

		slow pranayama (SPG) (n=29), fast pranayama (FPG) (n=32) and control groups (CG) (n=30).			average age of 18.58 ±2.27 (mean ± SD)	improved handgrip strength among healthy volunteers
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## 4.0 AIMS AND OBJECTIVES

### 4.1 AIMS AND OBJECTIVES OF THE STUDY-1

#### 4.1.1 Aim

To identify the correlates of the resilience among nursing students.

#### 4.1.2 Objective

To explore the association of resilience with mindfulness, resilience, empathy, and perseverative thinking in the nursing students.

#### 4.1.3 Justification

Nursing students experience enormous stress to meet the professional demand (Jimenez, Navia-Osorio, & Diaz, 2010). Indeed, resilience is an essential quality that equips them to meet professional demand (McAllister & McKinnon, 2009). Also, mindfulness aid in handling stress (Walker & Mann, 2016). It was reported that, nursing students have more stress and anxiety compared to other students (Bartlett, Taylor, & Nelson, 2016). However, female nursing students are at high risk of anxiety and depression (Uras, Delle Poggi, Rocco, & Tabolli, 2011). As empathy is an essential quality of a student nurse to provide quality health care to patients. Certainly, nursing students are more empathetic than other healthcare students (Penprase, Oakley, Ternes, & Driscoll, 2013; Williams et al., 2014). So, we conducted survey study-1 to explore the correlates of resilience.

#### 4.1.4 Hypotheses

- There will be a significant positive correlation between resilience, mindfulness, and empathy in the nursing students
- There will be a significant negative correlation between resilience and perseverative thinking among the nursing students

#### 4.2 AIMS AND OBJECTIVES OF THE STUDY-2

##### 4.2.1 Aim

To determine the correlates of spiritual well-being among nursing students.

##### 4.2.2 Objective

To identify the association between spiritual well-being, and mindfulness, self-compassion, and satisfaction with life among the nursing students.

##### 4.2.3 Justification

Spirituality is at the core of nursing professional identity (Hensel & Laux, 2014). It was reported that nursing students perceived high personal levels of spirituality (Shores, 2010). Previous studies have reported significant correlation between spirituality and satisfaction with life (Jafari et al., 2010), self-compassion (Akin & Akin, 2017), and with mindfulness (Carmody, Reed, Kristeller, & Merriam, 2008). Thus, this study was designed to evaluate how these variables are correlated to each other and with personal, communal, environmental, and transcendental domains of spiritual well-being among nursing students.

#### 4.2.4 Hypothesis of the study-2

There will be a significant positive association between spiritual well-being, mindfulness, self-compassion, and satisfaction with life among the nursing students.

#### 4.3 AIMS AND OBJECTIVES OF THE STUDY-3

##### 4.3.1 Aim

The present study was designed to evaluate the effectiveness of an 8-week yoga intervention on mindfulness, resilience, self-compassion, satisfaction with life, empathy (cognitive domain), perceived stress, low back and hamstring flexibility, peak expiratory flow rate, handgrip and pinch strength, hand dexterity among nursing students.

##### 4.3.2 Objectives

- To assess the effect of yoga intervention on mindfulness of the nursing students.
- To measure the impact of yoga intervention on resilience in the nursing students.
- To assess the effect of yoga intervention on self-compassion in the nursing students.
- To determine the influence of yoga intervention on satisfaction with life in the nursing students.
- To measure the impact of yoga intervention on empathy in the nursing students.
- To determine the influence of yoga intervention on perceived stress in the nursing students.
- To determine the outcome of yoga intervention on low back and hamstring flexibility of the student nurses.
- To measure the impact of yoga intervention on peak expiratory flow rate in the nursing students.

- To evaluate the efficacy of yoga intervention on handgrip strength of the nursing students.
- To assess the effect of yoga intervention on pinch strength in the nursing students.
- To assess the impact of yoga intervention on hand dexterity of the nursing students.

#### 4.3.3 Justification

Based on the review of literature, mindfulness, resilience, self-compassion, satisfaction with life, empathy (cognitive domain), perceived stress, low back and hamstring flexibility, peak expiratory flow rate, handgrip and pinch strength, hand dexterity contributes towards psychological and physical wellbeing. Many studies have shown the beneficial effects of yoga in improving psychological and physical wellbeing. Hence the present study was planned to study the effect of yoga on psycho-physical functioning of the nursing students.

#### 4.3.4 Hypotheses

- Yoga intervention will increase mindfulness of nursing students in the yoga group than compared to the Wait-list Controlled (WLC) group
- Yoga intervention will improve resilience of the participants in the yoga group than compared to the WLC group
- Yoga intervention will enhance self-compassion among participants of the yoga group than compared to the WLC group
- Yoga interventions will increase satisfaction with life in the yoga group participants than compared to the WLC group
- Yoga intervention will improve empathy of the yoga group students than compared to the WLC group

- Yoga intervention will decrease perceived stress in nursing students of the yoga group than compared to the WLC group
- Yoga intervention will enhance low back and hamstring flexibility of the yoga group students than compared to the WLC group
- Yoga intervention will enhance peak expiratory flow rate of the yoga group participants than compared to the WLC group
- Yoga intervention will increase handgrip strength in the nursing students of yoga group than compared to the WLC group
- Yoga intervention will impact pinch strength of the yoga group students than compared to the WLC group
- Yoga intervention will influence hand dexterity of the yoga group participants than compared to the WLC group