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Exploring Knowledge Attitudes and Practice Associated with Meditation Among Tertiary Health Care Workers

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ABSTRACT

Occupational suffering exhaustion related to stress in the workplace is experienced by nurses who are regularly confronted with trauma, suffering, and high workloads. suffer exhaustion can negatively impact patient care and have detrimental effects on nurses' physical and mental health. Meditation-based stress decrease programs have been researched as a potential holistic intervention for reducing stress and burnout in nurses through calming present awareness, emotional regulation, and positive thinking.

Aim:

1. To explore the knowledge, attitudes, and practices associated with meditation among the Tata memorial hospital Nurses and investigate the relationship between perceived stress, trait mindfulness, and meditation. Factors associated with interest to participate in an online meditation program were also explored.
2. To determine whether meditation is feasible, acceptable and effective to decrease stress, and suffering trauma.

Methods: A survey-based cross-sectional study of201 Nurses staff, in Tata memorial hospital, assessed knowledge of meditation, attitudes toward meditation using the Determine the Meditation Practice Inventory (DMPI), and meditation experience.

Keywords: Meditation, Knowledge, Attitudes, Practice (KAP), Tertiary Health Care Workers, Mental Health, Nursing, Stress, Suffering Exhaustion, Occupational Stress, Stress Management, Stress and Coping

Introduction

In health care, contemplation has gained adding attention as a stress- reduction tool. It's described as a tone- regulation fashion to develop one's emotional and attentional control, enhance internal well- being, and develop specific rates of the mind, including calm, clarity, and attention. Contemplation- grounded stress drop programs have been delved as an implicit holistic intervention for reducing stress and collapse in nurses through calming present mindfulness, emotional regulation, and positive thinking. Nursing Occupational suffer prostration related to stress in the plant is endured by nurses who are regularly brazened with trauma, suffering, and high workloads. Suffer prostration can negatively impact patient care and have mischievous goods on nurses' physical and internal health. Contemplation-grounded stress drop programs

have been delved into as an implicit holistic intervention for reducing stress and collapse in nurses through calming present mindfulness, emotional regulation, and positive thinking. Contemplation has entered raised attention as a stress reduction strategy in health care. It's described as a tone- regulation fashion to develop one's emotional and attentional control enhance internal well-being, and develop specific rates of the mind, including calm, clarity, and attention. Contemplation has been astronomically distributed into two attentional processes with distinct neurological pathways concentrated attention and open monitoring. The high demands of the health care system are frequently out of an individual nanny's control, and heavy workloads, lack of support, constrained coffers, the emotional nature of the job, and shy staffing are major contributing factors Flynn & Ironside, Spence Laschinger & Leiter. nurses suffering from collapse are at threat of passing physical and cerebral symptoms, similar as fatigue, anxiety, depression, and overall job dissatisfaction Flynn & Ironside and are more likely to abuse substances including caffeine, alcohol, and lawless medicines Jarrad. Research has shown that dissatisfaction, objectiveness, and overwork among nurses can also have negative impacts on job satisfaction and case issues, as a result of the dropped quality of care. Flynn & Ironside, Vahey. Prevention of collapse in nurses is aimed at promoting particular well-being and the development of managing mechanisms for occupational stress Kravitz and holistic curatives similar at awareness contemplation may be particularly effective. Reed's proposition has three main concepts self- preponderance, well-being, and vulnerability. awareness contemplation can ameliorate tone- mindfulness and well-being and may offer nurses the capability to achieve tone- preponderance, an integral element of holistic caring, so MBSR is a promising holistic intervention for the forestalment and treatment of stress and collapse in nurses. Contemplation practices are getting more wide in Western societies because of their positive impact on the brain and mind Tang. Contemplation has been set up to have remedial benefits for a variety of internal and physical conditions, similar as anxiety, depression, stress, wakefulness, and post-traumatic complaint Davidson & Kaszniak, Shamekhi & Bick more. There have been numerous exploration results reported by experimenters from a variety of scientific fields, including in business and operation, who report that contemplation has a positive effect on reflecting colourful aspects of physical, emotional, and spiritual health. Contemplation is a traditional fashion that serves to manage mind; directs the mind to concentrate on a specific object and is sluggishly entering nascence or theta swells.

Objective

1. To determine and explore current knowledge on the effectiveness of Meditation for stress and suffering exhaustion in nurses in the tertiary cancer centre.
2. To determine a better understanding of meditation.
3. To determine the relationship between perception of stress, and Meditation.

Materials and Methods

Investigate terms including, meditation, based stress decrease, occupational stress, and stress, suffer exhaustion, Peer-reviewed research directly related to the impact of meditation-based stress reduction on nurses experiencing stress and/or suffering exhaustion was reviewed.

Study design

This cross-sectional survey-based study was carried out at the Tata Memorial Hospital, Mumbai, India – It is the largest tertiary referral centre, different departments of Tata memorial hospital- like, Medical

oncology, paediatrics oncology, surgical oncology, head and neck, Gynec oncology and radiation oncology were included. Nurses were invited by email to participate voluntarily in an anonymous electronic survey in March 2022.

The survey was open for four weeks and a single email was sent after one week as a reminder to complete the form. Nurses were defined as different age groups, stages of learning, family pressures, etc. and were hence grouped separately.

Study Tools

We employed the questionnaire from Integrative cancer therapy 1, journal.

Methodology

Data was collected from n = 201 nurses. There were 15 questions in our questionnaire. Our questionnaire consists of knowledge about Meditation & exploring Knowledge, Attitudes, and Practice associated with Meditation among tertiary health care workers. Each answer was categorized into three groups: AGREE, DISAGREE, I DONT KNOW. In, this way minimum & maximum possible number of individual nurses who agreed or disagreed with the contributions of meditation to a healthy lifestyle was obtained. The demographical characteristics like age, sex, marital stand status, and religion were also categorized to observe the effectiveness of the meditation on these factors.

Age was categorized into four groups 20-35, 35-45,45-55 & more than 55. Similarly, sex was categorized as male, female, marital status was married or single and religion was Buddhist, Christians, Hindu, or Sikh.

Population

Nurses in tertiary cancer institutions.

Inclusion Criteria

- Willing to participate
- Age above 20 years
- Nursing staff who are working in an oncology hospital

Exclusion Criteria

- Age not less than 20 years
- Nursing staff who are not working in oncology hospitals.

Statistical Analysis

Data were explored by using descriptive statistics. Frequency and Percentages for each domain were calculated by summing the responses achieved for separate questions under each domain. Chi-Square test was used to test the association between the two groups and a P value was obtained. A P-value of less than 0.05 was considered statistically significant. Analysis was performed on SPSS (IBM Corp. Released 2017. IBM SPSS Statistics for Windows, Version 25.0. Armonk, NY: IBM Corp).

Results

Table 1 presents the demographical characteristics of the study sample like age, sex, marital status, and

religion for n = 201 nurses. Among 201 nurses, 24.9 % (n = 50) had done online meditation before where 73.6% (n = 148) had not done online meditation. The majority of the participants who did meditation and felt relaxed was 94% (n = 47), but 6% (n = 3) did meditation but didn't feel relaxed.

98% of the nurses were able to concentrate very well after meditation while 2% couldn't.

96% of nurses agree with the fact that meditation can help people to cope with stress and this is the act of calming the mind.

A total of 77.1% (n=155) also agree that meditation can make people become more aware of their negative thoughts.93% of nurses who had not done online meditation before also agreed that meditation helps them to stay healthy.

Table 2 presents 96% who did meditation prior also agreed with the same and there were no significant differences between their opinions with the persons who had done online medication before.

The result reveals evidence that meditation is effective in decreasing stress and suffering exhaustion in nurses. Meditation- based interventions have been shown to significantly decrease stress, improve all aspects of suffering and exhaustion, and increase self-compassion and compassion sat- is a faction, of practicing nurses.

This is the Descriptive Results output of Categorical Variables Present in Table 1:

Variable	Categories	Frequency	Percentage	Frequency [Percentage]
Age	20-35	92	45.8	92 [45.8]
	35-45	47	23.4	47 [23.4]
	45-55	58	28.9	58 [28.9]
	More than 55	4	2	4 [2]
Sex	Miss	2	1	2 [1]
	FEMALE	194	96.5	194 [96.5]
	MALE	5	2.5	5 [2.5]
Marital.Status	MARRIED	149	74.1	149 [74.1]
	SINGLE	52	25.9	52 [25.9]
Religion		1	0.5	1 [0.5]
	BUDDHIST	18	9	18 [9]
	CHRISTIANS	20	10	20 [10]
	HINDUS	161	80.1	161 [80.1]
	SIKHS	1	0.5	1 [0.5]
X1.Meditation is the act of calming the mind		1	0.5	1 [0.5]
	AGREE	197	98	197 [98]
	DISAGREE	3	1.5	3 [1.5]
X2.Meditation keeps us focused on the present moment		1	0.5	1 [0.5]
	AGREE	191	95	191 [95]
	DISAGREE	3	1.5	3 [1.5]
	I DONT KNOW	6	3	6 [3]
X3.Meditation can help people cope with stress		2	1	2 [1]
	AGREE	193	96	193 [96]
	DISAGREE	1	0.5	1 [0.5]

	I DONT KNOW	5	2.5	5 [2.5]
X4.Meditation can make people become more aware of their negative thoughts		2	1	2 [1]
	AGREE	155	77.1	155 [77.1]
	DISAGREE	28	13.9	28 [13.9]
	I DONT KNOW	16	8	16 [8]
X5.Meditation contributes to a healthy lifestyle		1	0.5	1 [0.5]
	AGREE	193	96	193 [96]
	DISAGREE	3	1.5	3 [1.5]
	I DONT KNOW	4	2	4 [2]
X6.Mediation is the same as relaxations		2	1	2 [1]
	AGREE	174	86.6	174 [86.6]
	DISAGREE	18	9	18 [9]
X7.Meditation is about emptying yourself .mind		5	2.5	5 [2.5]
	AGREE	145	72.1	145 [72.1]
	DISAGREE	21	10.4	21 [10.4]
	I DONT KNOW	30	14.9	30 [14.9]
X8..Meditation can be practiced in different ways		1	0.5	1 [0.5]
	AGREE	168	83.6	168 [83.6]
	DISAGREE	9	4.5	9 [4.5]
	I DONT KNOW	23	11.4	23 [11.4]
X9.Meditation is only for religious people		1	0.5	1 [0.5]
	AGREE	11	5.5	11 [5.5]
	DISAGREE	186	92.5	186 [92.5]

	I DON'T KNOW	3	1.5	3 [1.5]
X10.Meditation should be practiced regularly to feel a benefit		2	1	2 [1]
	AGREE	184	91.5	184 [91.5]
	DISAGREE	11	5.5	11 [5.5]
	I DONT KNOW	4	2	4 [2]
X11. Have you done online meditation before		3	1.5	3 [1.5]
	NO	148	73.6	148 [73.6]
	YES	50	24.9	50 [24.9]
X12...Meditation felt relaxed.		8	4	8 [4]
	NO	16	8	16 [8]
	YES	177	88.1	177 [88.1]
X13.Meditation was able to concentration very well.		8	4	8 [4]
	NO	13	6.5	13 [6.5]
	YES	180	89.6	180 [89.6]
X14..Meditation was feeling stronger.		7	3.5	7 [3.5]
	NO	20	10	20 [10]

	YES	174	86.6	174 [86.6]
X15..Meditation was able to stay healthy.		6	3	6 [3]
	NO	12	6	12 [6]
	YES	183	91	183 [91]

This is the Cross-Tabulation output of Categorical Variables Present in Table2:

Variable	X11. Have you done online meditation before					
	Level	YES (n=50)	NO (n=148)	Missing (n=3)	Total (n=201)	p-value
X12.Meditation felt relaxed.	YES	47 (94.0)	129 (90.8)	1 (100.0)	177 (91.7)	
	NO	3 (6.0)	13 (9.2)	0 (0.0)	16 (8.3)	0.75
	Missing	0	6	2	8	
X13.Meditation was able to Concentration very well.	YES	48 (98.0)	130 (91.5)	2 (100.0)	180 (93.3)	
	NO	1 (2.0)	12 (8.5)	0 (0.0)	13 (6.7)	0.282
	Missing	1	6	1	8	
X14. Meditation was feeling stronger.	YES	45 (90.0)	127 (89.4)	2 (100.0)	174 (89.7)	
	NO	5 (10.0)	15 (10.6)	0 (0.0)	20 (10.3)	0.885
	Missing	0	6	1	7	
X15.Meditation was able to stay healthy.	YES	48 (96.0)	133 (93.0)	2 (100.0)	183 (93.8)	
	NO	2 (4.0)	10 (7.0)	0 (0.0)	12 (6.2)	0.702
	Missing	0	5	1	6	

Discussion

This finding suggests, Meditation has the implicit to drop stress and suffering prostration in nurses by dwindling tone- judgment and identification with experience, and by adding resiliency, compassion, and emotional regulation. Stress and collapse in clinical nursing surroundings put nurses at threat of physical and cerebral conditions similar as fatigue, anxiety, depression, substance use, overall job dissatisfaction, waste, and dropped quality of care. Awareness-grounded interventions have been shown to significantly drop stress, ameliorate all aspects of collapse, and increase tone-compassion and compassion satisfaction Gracia Gozalo, Hevezi, Slatyer. Some nurses reported a dropped frequency of tone- reported drug crimes Daigle. Awareness grounded holistic interventions are generally well entered and have demonstrated strong sustainability Gracia Gozalo. still, exploration has shown that as little as 5- 10 min of contemplation a day over 4-8 weeks can drop compassion fatigue and emotional prostration, and ameliorate tone compassion, and compassion satisfaction Gracia Gozalo, Hevezi, and Yangetal. Likewise, numerous study actors had an overall positive response to the programs and maintained high attendance rates, suggesting that nurses who begin rehearsing awareness find it pleasurable, applicable, and salutary. Contemplation program is veritably effective in developing the quality of spiritual well-being of business people. Advanced quality of spiritual good occurs in all four confines collaborative, particular, transcendental, and environmental. Increased health quality of collaborative dimension implies increased mindfulness and concern of business people to community or social issues. Increased health quality of a particular dimension implies increased mindfulness in looking for the meaning of life and tone-discovery sweats. This study supports the results of exploration conducted by Petchsawang, which reported an increase

in mindfulness of church in the plant for workers after the hand completed the program of contemplation. The study also supports the exploration thesis of Brabant, which revealed that contemplation practice could cultivate wisdom (awareness), whereas wisdom in turn improves the quality of crucial attributes of leadership. By understanding spiritual well-being as over, also the spiritual well-being is growing mindfulness of energy within every human being as a foundation to develop stations and ethical geste in business and in everyday life. In this study, nurses reported diminishments in collapse and perceived stress and increases in awareness after attending a 4- hour awareness factory. Farther exploration is demanded to determine the long- term impact of awareness-grounded training on nurses' collapse, stress, and awareness chops. The results of this study add to the body of literature that supports the benefits of awareness-grounded interventions [1-10].

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