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Research Article

PILOT STUDY

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ABSTRACT

A Pilot Study was conducted to assess the effectiveness of Twin Heart Meditation Technique in reducing stress, improving quality of life and increasing work performance among Nursing professionals in selected healthcare institutions of Uttarakhand.

Keywords:

Twin Heart Meditation, Perceived Stress, Quality of Life, Individual Work Performance, Nursing Professionals.

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INTRODUCTION

A Pilot Study was conducted to assess the effectiveness of Twin Heart Meditation Technique in reducing stress, improving quality of life and increasing work performance among Nursing professionals in selected healthcare institutions of Uttarakhand. The objectives of the study were (a) To assess the level of stress, quality of life and individual work performance among nursing professionals by doing pre test scoring using standardized scales (b) To assess the effectiveness of Twin Heart Meditation Technique among nursing professionals after meditation sessions on their post test score of stress, quality of life and individual work performance. (c) To find out the association between post test score of stress, quality of life and individual work performance of nursing professionals who attended twin heart meditation sessions with their selected demographic variables. The research approach selected for the study was quantitative research approach and quasi-experimental research design. The study was conducted at selected healthcare institutions of Uttarakhand. Total 20 (10 experimental, 10 control) samples were selected for pilot study from hospitals, nursing colleges and CHCs etc based on non-probability purposive sampling. The researcher used standardized Perceived stress scale (PSS), WHO-BREF Quality of life scale and Individual work performance scale (IWPPQ) for data collection. As a part of intervention TWIN HEART MEDITATION TECHNIQUE was carried out for six weeks among interested nursing

professionals working in hospitals, nursing colleges and other community areas. The post test scores were measured using the same standardized scales after six weeks of intervention. The collected data were analysed by using inferential statistical method

RESULTS

Descriptive Statistics and Paired t test was used to evaluate the effectiveness of TWIN HEART MEDITATION TECHNIQUE in reducing stress, improving quality of life and increasing work performance among Nursing professionals. It revealed that the mean score of pre test was 77.80 and post test was 97.70. The mean difference was 19.90. The obtained p-value is .000. Hence it was highly significant $p < 0.05$ level.

| Paired Samples Statistics | | | | | |
|---------------------------|-------------------------|-------|----|----------------|-----------------|
| | | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | ExpWHO | 97.70 | 10 | 9.844 | 3.113 |
| | Expwhopre | 77.80 | 10 | 9.077 | 2.871 |
| Pair 2 | ConWHO | 96.60 | 10 | 8.435 | 2.667 |
| | Conwhopre | 96.90 | 10 | 7.578 | 2.397 |
| Pair 3 | Expperceivedstressscale | 17.30 | 10 | 3.917 | 1.239 |
| | preexpprecived | 20.50 | 10 | 4.790 | 1.515 |
| Pair 4 | Conperceivedscale | 20.90 | 10 | 3.035 | .960 |
| | preconpre | 21.20 | 10 | 6.339 | 2.004 |
| Pair 5 | Expipwpq | 44.40 | 10 | 10.146 | 3.208 |
| | preexpipwpq | 34.10 | 10 | 11.780 | 3.725 |
| Pair 6 | Conipwpq | 46.50 | 10 | 12.021 | 3.801 |
| | preconipwpq | 45.50 | 10 | 9.857 | 3.117 |

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| Paired Samples Correlations | | | | |
|-----------------------------|---|----|-------------|------|
| | | N | Correlation | Sig. |
| Pair 1 | ExpWHO & Expwhopre | 10 | .278 | .437 |
| Pair 2 | ConWHO & Conwhopre | 10 | .790 | .007 |
| Pair 3 | Exppercivedstressscale & preexpprecived | 10 | .761 | .011 |
| Pair 4 | Conperceivedscale & preconpre | 10 | .677 | .032 |
| Pair 5 | Expipwpq & preexpipwpq | 10 | .850 | .002 |
| Pair 6 | Coniwpq & preconipwpq | 10 | .831 | .003 |

- Joshi N. *et al* The Need, Feasibility and Willingness to Explore "Meditation on Twin Hearts" as a Self-administered Tool for Mental Health Management among Transgender Women: An Exploratory Survey Community Mental Health Journal volume 58, pages666–672 (2022)

| Paired Samples Test | | | | | | | | | |
|---------------------|---|--------------------|----------------|-----------------|---|--------|--------|----|-----------------|
| | | Paired Differences | | | | | t | df | Sig. (2-tailed) |
| | | Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference | | | | |
| | | | | | Lower | Upper | | | |
| Pair 1 | ExpWHO - Expwhopre | 19.900 | 11.387 | 3.601 | 11.754 | 28.046 | 5.527 | 9 | .000 |
| Pair 2 | ConWHO - Conwhopre | -.300 | 5.250 | 1.660 | -4.056 | 3.456 | -.181 | 9 | .861 |
| Pair 3 | Exppercivedstressscale - preexpprecived | -3.200 | 3.120 | .987 | -5.432 | -.968 | -3.244 | 9 | .010 |
| Pair 4 | Conperceivedscale - preconpre | -.300 | 4.832 | 1.528 | -3.756 | 3.156 | -.196 | 9 | .849 |
| Pair 5 | Expipwpq - preexpipwpq | 10.300 | 6.201 | 1.961 | 5.864 | 14.736 | 5.252 | 9 | .001 |
| Pair 6 | Coniwpq - preconipwpq | 1.000 | 6.683 | 2.113 | -3.781 | 5.781 | .473 | 9 | .647 |

CONCLUSION

Hence the findings of the study revealed that the of TWIN HEART MEDITATION TECHNIQUE was effective in reducing stress, improving quality of life and increasing work performance of Nursing professionals.

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