

# Effectiveness of Contemplative Education Regarding Mindfulness of Meditation on Level of Knowledge Among Care Takers of Cancer Patient in a Selected Tertiary Care Hospital, Coimbatore

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## ABSTRACT

**Background of the study:** Cancer and its treatments often cause physical and mental disorder in patients and the family members. Diagnosing, treating, and living with cancer can all be very stressful for the care takers. The aim of the study is to assess the effectiveness of contemplative education regarding mindfulness meditation on level of knowledge among care takers of cancer patient. **Methodology:** Quantitative research, pre-experimental one group pre test post test design was adopted. 30 study participants were selected by non-probability convenient sampling technique. Demographic variables and self- structured questionnaires were used to collect the data. **Results & Discussion:** The results revealed that, the mean and standard deviation of pre test level of knowledge was  $6.366 \pm 3.33$  whereas in post-test  $18.43 \pm 1.43$  with the calculated value of paired 't' test 14.29, which is greater than the table value 2.06 at  $p < 0.05$ . **Conclusion:** The study concluded that the contemplative education was effective in enhancement of knowledge regarding mindfulness meditation on care takers of cancer patient.

**Key words:** Effectiveness, contemplative education, mindfulness meditation, level of knowledge, care takers of cancer patients.

## 1. INTRODUCTION

Cancer is a major health problem worldwide, and the US has the second highest rate of victims. In 2023, 1,958,310 new cancer cases and 609,820 cancer deaths are projected to occur in the United States. (S.L. Rebecca, et.al., 2023). A Study revealed that the cancer incidence in India this year is estimated to be 19 to 20 lakh and it is 1.5 to 3 times higher than the reported cases. India is faced with a sizeable cancer incidence burden which continues to grow exponentially. In 2020 World Health Organization, ranking on cancer burden in terms of new yearly cases being reported had ranked India at 3rd position after China and the United States (Mid day e - newspaper, 2022) Stress affects many aspects of the cancer patient life, including their quality of life. Quality of life includes all aspects of the life experiences, illness, and treatment. The cancer patient's quality of life of the chronic patient is one of the consequences of stress. It is suggested that special attention

to be paid to mindfulness constructs to increase the quality of life, the power to deal effectively with mental stress and tensions and empower the care takers of cancer patients. **(Dehghan M, et al., 2020)** Mindfulness varies from one movement to another and from one person to another. **(Kotzé M, et al., 2019)**. Studies showed that higher the mindfulness can also improve positive emotions, sense of energy, and happiness in depressed people and lowers the psychological symptoms of the cancer caregivers. Burnout is particularly relevant in oncology where caregivers work closely with patients who have life-threatening illness and therapy often has only a limited impact. **(Zhong et al., 2019)**. Today, patients are interested in using other methods such as meditation and psychological method along with the pharmaceutical methods **(Chang Y.Y et al., 2018)**.

### Statement of the Problem

A Study to evaluate the effectiveness of contemplative education regarding mindfulness meditation on level of knowledge among care takers of cancer patients in selected tertiary care Hospital, Coimbatore.

### Objectives

- To assess the level of knowledge on mindfulness meditation among caretakers of cancer patients.
- To evaluate the effectiveness of contemplative education regarding mindfulness meditation on level of knowledge among caretakers of cancer patients.
- To associate level of knowledge on mindfulness meditation with the selected demographic variables.

### Operational Definitions

#### Effectiveness:

It refers to the extent in which the change is observed regarding mindfulness meditation on the level of knowledge among care takers of cancer patients after the interventions in term of significant difference between the pre and post test score assessed by self- structured questionnaires.

#### Contemplative education

Contemplative Education is described as holistic and progressive forms of education that focus on the acquisition of knowledge, development of cognitive skills, individual achievement and cultivate the potentials of mindful awareness. In this study it refers to a lecture discussion on mindfulness meditation among care takers of cancer patients. It includes the definition, types, and benefits of mindfulness meditation.

#### Knowledge

It refers to the level of understanding on mindfulness meditation among care takers of cancer patients can be measured by self- structured questionnaires

**Mindfulness meditation** In this study, it refers to a mental state that involves being in the present moment with non – judgemental awareness of one’s thoughts, feelings, sensations and environment. Practicing

mindfulness involves breathing methods, guided imagery and other practices to relax the body and mind which helps to reduce stress.

### **Care takers of cancer patients**

In this study, caretakers of cancer patients are the person who most often helps the person with cancer and it may be a partner and family members.

### **Hypotheses:**

H1: There will be a significant difference between the pre and post test level of knowledge on mindfulness meditation among care takers of the cancer patients.

H2: There will be a significant association on level of knowledge regarding mindfulness meditation with their selected demographic variables

## **2. MATERIALS AND METHODS**

### **2.1 Research Approach and Design**

The quantitative research approach is one group in which pre test will be conducted initially and then intervention will be given after that post test will be conducted to assess the level of knowledge regarding mindfulness meditation among caretakers of cancer patients.

### **2.2 Independent Variable**

The independent variable in the study, Contemplative education

### **Dependent Variable**

The dependent variable in the study was Level of knowledge.

#### **Setting of the Study**

The caretakers of cancer patients who stay in tertiary Hospitals, Coimbatore..

#### **Population and Sampling**

Samples include caretakers of cancer patients at tertiary hospitals, Coimbatore.

### **2.6 Sampling Technique and Sample Size**

Convenient sampling technique used for this study.

### **2.7 Sample Selection Criteria**

#### **Inclusion Criteria**

Care takers of cancer patients who are willing to participate in study.

#### **Exclusion Criteria**

Care takers of cancer patients who are not available at time of study.

### **Instruments and Tools for Data Collection**

Tool consists of two sections

**Section A:**

Demographic variables include age, gender, educational status and previous knowledge regarding mindfulness mediation classes. Yes/no. If yes, attended any previous classes regarding mindfulness meditation.

**Section B:**

If consists of 20 multiple choice questions which include three choices with one correct answer and two distracters, each correct answer will be scored as one, wrong answer will be scored as zero. The questions are formulated based on the topics related to definition, benefits, purposes and meditation techniques and do's and don'ts of mindfulness meditation.

**Table-1: Scoring Interpretation of the tool**

S.No.	Scores	Percentage	Interpretation
1.	15 - 20	>75	Adequate knowledge
2.	11 - 14	50 - 75	Moderately Adequate Knowledge
3.	1 - 10	<50	Inadequate Knowlegde

**2.9 Validity and Reliability of Tool**

Content validity refers to a test actually testing what is supposed to be tested. It is the appropriateness of an attribute measuring research instrument.

The content validity of the tool and intervention protocol was obtained from senior consultants from department of naturopathy. The experts gave their valuable opinion and clarity and appropriateness of the tool.

**2.10 Data Collection Procedure**

Data collection period was from 22.01.2024 to 26.01.2024. After getting the ethical clearance from IHEC (Institutional Human Ethical Committee) the permission was obtained from PSG Hospital, Principal of PSG College of Nursing. The study was conducted in caretakers of cancer patients in the PSG Super Specialty Hospital, Coimbatore. On the first day, 30 caretakers of cancer patients selected for the study. After selecting the study participant's informed consent was obtained (explain every steps of consent form to the caretakers of cancer patients).The second day knowledge was assessed regarding mindfulness mediation by using self-structured questionnaire. On third day the Contemplative education includes definition through flash cards for 5 minutes types through powerpoint presentation and demonstration for 30 minutes and benefits of mindfulness meditation through charts for about 10 minutes. On seventh day post test level of knowledge regarding mindfulness mediation was assessed by using same structured questionnaire. The collected data was analyzed by descriptive and inferential statistics.

**3. RESULTS:**

The results of the study were categorized into 4 tables given below,

**Table 3.** Frequency and percentage distribution of study participants based on pre and post test level of knowledge regarding mindfulness meditation.

n=30

S.NO	LEVEL OF KNOWLEDGE											
	PRETEST						POST TEST					
	Adequate knowledge		Moderately Adequate knowledge		Inadequate Knowledge		Adequate knowledge		Moderately Adequate knowledge		Inadequate Knowledge	
	f	%	f	%	f	%	f	%	f	%	f	%
1.	0	0	16	53	14	47	29	97	1	3	0	0

**Table 2.** Comparison of pre and post test level of knowledge regarding mindfulness meditation

H1; There will be a significant difference between pre test and post test level of knowledge regarding mindfulness meditation among the study participants.

n=30

Groups	Mean ± Standard deviation	Unpaired 't' test	d.f	Table value
Pre test	6.36 ± 3.33	14.29 *S	29	2.06
Post test	18.43 ± 1.43			

\* Significant at p<0.05

**3.1 Association between the pre test level of knowledge regarding mindfulness meditation among study participants with the selected demographic variables.**

It was observed from the table 4.4.1 that calculated chi square value was higher in educational status (13.65) than the tabulated value (5.99) at the level of p<0.05. Hence H2 was retained for educational status.

**4. DISCUSSION:**

The data presented in the table 3 elicits the frequency and percentage distribution of study participants based on pretest and post test level of knowledge. In the aspects of pre test none of them had adequate knowledge, 16(53%) had moderately adequate knowledge and 14(47%) had inadequate knowledge whereas in post test 29 (97%) had adequate knowledge, 1(3%) had moderately adequate knowledge and none of them had inadequate knowledge. The comparison between pretest and posttest level of knowledge among the study participants by

using paired 't' test. The mean and standard deviation of pretest was  $6.36 \pm 3.33$  and posttest was  $18.43 \pm 1.43$  respectively. The calculated value for paired 't' test was 14.29 at  $P < 0.05$ . Therefore it has been proven that the contemplative education was more effective among care takers of cancer patients. Hence H1 was retained.

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A similar study was conducted to evaluate the effectiveness of an online mindfulness meditation based stress reduction program on stress and quality of life level of knowledge among caregivers of cancer patients. The pretest and posttest level of knowledge among the study participants by using paired t test. The mean and standard deviation of  $3.40 \pm 2.53$  and posttest was  $95.41 \pm 16.7$  respectively. The calculated value for paired t test was 10.36 at  $P > 0.05$  therefore, it has been proven that the effectiveness of online mindfulness meditation based stress reduction program on stress and quality life level of knowledge among caregivers of cancer patients. (Nihan Tet,al.,2024).

The calculated chi square value was higher in educational status (13.65), at the level of  $P < 0.05$ . Hence it reveals that there was a significant association between the selected demographic variables regarding mindfulness meditation on level of knowledge among care takers of cancer patients. Hence H2 was retained for educational status on mindfulness meditation.

A similar study was done to evaluate the effectiveness of video assisted teaching program regarding mindfulness meditation on anxiety in primary care givers of terminally III cancer patients. the calculated chi square value was higher in educational status primary level 4 (3.2) in secondary level 39(31.2) in tertiary level 82(65.6) at the value of  $P < 0.001$  it reveals that there was a significant association between the selected demographic variables regarding educational status on level of knowledge among caretakers of cancer patients. (Lahiru R, et.al, 2019.)

## 5. CONCLUSION:

The result of the study revealed that there was a significant difference regarding mindfulness meditation on level of knowledge. Therefore, the research hypothesis was retained. Thus, contemplative education was effective regarding mindfulness meditation on level of knowledge. The goal of care takers of cancer patients should be focusing on practicing mindfulness meditation. It is all about making changes that will last as a life time change that focused on smart and sensible modifications.

### 5.1 Nursing Implications

The present study has implications for nursing practice, nursing education, nursing administration and nursing research.

## **Nursing practice**

- The study can be emphasized for care takers of cancer patients to reduce stress.
- Care takers of cancer patients should be educated about the importance and benefits of mindfulness meditation practice to break stress.
- Nurse should conduct regular health program among care takers of cancer patients to help them to understand the need for practicing mindfulness meditation.

## **Nursing Education**

- Educate regarding mindfulness meditation through demonstration and video.
- Incorporating mindfulness meditation training into nursing curriculum could prepare future nurses to support cancer patients and their caregivers more effectively.

## **Nursing Administration**

- Initiate demonstration techniques of mindfulness meditation to reduce stress through development program like in service education and continuing nursing education program.
- Motivate nurses to practice mindfulness meditation in their clinical practice.

## **Nursing Research**

- The study findings encourage, further research studies to assess the practice of mindfulness meditation and effectiveness of objective structured practical examination on level of knowledge among care takers of cancer patients.
- Extensive research can be conducted to create awareness to the hospitals and community regarding mindfulness meditation.
- Disseminating the findings of the study research reviews, publications in the journals etc.
- These study findings can be used as the baseline data for further studies.

## **5.2 Limitations of the study**

- There was no difficulty faced at the time of data collection.

## **5.3 Recommendations**

- The study can be conducted on a large population.
- A study can be done to assess the effectiveness regarding mindfulness meditation on level of knowledge, attitude and practice among care takers of cancer patients.
- A study can be done to assess the mindfulness meditation practices among staff nurses.
- A study can be done to assess the quality of life and level of practice of mindfulness meditation among care takers of cancer patients.
- The study can be done to assess the mindfulness meditation and burden of caregiver.

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