Effectiveness of Guided Imagery Therapy on Level of Stress Among Undergraduate Students in Selected Nursing Colleges of City: True Experimental Study

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Abstract- BACKGROUND OF THE STUDY Stress is a kind of burden on our body which disturbs physical and mental estate of the person. It may be job related, senior –junior relation, joint family stress and also due to ill health. Often people who are stressed mentally or having physically ill health due to any reason, cannot adjust with their relatives or friend. Thus, stress emerges among the people. There are many different definitions of stress whether used by psychologist, doctor, management consultants or others. It is a family of related experiences, pathways, responses and outcomes caused by a range of different events or circumstances. This project has been undertaken to prevent or reduce these stresses. The perceived stress among nursing students has bleak consequences on their academic performances, physical, and psychological wellbeing. Guided imagery has been found to give significant stress reduction benefits, including physically relaxing the body snappily and efficiently. So, the investigator was interested to use the guided imagery therapy in reducing stress among educators, because the prevalence rate of stress was more among the school teachers. The guided imagery will have lesser impact on the prevention and reduction of stress among school educators. So, the researcher was interested to use the guided imagery therapy in reducing stress among undergraduate students, because the prevalence rate of stress was more among the undergraduate students. The guided imagery will have greater impact on the prevention and reduction of stress among undergraduate students. OBJECTIVES To assess the effectiveness of Guided Imagery Therapy on level of stress among undergraduate students in selected nursing colleges. To assess the pretest level of stress among undergraduate nursing students in experimental and control group. To assess the posttest level of stress among undergraduate nursing students in experimental and control group. To evaluate the effectiveness of Guided Imagery Therapy on level of stress among undergraduate students in experimental and control group. To find out the association between the post-test level of stress among undergraduate students with their selected demographic variables in experimental and control group. RESULTS Majority of the subject The mean age score for the control group is 1.7286, , it is slightly higher at 1.7571, maximum score is 4% and minimum score is 1%Majority of the subject. Among the control group, (22.9%) are male 77.1%) are female In the experimental group, 22 participants (31.4%) are male, and 48 (68.6%) are female. Overall, there are 38 males (27.1%) and 102 females (72.9%) out of a total of 140 participants, with an equal number of participants (70) in each group. Majority of the subject. In the control group, 8 participants (11.4%) are self-employed, 19 (27.1%) work in private jobs, 15 (21.4%) are government employees, and 28 (40.0%) belong to other occupations. In the experimental group, 13 participants (18.6%) are self- employed, 22 (31.4%) work in private jobs, 12 (17.1%) are government employees, and23 (32.9%) belong to other occupations Majority of the subject. In the control group, 29 participants (41.4%) reside in urban areas, while 41 (58.6%) reside in rural areas. In the experimental group, 36 participants (51.4%) are from urban areas, and 34 (48.6%) are from rural areas. Overall, out of 140 participants, 65 (46.4%) reside in urban areas, and 75 (53.6%) reside in rural areas. Majority of the subject. In the experimental group, 53 participants (75.7%) are from nuclear families, and 17 (24.3%) are from joint families. Overall, of the 140 participants, 114 (81.4%) belong to nuclear families, and 26 (18.6%) belong to joint families. In the control group, 59 participants (84.3%) have an annual family income below 1 lakh, 4 (5.7%) have an income between 1,00,001 and 2 lakh, 1 (1.4%) earn between 2,00,001and 3 lakh, and 6 (8.6%) earn above 3 lakhs. In the experimental group, 38 participants (54.3%) have an income below 1 lakh, 11 (15.7%) earn between 1,00,001 and 2 lakh, 6 (8.6%) earn between 2,00,001 and 3 lakh, and 15 (21.4%) have an income above 3 lakhs. Overall, of the 140 participants, 97 (69.3%) have a family income below 1 lakh, 15 (10.7%) earn between 1,00,001 and 2 lakh, 7(5.0%) earn between 2,00,001 and 3 lakh, and 21 (15.0%) earn above 3 lakhs. In the control group, 12

participants (17.1%) have prior knowledge of Guided Imagery Therapy, and 58 (82.9%) do not. In the experimental group, 13 participants (18.6%) have previous knowledge, and 57 (81.4%) do not. Overall, out of the 140 participants, 25 (35.7%) have prior knowledge, while 115 (82.1%) do not. The scoring levels are divided into five categories: Poor (31 to 40), Average (41 to 50), Good (51 to 60), Very Good (61 to 70), and Excellent (above 70). In the "Poor" category, only the experimental group had 1 participant, making up 1% of the total. In the "Average" category, neither group had participants. In the "Good" category, 4 participants from the control group and 26 from the experimental group accounted for 30%. In the "Very Good" category, the control group had 54 participants, while the experimental group had 39, comprising 93% of the total. In the "Excellent" category, 12 participants were from the control group and 4 from the experimental group, totaling 16%. The minimum score observed was 38, the maximum score was 75, and the mean knowledge score across both groups was 63.81 ± 51.06, reflecting the variation in knowledge levels. In the "Poor" category, the control group had 1 participant and the experimental group had 7, making up 8% of the total. In the "Average" category, the control group had no participants, while 58 participants from the experimental group fell into this category, comprising 58% of the total. In the "Good" category, 11 participants were from the control group and 5 from the experimental group, contributing 16% overall. In the "Very Good" category, 51 participants from the control group achieved this level, whereas none from the experimental group did, making up 51% of the total. In the "Excellent" category, 7 participants from the control group scored above 70, while none from the experimental group did, accounting for 7%. The minimum score recorded was 33, the maximum score was 73, and the mean knowledge score across both groups was 55.07 ± 10.01, indicating a moderate level of knowledge post- test with lower variability compared to the pretest. Analysis revels that there is association of knowledge with gender, occupation, residency, type of family, Family Income, Previous Knowledge on Guided Imagery Therapy. CONCLUSION For the control group, the pretest mean score was 65.76 with a standard deviation of 4.03 and a standard error mean of 0.48. The post-test mean score decreased to 61.87, with a higher standard deviation of 5.35 and a standard error mean of 0.64. For the experimental group, the pretest mean score was 63.86, with a standard deviation of 5.42 and a standard error mean of0.65. The post-test mean score dropped significantly to 46.30, with a standard deviation of4.02 and a standard error mean of 0.48. The t-test value for the experimental group was 21.778, with a p-value of

0.226 (not statistically significant), and the F-value was 1.482. These results show a more pronounced decline in post-test scores for the experimental group compared to the control group. Thus, it was concluded that Guided Imagery Therapy on level of Stress Students in Selected Nursing Colleges of City. school was found to be effective as a teaching strategy. Hence, based on the above cited findings, it was concluded undoubtedly that the educational intervention by the investigator in the form Guided Imagery Therapy helped the 1st year BSc nursing increase knowledge regarding that Guided Imagery Therapy.

INTRODUCTION

The involvement of stress in people is universal, but there are too checked person differences in how stress is experienced. Stress has been known "to be the fuel the body uses to meet the challenges of our fast-paced cutting-edge life; for others, it is the aversive by-product of such a life" (Altmaier,1983). Stress has been related with major life occasions, lifestyle hassles, and changes in life. Stress is made by excessive natural and inside demands that require consistent exertion and alteration. Many undergraduate students experience considerable stress due to the requests related with change: clearing out home, becoming independent choice makers, and competing against modern benchmarks (Altmaier, 1983). A few graduate and undergraduate students can see these moves as a positive experience that can be exciting, but a few students appear to be threatened by this change. Graduate school is where numerous graduate understudies' 84involvement a time of expanded demands, desires, and stress. Students are a interesting bunch of individuals who are passing from most basic period of life in which they experience many unpleasant occasions. As the education proceed to the higher level the students use to face more stressful events like more extreme syllabus, challenging work assignments and projects, dwelling in hostels such challenges have to be cope affectively Guided imagery could be a technique that includes dwelling on a positive mental picture or scene. It could be a that psychotherapists utilize, but a individual can also instruct it to themselves and utilize it at any time. This method is sometimes called visualization, or guided meditation. There are many benefits to utilizing guided imagery, such as decreasing stress or improving a person's sense of well-being. Guided imagery has been found to give significant stress

reduction benefits, including physically relaxing the body snappily and efficiently. So, the investigator was interested to use the guided imagery therapy in reducing stress among educators, because the prevalence rate of stress was more among the school teachers. The guided imagery will have lesser impact on the prevention and reduction of stress among school educators.So, the researcher was interested to use the guided imagery therapy in reducing stress among undergraduate students, because the prevalence rate of stress was more among the undergraduate students. The guided imagery will have greater impact on the prevention and reduction of stress among undergraduate students.

OBJECTIVE

PRIMARY OBJECTIVES
1. To assess the effectiveness of Guided Imagery Therapy on level of stress among undergraduate students in selected nursing colleges.

SECONDARY OBJECTIVES
1. To assess the pretest level of stress among undergraduate nursing students in experimental and control group.
2. To assess the posttest level of stress among undergraduate nursing students in experimental and control group.
3. To evaluate the effectiveness of Guided Imagery Therapy on level of stress among undergraduate students in experimental and control group.
4. To find out the association between the post-test level of stress among undergraduate students with their selected demographic variables in experimental and control group.

MATERIALS AND METHOD

This study was based on quantitative approach. The research design use in the study was is true experimental pretest posttest research design was used to find Effectiveness of Guided Imagery Therapy on level of Stress among Undergraduate Students in Selected Nursing Colleges of City and association of posttest knowledge score with the selected demographic variable The tools used in the study consist of two sections Semi structured questionnaire on Demographic variables. Self-structured Stress Rating Scale. The study was conducted on 140 nursing students (70 in experimental group and 70 in control group. In this study population are All Nursing students. Data on Self structured Stress Rating Scale in both the group would be analyzed by using mean, SD, range and median and unpaired 't' test. The significant association between post test score of Knowledge and demographic variables would be calculated using unpaired 't' test and one-way ANOVA test. This plan was tested with pilot study. Permission was taken from concerned authority. Pilot study was conducted from 28 /11/ 2024 for period of 08 days sample of 20 students were selected from selected nursing school. the investigator approached the sample individually, discuss the objective of the study and obtained consent from participant in study. Assess the level of stress of 1st semester B.Sc. Nursing students was assessed by Self- structured Stress Rating Scale respectively from experimental and control group. After pre- test, intervention was given regarding guided imaginary therapy was done for experimental group only. On the 7th day the effectiveness was reassessed on the same subject in the experimental and control group.

RESULT

SECTION-I DESCRIPTION OF DISTRIBUTION OF UNDERGRADUATE STUDENTS WITH REGARDS TO DEMOGRAPHIC VARIABLES.

			Group		Total	Chi Sq	P-value
			Control	Experimental			
Age	18 years	Frequency	34	34	68	0.75	0.861
		%	48.6%	48.6%	48.6%		
	19 years	Frequency	24	24	48		
		%	34.3%	34.3%	34.3%		
	20 years	Frequency	9	7	16		
		%	12.9%	10.0%	11.4%		
	21 years	Frequency	3	5	8		
		%	4.3%	7.1%	5.7%		

Total		Frequency	70	70	140		
		%	100.0%	100.0%	100.0%		

TABLE 1.2: -DESCRIPTIVE STATISTICS (DEMOGRAPHIC VARIABLES GENDER)

			Group		Total	Chi Sq	P-value
			Control	Experimental			
Gender	Male	Frequency	16	22	38		
		%	22.9%	31.4%	27.1%		
	Female	Frequency	54	48	102	1.3	0.254
		%	77.1%	68.6%	72.9%		
Total		Frequency	70	70	140		
		%	100.0%	100.0%	100.0%		

TABLE 1.3:-DESCRIPTIVE STATISTICS (DEMOGRAPHIC VARIABLES OCCUPATION)

			Group		Total	Chi Sq	P- value
			Control	Experimental			
Occupation	Self Employed	Frequency	8	13	21		
		%	11.4%	18.6%	15.0%		
	Private	Frequency	19	22	41		
		%	27.1%	31.4%	29.3%	2.234	0.525
	Government Employee	Frequency	15	12	27		
		%	21.4%	17.1%	19.3%		
	Others	Frequency	28	23	51		
		%	40.0%	32.9%	36.4%		
Total		Frequency	70	70	140		
		%	100.0%	100.0%	100.0%		

TABLE 1.4:-DESCRIPTIVE STATISTICS (DEMOGRAPHIC VARIABLES RESIDENCY)

			Group		Total	Chi Sq	P-value
			Control	Experimental			
Residenc y	Urba n	Frequency	29	36	65		
		%	41.4%	51.4%	46.4%		
	Rural	Frequency	41	34	75		
		%	58.6%	48.6%	53.6%	1.407	0.236
Total		Frequency	70	70	140		
		%	100.0%	100.0%	100.0%		

TABLE 1.5: -DESCRIPTIVE STATISTICS (DEMOGRAPHIC VARIABLES TYPE OF FAMILY)

			Group		Total	Chi Sq	P-value
			Control	Experimental			
Type of family	Nuclear	Frequency	61	53	114		
		%	87.1%	75.7%	81.4%		
	Joint	Frequency	9	17	26		
		%	12.9%	24.3%	18.6%	3.023	0.082
Total		Frequency	70	70	140		
		%	100.0 %	100.0%	100.0 %		

TABLE 1.6: -DESCRIPTIVE STATISTICS (DEMOGRAPHIC VARIABLES FAMILY INCOME)

			Group		Total	Chi Sq	P-value
			Control	Experimental			
	Below 1 Lakh/- Annual	Frequency	59	38	97		
		%	84.3%	54.3%	69.3%		

							Chi Sq	P-value
	1,00,001 Lakh -2 lakh/- Annual	Frequency	4	11	15			15.242	0.002
		%	5.7%	15.7%	10.7%			
	2,00,001Lakh-3Lakh/- Annual	Frequency	1	6	7			
		%	1.4%	8.6%	5.0%			
Family Income	Above 3 Lakh/- Annual	Frequency	6	15	21			
		%	8.6%	21.4%	15.0%			
Total		Frequency	70	70	140			
		%	100.0%	100.0%	100.0%			

TABLE 1.7: -DESCRIPTIVE STATISTICS (DEMOGRAPHIC VARIABLES PREVIOUS KNOWLEDGE ON GUIDED IMAGERY THERAPY)

			Group		Total	Chi Sq	P-value
			Control	Experimental			
Previous Knowledge on Guided Imagery Therapy	Yes	Frequency	12	13	25	1.175	0.556
		%	17.1%	18.6%	35.7%		
	No	Frequency	58	57	115		
		%	82.9%	81.4%	82.1%		
Total		Frequency	70	70	140		
		%	100.0%	100.0%	100.0%		

SECTION -II DESCRIPTION OF ASSESSMENT OF LEVEL OF PRETEST AND POST-TEST KNOWLEDGE REGARDING LEVEL OF STRESS AMONG UNDERGRADUATE STUDENTS IN SELECTED NURSING COLLEGES

TABLE 2.1: TABLE SHOWING DISTRIBUTION OF UNDERGRADUATE STUDENTS WITH REGARDS LEVEL OF PRETEST CONTROL & EXPERIMENTAL REGARDING LEVEL OF STRESS.

Pretest Score	Score Range	Level of Pretest Score		
		Control (Frequency)	Experimental (Frequency)	Percentage (%)
Poor	31 to40	0	1	1%
Average	41 to 50	0	0	0%
Good	51 to 60	4	26	30%
Very Good	61 to 70	54	39	93%
Excellent	70 & Above	12	4	16%
Minimum Score		38		
Maximum Score		75		
Mean Knowledge Score		63.81 ± 51.06		

TABLE 2.2: TABLE SHOWING DISTRIBUTION OF UNDERGRADUATE STUDENTS WITH REGARDS LEVEL OF POST-TEST CONTROL & EXPERIMENTAL REGARDING LEVEL OF STRESS.

Post-test Score	Score Range	Level of Post Score		
		Control (Frequency)	Experimental (Frequency)	Percentage (%)
Poor	31 to40	1	7	8%
Average	41 to 50	0	58	58%
Good	51 to 60	11	5	16%
Very Good	61 to 70	51	0	51%
Excellent	70 & above	7	0	7%
Minimum Score		33		
Maximum Score		73		
Mean Knowledge Score		55.07 ± 10.01		

SECTION III TABLE 3.1: ASSESSMENT OF THE EVALUATION EFFECTIVENESS OF GUIDED IMAGERY THERAPY ON LEVEL OF STRESS AMONG UNDERGRADUATE STUDENTS IN SELECTED NURSING COLLEGES OF CITY.

Group		N	Mean	Std. Deviation	Std. Error Mean	P- value	t-test	F-value
Control	Pre	70	65.7571	4.03404	0.48216	<0.01	4.853	0.756
	Post	70	61.8714	5.34850	0.63927			
Experimental	Pre	70	63.8571	5.41679	0.64743	0.226	21.778	1.482
	Post	70	46.3000	4.01934	0.48040			

SECTION -IV DESCRIPTION OF ASSOCIATION OF PRE & POST-TEST KNOWLEDGE SCORE REGARDING GUIDED IMAGERY THERAPY ON LEVEL OF STRESS AMONG UNDERGRADUATE STUDENTS IN SELECTED NURSING COLLEGES OF CITY WITH THEIR SELECTED DEMOGRAPHIC VARIABLES.

Group		N	Mean	Std. Deviation	Std. Error Mean	T-test	P-value	F-value
Age	Control	70	19.0143	9.34910	1.11743	-0.192	0.848	0.11
	Experimental	70	19.3286	9.98654	1.19362			

			Category		Total	Chi sq	P-value
			Low	Moderate			
Gender	Male	Frequency	38	0	38	140.01	<0.01
		%	100.0%	0.0%	27.1%		
	Female	Frequency	0	102	102		
		%	0.0%	100.0%	72.9%		
Total		Frequency	38	102	140		
		%	100.0%	100.0%	100.0%		

			Category			Total	Chi sq	P-value
			Low	Moderate	High			
Occupation	Self Employed	Frequency	21	0	0	21	280.01	<0.01
		%	100.0%	0.0%	0.0%	15.0%		
	Private	Frequency	0	41	0	41		
		%	0.0%	100.0%	0.0%	29.3%		
	Government Employee	Frequency	0	0	27	27		
		%	0.0%	0.0%	34.6%	19.3%		
	Others	Frequency	0	0	51	51		
		%	0.0%	0.0%	65.4%	36.4%		
Total		Frequency	21	41	78	140		
		%	100.0%	100.0%	100.0%	100.0%		

			Category		Total	Chi sq	P-value
			Low	Moderate			
Residency	Urban	Frequency	65	0	65	140.01	0.01
		%	100.0%	0.0%	46.4%		
	Rural	Frequency	0	75	75		
		%	0.0%	100.0%	53.6%		
Total		Frequency	65	75	140		
		%	100.0%	100.0%	100.0%		

			Category			Total	Chi sq	P-value
			Low	Moderate	High			
Family Income	Below 1 Lakh/- Annual	Frequency	97	0	0	97		
		%	100.0%	0.0%	0.0%	69.3%		
	1,00,001 Lakh -2 lakh/- Annual	Frequency	0	15	0	15		
		%	0.0%	100.0%	0.0%	10.7%		
	2,00,001Lakh-	Frequency	0	0	7	7		

				0.0%	0.0%	25.0%	5.0%		
	3Lakh/- Annual		%	0.0%	0.0%	25.0%	5.0%		
	Above 3 Lakh/- Annual		Frequency	0	0	21	21		
			%	0.0%	0.0%	75.0%	15.0%	280.11	<0.01
Total			Frequency	97	15	28	140		
			%	100.0%	100.0%	100.0%	100.0%		

			Category		Total	Chi sq	P-value
			Moderate	High			
Previous Knowledge on Guided Imagery Therapy	Yes	Frequency	25	0	25		
		%	100.0%	0.0%	17.9%	133.26	0.014
	No	Frequency	0	115	115		
		%	0.0%	100.0%	82.1%		
Total		Frequency	25	115	140		
		%	100.0%	100.0%	100.0%		

			Category		Total	Chi sq	P-value
			Low	Moderate			
Type of family	Urban	Frequency	114	0	114		
		%	100.0%	0.0%	81.4%		
	Rural	Frequency	0	26	26	140.01	0.01
		%	0.0%	100.0%	18.6%		
Total		Frequency	114	26	140		
		%	100.0%	100.0%	100.0%		

RELIABILITY ANALYSIS:

Person's Correlation Coefficient	0.889
Reliability	0.891

By using Parallel form method of reliability, it is found to be 0.891 and hence tool is reliable and valid.

CONCLUSION

For the control group, the pretest mean score was 65.76 with a standard deviation of 4.03 and a standard error mean of 0.48. The post-test mean score decreased to 61.87, with a higher standard deviation of 5.35 and a standard error mean of 0.64. The t-test value for the control group was 4.853, with a p-value of <0.01 (statistically significant), and the F-value was 0.756. For the experimental group, the pretest mean score was 63.86, with a standard deviation of 5.42 and a standard error mean of 0.65. The post-test mean score dropped significantly to 46.30, with a standard deviation of 4.02 and a standard error mean of 0.48. The t-test value for the experimental group was 21.778, with a p-value of 0.226 (not statistically significant), and the F-value was 1. 482. These results show a more pronounced decline in post-test scores for the experimental group compared to the control group,

though the p-values indicate no statistically significant difference in either group. Thus, it was concluded that Guided Imagery Therapy on level of Stress Students in Selected Nursing Colleges of City. school was found to be effective as a teaching strategy.

DISCUSSION

This section presents the discussion of finding against the main objectives of the investigator behind the study that was undertaken to assess the Effectiveness of Guided Imagery Therapy on level of Stress among Undergraduate Students in Selected Nursing Colleges of City. The Study Was Conducted on A Study to Assess the Effectiveness of Guided Imagery on Improving the Level of Adjustment Among 1st year BSc nursing in a selected setting. Objective: The objective of the study was to determine the effectiveness of guided imagery on adjustment among nursing students. Methodology was quantitative approach, pre- experimental- one group pretest and posttest 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 study was Part I semi structured questionnaire on Background variables and Part II adjustment tool. Guided imagery administered for 8 sessions. value is 1.671 which proves that there was statistically significant at age at the level of $p < 0.005$. conclusion was Poor adjust mental distress among a significant number of nursing students is important issue facing in nursing education. The concern need is to build into the nursing course in order to help the students with such difficulty.

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