	No	32	19	51				

Table 4 depicts the association of qualification with socio-demographic variables. It shows that water intake has relation with qualification, students who joined nursing after graduation had less water intake as compared to students who joined after 12th and it was statistically significant ($\chi_2=4.03$ & $p < .04$).

5. Discussion

The findings of our research shows that 82% of nursing students had harmony of body and 80% had harmony of mind. The harmony was found to be higher as compared to findings of study done by Nitasha Sharma and Amandeep Kaur which showed 97% nursing students having moderate level of stress. Another study done by Mojgan in 2014 found the spiritual well-being to be 98% which was higher as compared to our study. It was also found that 66.7% of respondents felt that their expectations of joining nursing were being fulfilled while 33.3% expressed desire to go abroad which would lead to brain drain. None of the respondents have picked up any kind of vices to cope with the stressful situation and were found to be doing physical exercises. These positive findings were contributed to the training in Armed Forces set up. A similar study conducted by Timminis and Kaliszzer on 3rd year nursing students revealed various factors affecting harmony of students were academic stress followed by teaching related staff, clinical experience and finance.

The study shows that maximum respondents had developed a better personality after joining nursing profession, The similar finding was seen in study conducted by Cumbie in 2016 and study done in 2016 by Vahid Zamanzadeh

6. Recommendations

a) Nursing administration

There should be daily activity schedule for nursing students with fixed timing for sleeping, relaxation and exercises along with provision of relaxation like music, yoga, physical exercise, etc. Facilities for adequate drinking water and periodic health check-ups should be made available to ensure that students are physically fit and healthy. Mentoring of junior students by senior batch students should be encouraged in order to improve overall perception of well-being among nursing students

b) Nursing education

The present study has brought out various health ailments faced by nursing students. It is recommended to make educational material, presentations, videos and modules on proper body mechanics, healthy habits, hand washing and designing suitable time management programmes for nursing students which can prevent/reduce the problems.

c) Nursing practice

More emphasis should be given on demonstration and redemonstration of nursing procedures in clinical

settings. In-service education programmes and workshops can be conducted on regular basis to emphasise safe handling of sharps and biomedical waste.

d) Nursing research

Study can be conducted on large scale involving other similar educational institutions. Studies can be undertaken on factors perceived as stressors in clinical areas among nursing students eg. working with equipments, theory and practice gap, communication etc.

7. Conclusion

Health of nurses has been emphasised as higher level of wellness as per National Health Policy (NHP 2017), WHO has also focussed on nursing profession by declaring year 2020 as the International year of Nurses and Midwives. Hence it is essential to focus on harmony of body, mind and spirit of nursing student who are the future of nursing profession.

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