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Introduction:

Counseling, guidance and affirmation are beneficial in mentoring and reaching the aims for the fresher Nursing students. Mindfulness includes being aware of self and the surroundings while performing any kind of activities. It helps to enhance the level of concentration and attention in our performance. It relieves unnecessary stress and discomfort. Mindfulness helps us to relax and enjoy our activities to the optimum level.

Affirmation and Spirituality helps for an easy connection with self and the Supreme Soul and thus helping us to realize the true and ultimate meaning of self and the surroundings. In a true sense, being spiritual means, to be in a position and in understanding of self as a pure energy and being full of qualities of virtues and capabilities.

Need for the study:

The current scenario is always hectic be it students or otherwise. Due to such stressful and pressurized atmosphere, the fresher Nursing students easily breakdown and lose their faith and trust in themselves. This negative drive impacts their day to day life along with their academic performances. As they become low in their confidence and self esteem, many of them simply back out from their professional training program without even giving it a try.

Statement:

A study to assess the impact of 15 to 30 minutes daily counseling, affirmation and meditation on the fresher Nursing students for 15 days from B.Sc. Nursing program.

Objectives:

1. To assess the feeling of fresher Nursing students about adjustment to new environment.
2. To identify the feeling of fresher Nursing students about the course of study.
3. To know the impact of counseling, affirmation and meditation on the fresher's students.

Scope of the study:

This study will help for further exploration application of various counseling techniques on the coming new batches of fresher's students, thus help them to lead a comfortable and easy life during their training period.

Methodology:

Quasi Experimental study was conducted. The researcher introduced an intervention and this helped to study the effects. 38 students are selected for this study.

In a dim lit classroom, at the beginning of the class, from Monday to Saturday, between 9.00 AM to 9.30 AM, meditation process is carried out. Students are introduced to the real self, and affirmative statements are taught and repeated, followed by the feelings of that particular moment to be realized and being in that calm state for a while. This is followed by positive statements and thoughts, that the students would repeat and feel the same. They would remain in this peaceful stage for a while. These take approximately 15 minutes. Followed by this, is the relaxation therapy for 15 minutes. This process was continued for 15 days.

Research design:

Quasi experimental design was applied. Research design post test only one group design was adopted.

Setting of the study:

1st semester B.Sc. Nursing Classroom was used to conduct the study.

Population:

Male and female candidates from 1st semester B.Sc. Nursing class, fresher Nursing students are selected.

Sample size:

38 (11 males and 27 females), out of which, 17 students are day-scholars. And, 21 students (5 male and 16 female students) are staying in the hostel.

Development of the tool:

A questionnaire with 5 options is prepared against which is the choice of “Yes”, “No”, and “Sometimes” options. The candidate would tick on their relevant choice; this at the end would be calculated as percentage wise.

Data analysis and interpretation:**TABLE: 1**

SR. NO:	CONTENT	YES	%	NO	%	SOME TIMES	%
A	Feeling about Adjustment to new environment prior to intervention						
1.	On the first day of your class, You were:						
a.	Nervous	23	60.5	7	18.4	8	21
b.	Afraid	18	47.4	14	36.8	6	15.8
c.	Tensed	20	52.6	10	26.3	8	21
d.	Worried	19	50	11	28.9	8	21
e.	Not confident	25	65.8	8	21	5	13

Among all participants, 60% of them were nervous; 47.4% were afraid; 52.6% were tensed; 50% of the students were worried; and, 65.8% of them were not confident during their first day of the class.

TABLE 2:

SR. NO:	CONTENT	YES	%	NO	%	SOME TIMES	%
	Feeling about Adjustment to new environment prior to intervention						
2.	As you in hostel and are away from your family, you were:						
a.	Home sick	11	52.4	5	23.8	5	23.8
b.	Scared	9	42.8	10	47.6	2	9.5
c.	Apprehensive	11	52.4	7	33.3	3	14.3
d.	Restless	11	52.4	5	23.8	5	23.8
e.	Frustrated	12	57	6	28.6	3	14.3

Out of 38 students, 17 students are day-scholars. And 21 students (5 male and 16 female students) are staying in the hostel. Out of 21 hostel students, most of them were always home sick, and 23.8% were sometimes home sick. Among hostel students, 42.8% were scared, and, 47.6% of them were not scared. Whereas, 52.4% were restless and, 57% were frustrated as they are away from their family.

TABLE: 3

SR. NO:	CONTENT	YES	%	NO	%	SOME TIMES	%
B	Feeling / opinion about Course / Program						
3.	With 8 semester program, you feel:						
a.	It is difficult	12	31.6	9	23.7	17	44.7
b.	It is exhaustive	13	34.2	13	34.2	12	31.6
c.	Impossible to complete the program	4	10.5	27	71	7	18.4
d.	Tiresome	11	28.9	14	36.8	13	34.2
e.	Unable to finish the program	9	23.7	19	50	10	26.3

Among all participants, 31.6% of them felt that this 8 semester program is difficult; 34.2% of them felt that this 8 semester program is exhaustive; 10.5% felt that it is impossible to complete the program; 28.9% of the students felt that this program is tiresome; and, 23.7% of them felt that it is unable to finish the program.

TABLE: 4

SR. NO:	CONTENT	YES	%	NO	%	SOME TIMES	%
4.	With the subjects allotted, you feel:						
a.	It is difficult to understand	9	23.7	19	50	10	26.3
b.	It is tough	12	31.6	14	36.8	12	31.6
c.	Difficult to pass all the subjects	8	21	18	47.4	12	31.6
d.	Lack of time to complete the assignments	16	42	3	7.9	19	50
e.	Feel stressed out.	13	34.2	4	10.5	21	55.3

Among all participants, with the subjects allotted, 23.7% of them felt that it is difficult; and, 31.6% of them felt that the subjects are tough to understand the subjects; whereas, 21% of the students felt that it is difficult to pass all the subjects and, 42% of the students felt that there is lack of time to complete the assignments. And, 34.2% of them felt stressed out.

TABLE: 5

SR. NO:	CONTENT	YES	%	NO	%	SOME TIMES	%
	With the subjects allotted, you feel:						
5.	All these above matter, Make you:						
a.	Lack of appetite.	13	34.2	13	34.2	12	31.6
b.	Sleepless nights	13	34.2	15	39.4	10	26.3
c.	Nervous	13	34.2	15	39.4	10	26.3
d.	Upset	10	26.3	21	55.3	7	18.4
e.	Tensed	11	28.9	16	42.1	11	28.9

Among all participants, with the subjects allotted, 34.2% of them had lack of appetite; 34.2% of them had sleepless nights; 34.2% of the students felt nervous; 26.3% of the students felt upset; and, 28.9% of them felt tensed.

TABLE: 6

SR. NO:	CONTENT	YES	%	NO	%	SOME TIMES	%
C	View regarding Intervention						
6.	Counseling and Relaxation therapy:						
a.	Reduced your stress	29	76.3	5	13.1	4	10.5
b.	Relaxed your mind	35	92.1	0	0	3	7.9
c.	Became calm and quiet	22	57.9	8	21	8	21
d.	Improved your sleep pattern.	22	57.9	6	15.8	10	26.3
e.	Improved your appetite	28	73.7	3	7.9	7	18.4

Among all participants, with regard to counseling and relaxation intervention,, 76.3% of them felt their stress reduced; and, 92.1% of them had relaxed mind; 57.9% of the students felt calm and quiet; 57.9% of the students felt that their sleep pattern improved; and, 73.7% of them felt their appetite has improved.

TABLE: 7

SR. NO:	CONTENT	YES	%	NO	%	SOME TIMES	%
7.	Affirmation and meditation helped you to:						
a.	Know thyself	31	81.6	2	5.3	5	13.15
b.	Increase self esteem	33	86.8	2	5.3	3	7.9
c.	Know Supreme Father / God	34	89.5	0	0	4	10.5
d.	Be happy always	31	81.6	0	0	7	18.4
e.	Be positive always	34	89.5	0	0	4	10.5

Among all participants, with regard to affirmation and meditation,, 81.6% of them felt they knew themselves; and, 86.8% of them had increased self esteem; 89.5% of the students felt they

know Supreme Father / God; 81.6% of the students felt that they are happy always; and, 89.5% of them felt that they are positive always.

TABLE: 8

SR. NO	CONTENT	YES	%	NO	%	SOME TIMES	%
D	Post counseling / meditation changes						
8.	Mentoring and guidance helped you:						
a.	To get time for recreation and exercise.	26	68.4	2	5.3	10	26.3
b.	To complete assignments on time	29	76.3	0	0	9	23.7
c.	To make time for study hours	26	68.4	1	2.63	11	28.9
d.	To cope up with the time table	18	47.4	10	26.3	10	26.3
e.	To feel confident	31	81.6	1	2.63	6	15.8

Among all participants, with regard to mentoring and guidance, 68.4% of the students felt they got time for recreation and exercise; and, 76.3% of them could complete the assignments on time; 68.4% of the students felt they could make time for study hours; 47.4% of the students felt that they could cope up with the time table; and, 81.6% of them felt confident.

Summary and Conclusion:

The study conducted shows that 15 to 30 minutes daily counseling, affirmation and meditation on the fresher Nursing students for 15 days program do have a positive impact on the B.Sc. Nursing program students. With the experience of the researcher, it was found to be appropriate for these fresher's students to be a part of such experimental study which definitely would benefit them in their life time.

Recommendations:

Similar sessions may be conducted for the further fresher Nursing students from the coming academic year may help the fresher Nursing students to get adjusted to their new environment, and to support them into the course study and thus encourage the fresher Nursing students to adapt nursing as a career.

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