

8.0 APPRAISAL

8.1 SUMMARY OF THE FINDINGS

8.1.1 SUMMARY OF THE STUDY-1

Overall, results partially support aim of the study. As resilience, mindfulness, empathy, and repeated negative thinking were significantly correlated, only mindfulness and repeated negative thinking could predict resilience but not empathy.

8.1.2 SUMMARY OF THE STUDY-2

Our results were successful in determining the correlates and predictors of spiritual well-being among nursing students. Mindfulness, self-compassion, and satisfaction in life were significantly correlated with all the domains of spiritual well-being on lived in experience. These variables explained significant variance in spiritual well-being.

8.1.3 SUMMARY OF THE STUDY-3

Our study findings have reported, that an 8-week yoga intervention significantly improved mindfulness, self-compassion, low back and hamstring flexibility, pinch strength (chunk and pulp) among nursing students in the yoga group than compared to the WLC group. Also, there was a significant improvement in peak expiratory flow rate and hand dexterity in both the groups. Even though, we could not elicit statistical significance following improvements were witnessed among participants of the yoga group in contrast to the WLC group. There were improvements in resilience and perceived stress in the yoga group but not in the WLC group. However, there were improvements in satisfaction with life and pinch strength (lateral) among both the groups. Contrary to our expectation, decrease in empathy was

reported in both the groups, but significant decrease was noticed in the WLC group and non-significance in the yoga group, however a significant decrease in handgrip strength was witnessed among the WLC group.

8.2 CONCLUSIONS

8.2.1 CONCLUSION OF THE STUDY-1

Taken together, these findings show resilience was significantly related with mindfulness, empathy and repeated negative thinking. Regression results revealed mindfulness alone predicted 23% of the variance in resilience. Overall, these outcomes support the importance of resilience and mindfulness among the nursing students. Hence, resilience and/mindfulness enhancing program should be inculcated in the nursing curriculum.

8.2.2 CONCLUSION OF THE STUDY-2

Previous studies have provided an insight into academic and clinical demands of nursing students and relationship between satisfaction with life and self-compassion on personal, and transcendental domains of spiritual well-being. However, our study was successful in eliciting correlates and predictors of spiritual well-being. Substantially, satisfaction with life, mindfulness, and self-compassion plays a significant role on personal, communal, environmental, and transcendental domains of spiritual well-being. Therefore, an appropriate intervention that can enhance spiritual well-being or self-compassion or life satisfaction or mindfulness should be inculcated in the nursing curriculum, to equip them with an internal resource to be effective health care providers.

8.2.3 CONCLUSION OF THE STUDY-3

Results of our study have demonstrated, an 8-week yoga intervention significantly improved mindfulness, self-compassion, low back and hamstring flexibility, pinch strength (chunk and pulp) among nursing students in the yoga group than compared to the WLC group. However, significant improvements in peak expiratory flow rate and hand dexterity were witnessed among both the groups. Though, our study has reported mixed results inculcating yoga intervention in the nursing curriculum would be effective in meeting the demands of the profession.

8.3 IMPLICATIONS OF THE STUDY

This research was an amalgamation of two survey studies and an experimental study. Variables were selected keeping in mind their significance to the nursing students. Nine different psychological variables were measured in the three studies, as using all these in a single study would be inconvenient. In the survey studies, attempt was made to explain variance on resilience and spiritual well-being respectively using regression model. These results reveal us how variables are related to each other. Especially role of mindfulness and its correlation with other variables.

8.4 APPLICATIONS OF THE STUDY

The purpose of the study was to inculcate yoga into nursing curriculum to meet demands of the profession. Though we could come out only with mixed results.

8.5 STRENGTH OF THE STUDY

Strength of the studies were, all the questionnaires used in the studies had sound psychometric properties. Both subjective and objective data were part of the study-3. Each study had adequate sample size.

8.6 LIMITATIONS OF THE STUDY

For the study-1 and study-2, limitation was use of only self-reported questionnaires for the data collection.

In the study-3, only pre-post data was collected, and duration of the intervention could have been for more than 8-week with readings taken at multiple timelines and follow-up report of the study. This study could have been implemented in the beginning of the academic year. In our exclusion criteria we did not include students who were regularly practicing yoga but did not consider whether they were practicing any other forms of exercises. We could have randomized students according to their course (GNM and BSc) instead of performing subgroup analysis. Instead of randomized wait-list controlled trial, active control group or three group study could have been planned.

8.7 SUGGESTIONS FOR FUTURE STUDIES

Future studies can be designed keeping in mind limitations of our study. Research should be undertaken using a large sample size so that behaviour of students according to their course and class can be understood better. Along with psychological and physical variables physiological/biochemical variables can be included in the study.