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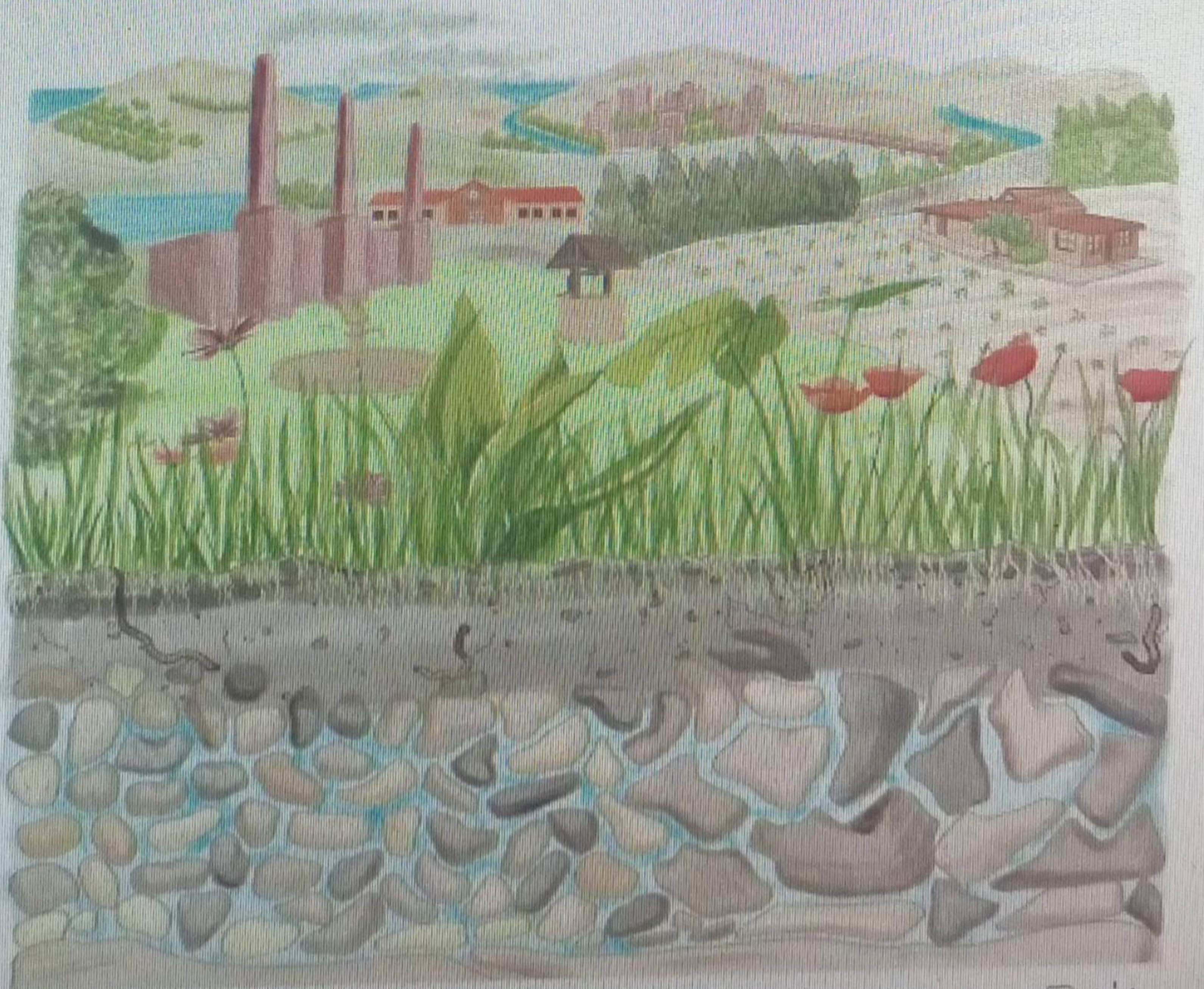
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Groundwater: making the invisible visible



2022 Groundwater

Out of sight, under our feet, groundwater is a hidden treasure that enriches our lives. Our drinking water and sanitation, our food supply and natural environment – all these rely on groundwater.



Effectiveness of mindfulness activities on attention span among nursing students



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Abstract: Attention is a complex cognitive process of selecting important issues and ignoring those which are less important. Attention and concentration both are equally important for the physiological and behavioural responses. It helps a person in gaining knowledge. A class with pin-drop silence represents a well attentive class and helps the students to pay full attention to the topic. It is important for the students to pay attention and concentrate because it enhances their competency and skill to memorize the content for a longer period of time. There are many factors which can affect attention and concentration of students in the classroom, such as duration and method of teaching, novelty and repetition of topic, surrounding environment, interest, health and emotional status. If students do not pay attention during teaching learning activities, they will be involved in other activities such as private conversations, dropping pen or pencils, excessive movement of body parts, passing notes to others. The aim of the present study was to assess the effectiveness of mindful activities on attention span of Basic. B.Sc Nursing Students among selected colleges of Mumbai city.

The quasi experimental research one group pre-test post test design was selected for the study. The study was conducted on 32 nursing students. Purposive sampling techniques was used to select the sample. The tool included demographic profile, Standardized Attention Span Test & Modified Flash cards to assess the attention span of nursing students. Teachers opinionnaire about attention span of students before and after mindfulness activities also been taken into consideration.

Result: Maximum (66%) nursing students were female. Majority (53%) nursing students were in the age group of 20 - 22 years. 34% nursing students were hostelites. Maximum (66%) nursing students were having average pretest attention span scores & 28% nursing students were having good pretest attention span scores. Maximum (81%) nursing students were having good post test attention span scores and 19% nursing students were having average post test attention span scores. Maximum (67%) teachers were having opinionnaire that students always get distracted easily during their class. Maximum (67%) teachers were having opinionnaire that students always have lack of interest for their class. Maximum 100% teachers were having opinionnaire that students often feel boring while attending lectures. **Conclusion:** Mindful activities were effective to increase the span of attention for nursing students.

The environment of a professional college is very challenging.

When an individual enters in a professional college as a student she/he has to prepare himself/herself for higher education which demands attention and concentration during classes for future growth. According to Laurilliard, each student enters in college with their individual qualities such as, motivation, expectations, knowledge retention capacity, skill, experience, and ability to concentrate and solve problems, and access to student support facilities.

These variables influence their capacity to learn and retain the content during teaching learning activities.

This applies to student nurses also. They need to gain expertise

in theory and practical subjects, to help them maintain professional standards and dignity. If a student

nurse will not sustain attention and concentration during teaching learning activities, then it will affect the quality of their knowledge



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and skills. To get the full attention and concentration, we need to know various contributing factors which distract students to learn effectively.

As a researcher, during their teaching experience they observed that there are certain factors which are influencing students' attention span which hinders their academic performance. The present study was aimed to find out effectiveness of mindful activities on attention span on nursing students.

Need of the study

A typical student's attention span is about 10 to 15 minutes long, yet most classes can last for 30 minutes to an hour.

Research shows that students' attention lapses during the initial minutes of "settling-in," again at 10-18 minutes into the lecture, and then as often as every 3-4 minutes toward the end of class.

A pilot study on baccalaureate nursing students of San Jose State University School of Nursing, California, was conducted to explore the effects of an 8-week mindfulness based stress reduction course on stress and empathy.

A convenient sample of 16 students participated in the course; they used guided meditation audio tapes at home, and completed journal assignments.

The results showed that participation in the intervention significantly reduced student's anxiety. favorable trends were observed in a number of stress dimensions including attitude, time pressure and social stress.

In attempts to improve attention and concentration among nursing students, researchers have observed to use mindfulness techniques in the classroom.

Statement of the problem

A study to assess the effectiveness of

mindful activities on attention span of Basic B.Sc. Nursing students among selected colleges of Mumbai city.

Objectives

- 1) To assess the attention span before and after providing mindful activities of Basic B.Sc. Nursing students.
- 2) To assess the effectiveness of mindful activities on attention span of Basic B.Sc Nursing students.
- 3) To correlate the attention span of Basic B.Sc Nursing students with the selected demographic variables.
- 4) To compare pretest & post test attention span score of Basic B.Sc Nursing students.
- 5) To assess the opinionnaire of teachers regarding attention span of Basic B.Sc Nursing students before and after providing mindful activities.

Operational definitions

Assess In this study assess means to evaluate the effectiveness of mindfulness activities on attention span of students and to get the opinionnaire of teachers about attention span of the students.

Effectiveness In this study effectiveness refers to increase in attention span after giving mindfulness activities.

Mindfulness activities In this study mindfulness activities refer to four mental alert techniques such as universal centres, white crane, Isometric palms and breather, wrist shake and hand down activities.

Attention span : In this study attention span refers to the length of time that nursing students can retain the information which has provided by researcher by showing them modified

10 flash cards for each 10 sec and ask them to recollect it.

Hypothesis

H₀ There is no relationship between mindfulness activities and attention span of nursing students.

H₁ There is relationship between mindfulness activities and attention span of nursing students.

H₂ There is significant association between the effectiveness of mindfulness activities on attention span of Nursing Students with the selected demographic variables.

Assumptions

Mindfulness activities may enhance attention span of the student.

Methodology

Research approach: Quasi experimental

Research design : One group pre-test post -test design

Variables

Independent variables : Mindfulness activities

Dependent variables: Attention span

Setting of the study: K.J. Somaiya College of Nursing

Sample size: Number of students 32 (3rd year Basic B.Sc. Nursing students).

Sample technique : Non probability convenient purposive sampling techniques

Inclusion criteria

- 3rd year B.Sc. Nursing students
- Students who were voluntarily interested to participate.
- Students who were present on

the day of study.

- Students who did not attend any previous mindfulness activities

Exclusion criteria

- Who were absent on the day of the study.
- Who were not interested to be a part of study.
- Students who had written pre-test but absent on post test.
- With any illness

Data collection tool & technique

Section A : Demographic data of subjects

Section B: Standardized attention span test

Section C: Teachers opinionnaire about attention span of students before and after mindfulness activities.

Data collection method

- Administrative permission was obtained from the concerned authority prior to the study.
- Pre-test was conducted to as-

Demographic variables	Frequency	Percentage (%)
Gender		
Male	11	34%
Female	21	66%
Age		
<18 years	0	0%
18-20 years	15	47%
20-22 years	17	53%
22-24 years	0	0%
Travel time		
No travel	11	34
<30 mins	6	19
30-60 mins	9	28
60-90 mins	6	19
Last year result		
Pass	25	78
Fail	0	0
Abst	7	21

sess the attention span by using Standardized Attention Span Test and using flash cards.

- Intervention given to the experimental group for 7 days for 10 mins.
- Opinnionaire of teachers were taken regarding attention span of students before & after mindfulness activities.

Section A : Demographic data of subjects

Distribution of study group in relation to demographic data: Maximum (66%) nursing students were female. Majority (53%) nursing students were in the age group of 20 - 22 years. 34% nursing students were not traveling (hostelites). Maximum 78% nursing students passed in last year results.

Section B

Comparison of pre test & post test score of attention span among nursing students.

Maximum 66% nursing students were having average pretest attention span scores, 28% nursing students were having good pretest attention span scores and only 6% nursing students were having poor pretest attention span scores whereas maximum 81% nursing students were having good post test attention span scores and 19% nursing students were having average post test attention span scores attention span.

Section C : Teachers opinionnaire about attention span of students before and after mindfulness activities

Majority 67% nursing teachers were in the age group of 30 - 35 years and 47% nursing teachers were in the age group of 25-30 years.

Maximum 67% teachers were having opinionnaire that students always get distracted easily during their

class and 33% teachers were having opinionnaire that students often get distracted easily during their class. Maximum 67% teachers were having opinionnaire that students always have lack of interest for their class and 33% teachers were having opinionnaire that students often have lack of interest for their class.

Maximum 67% teachers were having opinionnaire that students often hesitate to ask their doubts and 33% teachers were having opinionnaire that students always hesitate to ask their doubts. Maximum 67% teachers were having opinionnaire that students often feel sleepy in lectures and 33% teachers were having opinionnaire that students sometimes feel sleepy in lectures. Maximum 100% teachers were having opinionnaire that students often feel boring while attending lectures. Maximum, 100% teachers were having opinionnaire that after giving mindfulness activities students attention span has increased.

Implications of the study

The implications of the study can be discussed in four areas mainly, nursing practice, nursing administration and nursing research.

Nursing education: Study can contribute in the area of nursing education, by helping nursing faculty to know the attention span of their nursing students so that he or she can plan various mindfulness activities for their nursing students.

Nursing administration: Research will provide knowledge to the nurses and hospital administrator regarding effectiveness of mindfulness activities on the level of attention span.

Nursing research: Another type of research has been added to the nursing literature as very few studies have been done on a similar basis. The findings and design of this study can be utilized for conducting further study.

Comparison of pre test & post test score of attention span among nursing student

Pretest score					Post test score			
Attention span score	Frequency	Percentage (%)	Mean score	S.D	Frequency	Percentage (%)	Mean score	S.D
Good (31-45)	9	28%	30.37	5.24	26	81%	31.50	6.32
Average (16-30)	21	66%			6	19%		
Poor (1-15)	2	6%			0	0%		

Recommendations

Keeping in view the findings of the study, the following recommendations are made

- A similar study can be replicated on large sample for better generalization.
- A comparative study can be conducted to assess effectiveness of mindfulness activities on the level of attention span among private and government nursing students.

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World Kidney Day 2022

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- Require kidney healthcare providers and patient organisations to offer information related to CKD according to varying levels of health literacy.
- Encourage and support primary care physicians to improve their recognition and management of patients with CKD across its entire spectrum from prevention and early detection of CKD to its secondary and tertiary prevention and kidney failure care.
- Integrate CKD and kidney failure prevention into national non-communicable disease programs for comprehensive and integrated services, which are essential in improving the early detection and tracking of kidney care at country level
- Inform politicians about the impact of kidney disease and kidney failure on their constituents' health and its associated burden on healthcare budgets/systems to encourage the adoption of policies and allocation of resources which tackle the global burden of kidney disease and ensure living well with kidney disease. ■