A Study To Evaluate The Effectiveness Of Video Assisted Psycho Education Program On Knowledge Regarding Reiki Therapy Among II Year B.Sc. Nursing Students At Hindusthan College Of Nursing, Coimbatore District

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Abstract- *T Introduction Reiki is a spiritual practice developed in 1922 by Japanese Buddhist Mikao Usui. Reiki is a hand on healing technique that transmits universal energy from the Reiki practitioner to the person receiving the treatment. The practitioner applies hand positions on the body which passes the energy to the Reiki client. The energy enters the body and goes wherever it is needed. It involves physically, emotionally, mentally and spiritually and gives relaxation and feelings of peace and wellbeing.Aim is to evaluate the effectiveness of video assisted psycho education program on knowledge regarding Reiki therapy among II year B.Sc. Nursing students at Hindusthan College of Nursing, Coimbatore district. Methods and Tools a quantitative research approach was used in this study. The design was pre-experimental one Group Pre-test, Post-test design. The tool used for this study was self-structured questionnaire on Reiki therapy to evaluate the effectiveness of video assisted psycho-education on knowledge regarding Reiki therapy among II year B.Sc. Nursing students. Results The findings showed that at the pre-test and post-test based on self-structured rating scale among the 56 B.Sc. Nursing students in the pretest, majority 50(89.57%) of the students had inadequate level of knowledge and 6(10.43%) had moderately adequate level of knowledge and whereas in the post test after the video assisted psycho education program majority 55(98.22%) showed adequate level of knowledge and 1(1.78%) often had moderately adequate level of knowledge. pre-test mean score of knowledge regarding Reiki therapy among II year B.Sc. Nursing students was 6.86 with S.D 3.31 and in the post-test mean score of knowledge regarding Reiki therapy was 26.80 with S.D 2.82. The calculated paired 't' value of t = 40.63 was found to be statistically significant at p<0.05 level. Hence the hypotheses were accepted. Discussion the 't' value 7.84 was compared with tabulated table value at the level of P< 0.05 was significant. The findings of the study that the video assisted psycho education program was very effective in improving the level of knowledge. This study will help the health care professionals to develop appropriate teaching materials. Video assisted psycho education program is a proven method to improve the knowledge of the B.Sc. Nursing students which will help them to facilitate the healthy practices in day-to-day activities. Since it is cost effective and a self- healing procedure itcan be applied in all settings.*

Keywords- Video assisted psycho-education, Reiki therapy, Nursing students

I. INTRODUCTION

Reiki is a spiritual practice developed in 1922 by Japanese Buddhist Mikao Usui. Reiki is a hand on healing technique that transmits universal energy from the Reiki practitioner to the person receiving the treatment. The practitioner applies hand positions on the body which passes the energy to the Reiki client. The energy enters the body and goes wherever it is needed. Reiki healers believe that Reiki opens the blocks which are present in the energy field or chakras. Reiki treats the whole body, emotions, mind and spirit. It involves physically, emotionally, mentally and spiritually and gives relaxation and feelings of peace and wellbeing. **(Birchwoodet.al).**

II. NEED FOR THE STUDY

Tanvi Deepak Shah &Titiksha Pol (2020) study reported wide variations in the proportion of students identified as depressed, from relatively low rates around 10% to high rates of between 40% and 84%.College students have to undergo a lot of changes in their personal, professional, and extracurricular life. This necessitates a lot of stressful

situations that they need to face as a part of their growing process. While we searching in the google how to reduce stress and depression by using therapy, we found that Reiki therapy is one of the best therapies to reduce these stress and depression. When we are asking other students about Reiki therapy, they said they don't know about that therapy. Hence Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. So, we the researcher has chooses Reiki therapy as a video assisted psycho-education program to provide information regarding Reiki therapy to improve their knowledge.

Statement of the problem

A study to evaluate the Effectiveness of video assisted psycho education program on knowledge regarding Reiki therapy among II year B.Sc. Nursing students at Hindusthan College of Nursing, Coimbatore district.

Objectives of the study

- To assess the pre-test and posttest level of knowledge regarding Reiki therapyamong II year B.Sc. Nursing students at Hindusthan College of Nursing, Coimbatore district.
- To determine the effectiveness of video assisted psycho education program on knowledge regarding Reiki therapy among II year B.Sc. Nursing students at Hindusthan College of Nursing, Coimbatore district.
- To associate the pre-test level of knowledge regarding Reiki therapy among IIyear B.Sc. Nursing students at Hindusthan College of Nursing with their selected demographic variables.

Hypotheses

H_1 There is a significant difference between the pre-test and post-test level of knowledge regarding Reiki therapy among II year B.Sc. Nursing students.

H_2There is a significant association between the pre-test levels of knowledge regarding Reiki therapy among II year B.Sc. Nursing students with their selected demographic variables.

III. METHODOLOGY

Research methodology involves the system procedure by which the researcher starts from the identification for the problem to its final conclusion. It involves steps procedure and strategies for gathering and analyzing data in a research investigation. (**Denise F. Polit, 2016**)

The present study aimed to determine the effectiveness of video assisted psycho education program on knowledge regarding Reiki therapy among II year B.Sc. Nursing students at Hindusthan College of Nursing, Coimbatore district.

Research Approach: The research approach used in this study was Quantitative research approach.

Research design: The research design for this study was pre-experimental one group pretest and post-test research design.

Setting of the study:

The study was conducted in Hindusthan College of Nursing at Coimbatore district. It is situated 3.4kms distance from Gandhipuram. In Hindusthan College of Nursing 218 students are there in that we chose only 56 students.

Population: The population for the present study was II year B.Sc. Nursing students.

Sample: B.Sc. Nursing students who fulfilled the inclusion criteria were the samples of the study.

Sample size: The sample size for the present study comprised of 56 B.Sc. Nursing students studying in Hindusthan College of Nursing at Coimbatore District.

Sampling technique: The sampling technique adopted in this was a non-probability convenience sampling technique.

Criteria for sample selection: Sample criteria involve the cases that meet some predetermined criterion importance. The criteria for sample selection are mainly depicted under two headings, which comprises the inclusion and exclusion criteria.

Development of the tool:A Structured questionnaire was developed on the basis of objectives of the study. Tool was developed after exclusive review of literature from various text books, journals and discussion and guidance from the experts in the field of Nursing and from the psychiatrist. The tool was developed in English and Congruency was maintained.

Data collection procedure: The study was conducted at Hindusthan College of Nursing, Coimbatore district, after formal permission was obtained from the principal. Researcher utilized the non-probability convenience sampling technique to select the 56 B.Sc. Nursing students. We the

researcher introduced ourselves and explained the purpose of the study and ascertained the willingness of the participants, the respondents were assured anonymity and confidentiality of the information provided by them. Pre-test was conducted for the II year B.Sc. Nursing students by administering self-structured questionnaire to assess the level of knowledge regarding Reiki therapy. Each II year B.Sc. Nursing student took 10 - 15 minutes to fill the self-structured questionnaire. After the pre-test on the same day the researcher explained about the Reiki therapy and its application by using video assisted psycho-education for 3 consecutive days. After the teaching the students are encouraged to ask doubts and doubts were clarified by the researcher. Post-test was conducted after seven days to evaluate the effectiveness of video assisted psycho-education program on knowledge regarding Reiki therapy. The post test was conducted by using same self-structured questionnaire.

Plan for data analysis: Data analysis was done on the basis of objectives and hypothesis stated in the study using descriptive and inferential statistics.

IV. RESULTS

Table 4.2: Frequency and percentage distribution of pretest and post-test level of knowledge regarding Reiki therapy among II year B.Sc. Nursing students.

n=56

Level of knowledge regarding Reiki therapy among II year B.Sc. Nursing students	Inadequate Knowledge (0-10)		Moderately Adequate Knowledge (11-20)		Adequate Knowledge (21-30)	
	No	%	No	%	No	%
Pre test	50	89.57	6	10.43	0	0
Post test	0	0	1	1.78	55	98.22

The table 4.2 shows that in the pretest, majority 50 (89.57%) of the students had inadequate level of knowledge and about 6 (10.43%) had moderately adequate level of knowledge and none 0 (0%) of the subjects had adequate knowledge. In the post test after the video assisted psycho education program majority 55 (98.22%) showed adequate level of knowledge and only 1 (1.78%) had moderately adequate level of knowledge.

Table 4.3: Comparison of pre-test and post-test level of knowledge scores regarding Reiki therapy among II year B.Sc. Nursing students.

Level of knowledge regarding TORCH infections	Mean	S.D	Mean difference	Paired "t" test	
				Calculated 't' value	Table 't' value
Pre test	6.86	3.31	19.95	40.63	2.021
Post test	26.80	2.82			

This table 4.3 shows that the pre-test mean score of knowledge regarding Reiki therapy among II year B.Sc. Nursing students was 6.86 with S.D 3.31 and in the post-test mean score of knowledge regarding Reiki therapy was 26.80 with S.D 2.82. The calculated paired 't' value of t = 40.63 was found to be statistically significant at $p<0.05$ level. This clearly indicates that after the administration of video assisted psycho education program the post-test level of knowledge was considerably increased among II year B.Sc. Nursing students and this clearly indicates that the video assisted psycho education program was found to be effective in improving the knowledge among II year B.Sc. Nursing students.

V. DISCUSSION

The aim of the study was to evaluate the knowledge regarding Reiki therapy among II year B.Sc. Nursing students. In this study pre experimental research design was adopted. Fifty Six samples who fulfil the inclusive criteria were selected by non-probability convenience sampling, and were assessed. Demographic data was collected by using a self-structured questionnaire. Pre-test was conducted. After pre-test video assisted psycho education program was given to students with lesson plan and video administration which will contain the information related to Reiki therapy for 1 hour per day for 3 consecutive days. Post assessment level of knowledge on Reiki therapy among II year B.Sc. Nursing students was assessed after 7 days by using same questionnaire. The data was organized and analyzed and the major results of the study are discussed according to the objectives.

5.2.1 The first objectives was find the pretest and post-test level of knowledge regarding Reiki therapy among II year B.Sc. Nursing students.

Frequency and percentage distribution of pretest and post-test level of knowledge regarding Reiki therapy among II year B.Sc. Nursing students.

The analysis showed that the percentage of the pretest, majority 50(89.57%) of the students had inadequate level of knowledge and 6(10.43%) had moderately adequate level of knowledge and whereas in the post test after the video assisted psycho education program majority 55(98.22%) showed adequate level of knowledge and 1(1.78%) often had moderately adequate level of knowledge.

5.2.2 The second objective was to evaluate the effectiveness of video assisted psycho education program on knowledge regarding Reiki therapy among II year B.Sc. Nursing students.

Comparison of pre-test and post-test level of knowledge regarding Reiki therapy among II year B.Sc. Nursing students.

The findings showed that the This table 4.3 shows that the pre-test mean score of knowledge regarding Reiki therapy among II year B.Sc. Nursing students was 6.86 with S.D 3.31 and in the post-test mean score of knowledge regarding Reiki therapy was 26.80 with S.D 2.82. The calculated paired 't' value of $t = 40.63$ was found to be statistically significant at $p<0.05$ level. This clearly indicates that after the administration of video assisted psycho education program the post-test level of knowledge was considerably increased among II year B.Sc. Nursing students and this clearly indicates that the video assisted psycho education program was found to be effective in improving the knowledge among II year B.Sc. Nursing students. Hence the stated hypothesis (H_1) was accepted.

5.2.3 The third objective of the study was to find out the association of pre-test level of knowledge regarding Reiki therapy among II year B.Sc. Nursing students.

The result showed that some of the demographic variables such as religion and family monthly income, had shown statistically significant association with the pre-test level of knowledge regarding Reiki therapy among II year B.Sc. Nursing students.

Hypothesis (H_1): There is a significant difference betweenpre and post-testlevel of knowledge regarding Reiki therapy among II year B.Sc. Nursing students. The overall obtained calculated paired 't' test was 40.63 which is statistically significant at 0.05 level. Hence the research hypothesis H_1 is accepted.

Hypothesis (H_2): There is a significant association between pre-test levels of knowledge regarding Reiki therapy among II year B.Sc. Nursing students with their selected demographic variables. The demographic variables such as Religion and Family monthly income were found to be significantly associated at 0.05 levels. Hence research hypothesis H_2 is accepted.

VI. CONCLUSION

Reiki is the alternative and complementary treatment which is becoming familiar in recent days due to people's confidence in natural and divine healing. Reiki therapy is one of the methods of healing which contributes countless benefits. Reiki healing is not intended to replace the allopathic medicine, but rather to compliment it. Reiki is doing cleansing and energizing with life forcing energy.

Education in evidence-based care gives the opportunity to nurses to improve their ability to apply theoretical knowledge to practice.This study was conducted to evaluate the effectiveness of video assisted psycho education program on knowledge regarding Reiki therapy among II year B.Sc. Nursing students at Hindusthan College of Nursing, Coimbatore district. The findings of the study that the video assisted psycho education program was very effective in improving the level of knowledge. This study will help the health care professionals to develop appropriate teaching materials. Video assisted psycho education program is a proven method to improve the knowledge of the B.Sc. Nursing students which will help them to facilitate the healthy practices in day-to-day activities. Since it is cost effective and a self- healing procedure it can be applied in all settings, by all the people who underwent Reiki training and it can be used to all people irrespective of age, gender, religion and societal status.

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