



Research Article

A STUDY TO ASSESS THE EFFECTIVENESS OF GUIDED IMAGERY ON IMPROVING THE LEVEL OF ADJUSTMENT AMONG 1ST YEAR B.SC NURSING IN A SELECTED SETTING

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ABSTRACT

Objective: The objective of the study was to determine the effectiveness of guided imagery on adjustment among nursing students. **Methodology:** The research approach of the study was quantitative approach, pre experimental- one group pre test and post test research design. The study was conducted at right college of nursing, Chennai affiliated under Dr. Tamil Nadu MGR Medical University in Chennai. The sample size was 50 B.sc (N) I year students. Non probability convenient sampling technique was used. The tool used for this study was Part I semi structured questionnaire on Background variables and Part II – Bells adjustment tool. Guided imagery administered for 8 sessions. **Results:** The calculated t' value is 1.671 which proves that there was statistically significant at the level of 'p' value <0.05. There is statistically significant association in the post test level of adjustment among nursing students with the age at the level of p<0.005. **Conclusion:** The results of the study revealed that, there was significant improvement in the level of adjustment among nursing students after received guided imagery therapy.

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INTRODUCTION

Adjustment refers to the behavioural process of balancing conflicting needs or needs challenged by obstacles in the environment. Adjustment disorder occurs when there is an inability to make a normal adjustment to some need or stress in the environment. Adjustment occurs within a person's social cultural context. (Martien 2016).

Nursing student may have poor work adjustment because of heavy workload, lacking of professional knowledge and skills in the clinical environment, emotional adjustment due to feeling exhausted and upset under pressure and feeling of helplessness and social adjustment because of interpersonal relationship with friends, peers and teachers, negative coping attitude and poor social support. Stress is a signal of our mind and body gives us some changes. (5) Different people have individual tolerances from higher than normal levels of stress and anxiety. When feeling over burdened, excessive stress and anxiety can lead to lowered coping and adjustment.(1)

Number of cultural technological, political and social forces is shaping the destiny of the nursing profession, students entering in the nursing profession called upon to equip themselves with adequate competencies to meet the challenging advances that are occurring in the profession and in the health care setting.

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If the adjustment problem is ignored the student may face psychological distress such as depression, anxiety or fear, great distress resulting in neurotic disorders.(3) 1st year B.sc nursing students feels homesickness because of separated from their home to new environment in the hostel which develops tension that affects their studies, concentration and decreases their self confidence.(2)

They often met number of problems which made them feel stressful. Studies revealed that 8% of students have mild adjustment problems, 90% students have moderate adjustment problem, and 2% of students have severe adjustment problems. (HU Meifang *et.al* 2018).

Negative effects of stress on a student can include physical, psychological and behavioural disorders (Pulid-Martos *et.al.*, 2012). High levels of anxiety can interfere with sleep, affecting clinical conduct, test performance and concentration ability in class (capp and Williams, 2012). Stress inhibits the ability of the student to think clearly and which inhibits the student's professional growth and professional adjustment. (Hensel and strelting gettelfinger 2011).(8)

Guided imagery is a simple therapeutic technique that allows a person to use his or her own imagination to conduct body and mind as a result reduction in anxiety and improvement in well being.(4) (Ackerman and Turkoski 2000). Many of the studies have found positive relationship between guided imagery and decrease in stress and anxiety levels which shows improvement in overall student perceived health and well being. (Charlesworth Murphy and Belter 1980).

Table 1 Comparison of Pre and Post level of adjustment among nursing students

| Level of adjustment | Pre test | | Post test | |
|---------------------|-----------|------------|-----------|------------|
| | Frequency | Percentage | Frequency | Percentage |
| Poor | 40 | 80% | 0 | 0% |
| Moderate | 7 | 14% | 40 | 80% |
| Good | 3 | 6% | 10 | 20% |

Table 2 Comparison of mean and standard deviation between Pre test and Post test level of adjustment among nursing students

| Group of Study | Level of Adjustment | Mean | Stadard Deviation | 't' Variable | 'p' Value |
|-----------------------------------|---------------------|-------|-------------------|--------------|-----------|
| Pre experimental one group method | Pre test(X) | 82.32 | 8.511 | 1.671 | P<0.05* |
| | Post test(Y) | 79.2 | 8.869 | | |

Need for the study

After getting admission to the 1st year basic B.sc nursing course some of the student started a problem of staying away from home within one month, started getting tension about the medium of study as many students are not having adequate self confidence in their studies and unable to concentrate due to new study pattern, they cannot express their problems to their friends and teachers. Some of the students feel that the study is too hard so they are thinking to leave the course. (6)(7)

Ms. Priyanka Yohan Kala (2011) conducted a study on adjustment problems faced by 1st year Bsc (N) students in selected colleges of nursing in Pune city. Exploratory approach was used. Sample size for this study was 150 students. The result shows that 126 (84%) of students were having moderate adjustment problem and 24 (16%) of students were having severe adjustmental problem.

Statement of the Problem

A study to assess the effectiveness of guided imagery on adjustment among nursing students in a selected setting, Chennai.

Objectives

1. To determine the effectiveness of guided imagery on adjustment among nursing students.
2. To associate the level of post test score on adjustment among nursing students with selected demographic variables.

Hypothesis

RH1: There will be significant improvement in the level of adjustment among nursing students after received the guided imagery technique.

RH2: There will be statistically significant association in the post test level of adjustment among nursing students with the selected demographic variables.

METHODOLOGY

The research approach of the study was quantitative approach, pre experimental- one group pre test and post test research design. The study was conducted at Right college of nursing, Chennai affiliated under Dr. Tamil Nadu MGR Medical University in Chennai. The sample size was 50 B.sc (N) I year students. Non probability convenient sampling technique was used. The tool used for this study was Part I: semi structured

questionnaire on Background variables and Part II – Modified Bells adjustment Inventory (1939) to assess the different level of adjustment functions that obtained from the relationship with others. It includes five areas of adjustment such as emotional, health, social and environment (clinical areas and college). It is a 4 point likert scale from strongly agree to strongly disagree.

Data collection procedure

The study was conducted after the approval of Institutional Ethical Approval committee. A brief introduction about self and the study was given. Subjects explained clearly about the study purpose and consent was obtained before data collection. Pre test was done with the use of Bell's adjustment inventory. Guided imagery (Floating on the clouds –video) was administered for 30 minutes. Total number of sessions was 8 which consist of 2 sessions per week. The post test was conducted after 4 weeks by using the same tool. The data was analyzed by using descriptive statistics and inferential statistics.

Description about the intervention

Guided imagery is the relaxation and mental visualization to improve mood or physical well-being. Guided imagery technique is two part process. The first component involves developing a state of deep relaxation through breathing exercise and muscle relaxation technique. The second component of the exercise is imagery or visualization.

Phase I

Orientation and daily discussion about the problem facing Comfortable position

Phase II: Relaxation

Step I: Breathing exercise: It includes introduction, benefits and demonstration of deep breathing exercise which last for 10 minutes. It refers to enhancing respiratory system by improving ventilation, strengthening respiratory muscles by deep inhalation and holding the breath for a few seconds before exhalation.

Step II: Progressive muscle relaxation: Jacobson progressive muscle relaxation technique was used. It also includes introduction, benefits and demonstration of progressive muscle relaxation which lasts for 10 minutes. It refers to the systematic tensing and relaxing of group of muscle from head to foot.

Phase III: visualization: The relaxation and imagery exercise guided by the video – floating on the clouds for 8 sessions which consists of 2 sessions per week. Guided imagery therapy was last for 30 minutes including step I and step II. It was practiced under the supervision of the researcher.

Phase IV: Positive thoughts

Phase V: Returning to the reality

Major Findings

1. The adjustment level of the students in pretest 43 (86%) were having poor adjustment problem, 7 (14%) were in the moderately adequate adjustment and none of them falls in the good adjustment status. In the posttest 40 (80%) were in the moderately adjustment

and 10 (20%) have good adjustment level after they received guided imagery but none of them falls under poor adjustment.

2. Comparison of pre and post test level of adjustment among nursing students reveals that the mean is 82.32 and the standard deviation is 8.571 in the pre test and in the post test mean is 79.2 and the standard deviation is 8.869. The calculated 't' value is 1.671 which proves that it is statistically significant at the level of 'p' value <0.05.
3. There is statistically significant association in the post test level of adjustment among nursing students with age at the level of $p < 0.005$.

DISCUSSION

As a nurse educator, we should find exact cause of maladjustment among nursing students to improve the student's level of adjustment, by providing various adjustment strategies regarding health, social, environment (college and clinical) and home. The present study determines the effectiveness of guided imagery on the level of adjustment among nursing students. The results of the study revealed that, there was significant improvement in the level of adjustment among nursing students after received guided imagery therapy.

Nursing Implications

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.

Nursing Research: The study provides scope for future research. Many studies can be conducted about the attitude and behavior at various settings and parental involvement in student's adjustment.

CONCLUSION

Poor adjustment distress among a significant number of nursing students is an important issue facing in nursing education. The concern is to build into the nursing course in order to help the students with such difficulty.

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