

## TABLE OF CONTENTS

Sl. No.	Details	Page No.
1.0	INTRODUCTION	1-9
1.1	INTRODUCTION OF STUDY-1	1-3
1.2	INTRODUCTION OF STUDY-2	4-6
1.3	INTRODUCTION OF STUDY-3	6-9
2.0	LITERARY RESEARCH ON COMPASSION	10-14
2.1	BACKGROUND AND SCOPE	10
2.2	AIM	10
2.3	MATERIALS AND METHODS	11-12
2.4	COMPASSION IN NURSING	13-14
2.5	CONCLUSION	14
3.0	REVIEW OF SCIENTIFIC LITERATURE	15-31
4.0	AIMS AND OBJECTIVES	32-36
4.1	AIMS AND OBJECTIVES OF THE STUDY-1	32-33
4.1.1	Aim	32
4.1.2	Objective	32
4.1.3	Justification	32

4.1.4	Hypotheses	33
4.2	AIMS AND OBJECTIVES OF THE STUDY-2	33-34
4.2.1	Aim	33
4.2.2	Objective	33
4.2.3	Justification	33
4.2.4	Hypotheses	34
4.3	AIMS AND OBJECTIVES OF THE STUDY-3	34-35
4.3.1	Aim	34
4.3.2	Objective	34-35
4.3.3	Justification	35
4.3.4	Hypotheses	35-36
5.0	METHODS	37-51
5.1	METHODS OF THE STUDY-1	37
5.1.1	Participants	37
5.1.1.1	Sample size	37
5.1.1.2	Selection and source of participants	37
5.1.1.3	Inclusion criteria	37
5.1.1.4	Exclusion criteria	37

5.1.2	Design	37
5.1.3	Variables studied, and instruments	38-39
5.1.4	Procedure	39
5.2	METHODS OF THE STUDY-2	40
5.2.1	Participants	40
5.2.1.1	Sample size	40
5.2.1.2	Selection and source of participants	40
5.2.1.3	Inclusion criteria	40
5.2.1.4	Exclusion criteria	40
5.2.2	Design	40
5.2.3	Variables studied, and instruments	41-42
5.2.4	Procedure	42
5.3	METHODS OF THE STUDY-3	42
5.3.1	Participants	42
5.3.1.1	Sample size	42
5.3.1.2	Selection and source of participants	43
5.3.1.3	Inclusion criteria	43
5.3.1.4	Exclusion criteria	43

5.3.2	Design	43
5.3.3	Variables studied, and instruments	44-47
5.3.4	Procedure	47
5.3.5	Yoga Intervention	47
5.4	ETHICAL CONSIDERATION	49
5.5	DATA EXTRACTION	49-51
5.6	DATA ANALYSIS	51
6.0	RESULTS	52-103
6.1	RESULTS OF THE STUDY-1	52-53
6.1.1	Characteristics of the sample in the study-1	52
6.1.2	Descriptive statistics	52
6.1.3	Correlates of resilience	52
6.1.4	Predictors of resilience	52-53
6.1.5	Post hoc Statistical Power Analysis	53
6.2	RESULTS OF THE STUDY-2	58-60
6.2.1	Characteristics of the sample in the study-2	58-60
6.2.2	Descriptive statistics	58
6.2.3	Exploratory factor analysis of SHALOM	58-59

6.2.4	Reliability test	59
6.2.5	Correlates of spiritual well-being	59-60
6.2.6	Predictors of spiritual well-being	60
6.2.7	Post hoc Statistical Power Analysis	60
6.3	RESULTS OF THE STUDY-3	68-103
6.3.1	Characteristics of the sample in the study-1	68-69
6.3.2	Results of RM-ANOVA	72
6.3.2.1	Results of self-compassion	72
6.3.2.2	Results of satisfaction with life	75
6.3.2.3	Results of mindfulness	78
6.3.2.4	Results of resilience	81
6.3.2.5	Results of empathy	84
6.3.2.6	Results of perceived stress	87
6.3.2.7	Results of low back and hamstring flexibility	90
6.3.2.8	Results of peak expiratory flow rate	93
6.3.2.9	Results of hand grip strength	96
6.3.2.10	Results of pinch strength	99
6.3.2.11	Results of purdue pegboard sub-tests	103

7.0	DISCUSSION	107-118
7.1	DISCUSSION OF THE STUDY-1	107-109
7.2	DISCUSSION OF THE STUDY-2	109-112
7.3	DISCUSSION OF THE STUDY-3	113-118
8.0	APPRAISAL	119-120
8.1	SUMMARY OF THE FINDINGS	119-
8.1.1	Summary of the study-1	119
8.1.2	Summary of the study-2	119
8.1.3	Summary of the study-3	119-120
8.2	CONCLUSIONS	120-121
8.2.1	Conclusion of the study-1	120
8.2.2	Conclusion of the study-2	120
8.2.3	Conclusion of the study-3	121
8.3	IMPLICATIONS OF THE STUDY	121
8.4	APPLICATIONS OF THE STUDY	121
8.5	STRENGTH OF THE STUDY	122
8.6	LIMITATIONS OF THE STUDY	122
8.7	SUGGESTIONS FOR FUTURE STUDIES	122

	REFERENCES	123-139
	APPENDICES	140-246
1.0	INFORMED CONSENT FORM	140-146
1.1	INSTITUTIONAL ETHICAL COMMITTEE APPROVAL	147-148
1.2	QUESTIONNAIRE(S) – SAMPLE COPY	149-153
1.3	RAW DATA	154-245
1.4	LIST OF PUBLICATIONS FROM THIS DOCTORAL THESIS	246

#### LIST OF TABLES

Table No.	Title	Page No.
3.0	Review of scientific literature	15-31
5.5	Yoga Intervention	48-49
	RESULTS	
6.1	RESULTS OF THE SURVEY STUDY 1	
6.1.1	Characteristics of the sample (n=194)	54
6.1.2	Descriptive statistics of resilience, mindfulness, perseverative thinking (subscales) and empathy	55
6.1.3	Correlates of resilience	56
6.1.4	Predictors of resilience	57
6.2	RESULTS OF THE SURVEY STUDY 2	
6.2.1	Characteristics of the sample (n=145)	61

6.2.2	Descriptive statistics of SHALOM and its four-domains, mindfulness, self-compassion, and satisfaction with life	62
6.2.5	Correlation between four-domains of SHALOM, mindfulness, self-compassion, and satisfaction with life	63
6.2.6.1	Predictors of the spiritual well-being	64
6.2.6.2	Predictors of personal domain of spiritual well-being	65
6.2.6.3	Predictors of communal domain of spiritual well-being	66
6.2.6.4	Predictors of environmental domain of spiritual well-being	67
6.3	RESULTS OF THE EXPERIMENTAL STUDY	
6.3.1	Characteristics of the participants	71
6.3.2.1	Results of RM-ANOVA of self-compassion in the yoga group (n=40) and the WLC group (n=40)	74
6.3.2.2	Results of RM-ANOVA of satisfaction with life in the yoga group (n=40) and the WLC group (n=40)	77
6.3.2.3	Results of RM-ANOVA of mindfulness in the yoga group (n=40) and the WLC group (n=40)	80
6.3.2.4	Results of RM-ANOVA of resilience in the yoga group (n=40) and the WLC group (n=40)	83
6.3.2.5	Results of RM-ANOVA of empathy in the yoga group (n=40) and the WLC group (n=40)	86
6.3.2.6	Results of RM-ANOVA of perceived stress in the yoga group (n=40) and the WLC group (n=40)	89

6.3.2.7	Results of RM-ANOVA of low back and hamstring flexibility in the yoga group (n=40) and the WLC group (n=40)	92
6.3.2.8	Results of RM-ANOVA of peak expiratory flow rate in the yoga group (n=40) and the WLC group (n=40)	95
6.3.2.9	Results of RM-ANOVA of hand grip strength in the yoga group (n=40) and the WLC group (n=40)	98
6.3.2.10	Results of RM-ANOVA of pinch strength (lateral, chunk, pulp) in the yoga group (n=40) and the WLC group (n=40)	102
6.3.2.11	Results of RM-ANOVA of Purdue Pegboard sub-tests in the yoga group (n=40) and the WLC group (n=40)	106

## LIST OF FIGURES

Figure No.	List of Figures	Page No.
1	Trial Profile	70
6.3.2.1	Graphical representation of results of self-compassion in the yoga group (between GNM and BSc students) and the WLC group (between GNM and BSc students)	73
6.3.2.2	Graphical representation of results of satisfaction with life in the yoga group (between GNM and BSc students) and the WLC group (between GNM and BSc students)	76

6.3.2.3	Graphical representation of results of mindfulness in the yoga group (between GNM and BSc students) and the WLC group (between GNM and BSc students)	79
6.3.2.4	Graphical representation of results of resilience in the yoga group (between GNM and BSc students) and the WLC group (between GNM and BSc students)	82
6.3.2.5	Graphical representation of results of empathy in the yoga group (between GNM and BSc students) and the WLC group (between GNM and BSc students)	85
6.3.2.6	Graphical representation of results of perceived stress in the yoga group (between GNM and BSc students) and the WLC group (between GNM and BSc students)	88
6.3.2.7	Graphical representation of results of low back and hamstring flexibility in the yoga group (between GNM and BSc students) and the WLC group (between GNM and BSc students)	91
6.3.2.8	Graphical representation of results of peak expiratory flow rate in the yoga group (between GNM and BSc students) and the WLC group (between GNM and BSc students)	94
6.3.2.9	Graphical representation of results of hand grip strength (left hand) in the yoga group (between GNM and BSc	97

	students) and the WLC group (between GNM and BSc students)	
6.3.2.10.1	Graphical representation of results of pinch strength (lateral in the yoga group (between GNM and BSc students) and the WLC group (between GNM and BSc students)	100
6.3.2.10.2	Graphical representation of results of pinch strength (chunk) in the yoga group (between GNM and BSc students) and the WLC group (between GNM and BSc students)	100
6.3.2.10.3	Graphical representation of results of pinch strength (pulp) in the yoga group (between GNM and BSc students) and the WLC group (between GNM and BSc students)	101
6.3.2.11.1	Graphical representation of results of purdue pegboard (right hand) in the yoga group (between GNM and BSc students) and the WLC group (between GNM and BSc students)	104
6.3.2.11.2	Graphical representation of results of purdue pegboard (left hand) in the yoga group (between GNM and BSc students) and the WLC group (between GNM and BSc students)	104
6.3.2.11.3	Graphical representation of results of purdue pegboard (both hands) in the yoga group (between GNM and BSc	105

	students) and the WLC group (between GNM and BSc students)	
6.3.2.11.4	Graphical representation of results of purdue pegboard (assembly) in the yoga group (between GNM and BSc students) and the WLC group (between GNM and BSc students)	105