



Research Article

A STUDY TO EVALUATE THE EFFECTIVENESS OF GUIDED IMAGERY ON REDUCTION OF ANXIETY AMONG FIRST YEAR B.SC NURSING COLLEGE STUDENTS

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ABSTRACT

Aim: To evaluate the effectiveness of Guided imagery on reduction of anxiety among first year B.sc nursing college students. Design: Pre experimental (one group pretest post test design). **Methods:** The sample consisted of 30 B.Sc (N) students fulfilling the inclusion criteria were selected by means of purposive sampling technique. Pretest was administered using the test anxiety questionnaire. A 30 minute guided imagery program was provided to the students for once daily for one week. Post test was conducted on the 7th day by using same questionnaire to evaluate the effectiveness of guided imagery. Data collected was analyzed and interpreted using descriptive and inferential statistics. **Results:** The study gives evidence support that the guided imagery was effective in reducing anxiety among college students. The mean post test anxiety score (30.9+9.61) was lower than the pre test anxiety score (49.6+14.106). The calculated t value $t_{29}=6.001$, $P=0.05$ was greater than table value $t_{29}=2.05$ at 0.05 level of significance. The calculated value indicates that guided imagery is effective in reducing anxiety.

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INTRODUCTION

Nursing is a profession that requires empathetic human interaction. Clinical practice is critical in nursing and education as it prepares students to apply what they learn in theories in clinical practice. Statistically nursing college is stressful and studies show 42.1% of nursing students experienced moderate stress and nursing students are more prone to develop anxiety due to its demanding with paper work, heavy academic work loads, time pressures, clinical placement and personal life challenges like financial problems and family crisis. Anxiety is the brain and body's reaction to all demands. It has both positive and negative effects on one's health and wellbeing. In nursing, clinical experience has been shown to increase anxiety and which may affect students training. In India about 4.6% of 15-119 yrs old experience an anxiety disorder.

Guided imagery has proven to be effective in anxiety management. It is a convenient simple relaxation technique which helps us to reduce tension in our body. Guided imagery

is based on the very simple common sense principles like body mind connection, the altered state and the locus of control. Nursing personnel as a member of health care team have an important role in improving general health and wellbeing and quality of life by various preventive measures.

Statement of the problem

A study to evaluate the effectiveness of Guided imagery on reduction of anxiety among first year B.sc nursing college students.

Objectives

1. To assess the pretest and post test level of anxiety among first year B.sc nursing college students.
2. To evaluate the effectiveness of Guided imagery on reduction of anxiety among first year B.sc nursing college students
3. To find out the association between the pre test anxiety with selected demographic variables of first year B.sc nursing college students

Hypothesis

H1: The mean post test anxiety score is lower than the pre test anxiety score of first year B.Sc nursing students

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Research design: Pre experimental (one group pretest post test design).

METHODS AND MATERIALS

The proposed study was conducted in the Dr Kumaraswami health centre college of nursing. A purposive sample who meets the inclusion criteria was selected composed of 30 B.Sc (N) students agreed to participate in the study. Pre testing was done using anxiety rating scale. The same day, a 30 minute guided imagery program was provided to the students in a quiet environment where they would not be interrupted for once daily for one week. post test was conducted on the 7th day by using same questionnaire to evaluate the effectiveness of guided imagery.

Data analysis

Based on the demographic characteristics 80% of first year were 18 yrs old and 6.67% were 17 yrs old. 50% were Hindus and 50% were Christians. 97% were from nuclear family and 3% joint family. 50% had one sibling and 3.33% had no siblings. 83.33% had no history of staying away from home 16.67% had history of staying away from home. Economical support of 80% students was on education loan and 20% were on parents.

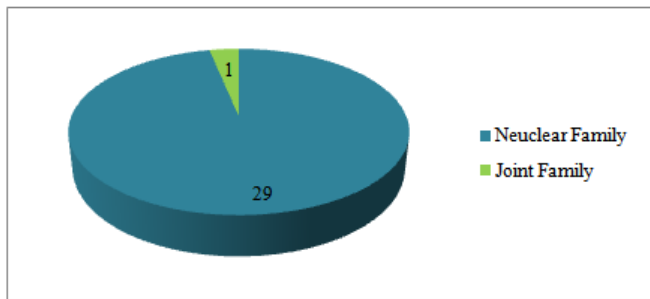


Figure1 frequency and percentage distribution of samples based on type of family

Table 1 Level of anxiety in the pretest and post test of first year B.Sc nursing students

Classification of anxiety level	Pretest		Post test	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
No anxiety 0	0	-	0	-
Mild anxiety 1-30	0	-	18	60%
Moderate anxiety 31-60	15	50%	12	40%
Severe anxiety 61-90	15	50%	0	-
Very Severe anxiety 91-120	0	-	0	-
Total	30	100%	30	100%

Table shows that post test anxiety score was in the range of 18-58 which was lower than the pre test range 31-69. The

Table 2 Range of score, Mean, Median and standard deviation and t value of pretest and post test level of anxiety

	Range of score	mean	me-dian	SD	Mean dif-ference	t'value	DF
Pre test	31-69	49.6	54.5	14.106	18.7	6.001	29
Post test	18-58	30.9	28	9.61			

t' value=2.05, P<0.05

data reveals that post test anxiety score mean(30.9+9.61) is significantly lower than the mean pre test anxiety score (49.6+14.106). The calculated t value(t₂₉=6.001, P<0.05) at 0.05 level of significance. There is significant difference between mean pretest and post test anxiety score and it shows that Guided imagery is effective in reduction of anxiety.

The result revealed that the level of anxiety were insignificant with the variables like age, religion, type of family, number of siblings, Previous history of staying away from home, economic support.

Table 3 Association between pretest anxiety score and selected demographic variables

Sl No	Demographic variables	χ ²	df	Table value	P value
1	Age in yrs	0.83	1	3.84	0.3623
2	Religion	0	1	3.84	1
3	Type of family	1.034	1	3.84	0.3092
4	No of siblings	2.143	1	3.84	0.1432
5	Previous history of staying away from home	2.16	1	3.84	0.1416
6	Economic support	0.83	1	3.84	0.3623

IMPLICATION FOR NURSING PRACTICE

The result of the study shows that the elevated stress level

of life of Students was corrected by giving guided imagery intervention. So, the study has several implications for nursing education, nursing practice, nursing administration and nursing research.

Nursing Practice: Help the nurses to identify the importance of adjustment and teaching guided imagery would bring good adjustment at various settings such as home, health, social and emotion. Increasing the rate of adjustment practices enables good performance in all the aspects.

Nursing Education: The nursing students should periodically educate about the coping strategies in order to bring good adjustment. Giving guidance and counseling to the students also make changes in their maladjustment.

Nursing administration: The nursing administrator should be efficient in organizing the educational programme regarding coping strategies, relaxation therapy, regular health check up, keen supervision and conduction of guidance and counseling programs for the students.

CONCLUSION

The result of current study gives empirical evidence that Guided imagery which is simple, safe and inexpensive technique in reduction of anxiety. GI is a potentially effective technique for reducing anxiety among the nursing students. It is a simple, safe, and inexpensive technique which is easier than yoga and other types of physical exercise and hence can be used by people with physical limitations. Nursing education

authorities, including teachers, can teach this technique to students in order to enable them to manage their anxiety. Future studies are recommended to investigate the effects of directly supervised GI on larger group of students.

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