

## A QUASI-EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF RELAXATION TECHNIQUES FOR THE PROMOTION OF GENERAL WELL-BEING AMONG NURSING STUDENTS AT SELECTED COLLEGES OF MOHALI, PUNJAB.

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### ABSTRACT

*INTRODUCTION: Relaxation technique (is also known as relaxation training) is a method, process, procedure or activity that helps a person to relax and calm. Relaxation techniques such as yoga and deep breathing exercises help the students to manage the stressors and promoting calmness and reducing physical and psychological tension. AIM OF THE STUDY: A Quasi-Experimental Study to Assess the Effectiveness of Relaxation Techniques for the Promotion of General Well-Being among Nursing Students at Selected Colleges of Mohali, Punjab. MATERIAL AND METHODS: A Quantitative Research Approach and Quasi-Experimental pre-test post-test research design was used in the present study. Slovin's formula was used to determine sample size. Convenient sampling technique was used to select 200 nursing students. The standardized tool i.e PGI General Well-being Measure was used to assess the general well-being among selected nursing students. The intervention contains the yoga and deep breathing exercises for 7 days in experimental group whereas no intervention was given to the control group. A descriptive and inferential statistics was used to analyse the data. RESULTS: The results revealed that in pre-test mean score and SD in experimental group was (24.07±3.596) compared to control group mean score and SD was (24.710±1.387). In post-test where mean score and SD in experimental was (30.50±2.747) compared to control mean score and SD was (24.44±1.805). In pretest, majority of the subjects had average well-being feeling in both experimental group and control group. In post-test, majority of the subjects (58%) had above average well-being feeling in experimental group whereas, majority of the subjects (92%) had average well-being in control group. There was significant association post-test well-being score with socio-demographic in father's educational status and father's occupational status in experimental group and educational qualification in control group. There was no significant association of post-test well-being score with all others socio-demographic variables in experimental group and control group. CONCLUSION:-The study concluded that relaxation techniques were effective for the promotion of general well-being.*

**Keywords:** Relaxation techniques, General well-being, Nursing students.

## INTRODUCTION

Well-being refers to a person's overall condition in terms of physical, mental, social, and environmental factors. These aspects are interconnected, and their importance can vary between individuals. Any shift in one or more of these areas can influence how a person behaves or performs everyday tasks.<sup>1</sup> General well-being relates to a person's sense of happiness, good health, and life satisfaction. It is shaped by various factors, including physical, mental, social, emotional, occupational, intellectual, and financial health.<sup>2</sup>

Many factors can disrupt daily life for nursing students from routine academic stress to major life transitions like moving away from home, adjusting to new social environments, and embracing their career path. Their first experiences in clinical environments can be especially challenging. Witnessing patients connected to medical devices, encountering blood, or participating in end-of-life care can be emotionally overwhelming, affecting their general health and ability to learn.<sup>3</sup>

Neurotransmitters are vital in managing the body's response to relaxation. The Parasympathetic Nervous System (PNS), known for its "rest and digest" role, supports various functions that help the body recover and relax. When activated, the PNS slows the heart rate, aids digestion, and brings a sense of calm. Techniques like deep breathing can stimulate the vagus nerve, a crucial part of the PNS, which in turn triggers the relaxation response. Activating this nerve has been linked to reduced stress and enhanced well-being, showing the strong connection between mental and physical health.<sup>4</sup>

Relaxation techniques are a great way to promote well-being; it's not only about peace of mind or enjoying a hobby. Using ways to relax can help to cope with everyday life activities. Relaxation techniques include yoga and deep breathing exercises, which are used to release tension and promote physical, psychological, social, and spiritual well-being. It is used to induce sleep, reduce pain, and manage emotions. These techniques are generally safe for all individuals.<sup>5</sup> Deep breathing exercises require the abdominal region in which an individual takes a deep breath, filling the lungs with air as they breathe in and allowing the lungs to expand, which will move the diaphragm. During exhalation, the individual release air out slowly the diaphragm relax and the chest wall recoils.<sup>6</sup> Yoga, known for its potential to foster positive outcomes, ranks among the top five complementary therapies. Yoga emphasizes the integration of physical, mental, and spiritual health, aiming to promote balance and inner harmony. Practicing yoga is particularly effective in calming the mind, maintaining a peaceful mental state, and enhancing one's ability to handle stress. This is especially important for nursing students, who often experience high levels of stress due to demanding academic workloads and competitive environments.<sup>7</sup>

## RESEARCH METHODOLOGY

The present study was conducted in two selected Nursing Institution of Punjab. Experimental setting was Saraswati Nursing Institute, situated at Kurali Morinda Road, Dhianpura of District Ropar (Punjab). Control setting was Rayat Bahra College of Nursing, situated at Sahauran, Kharar, Distt. Mohali, Punjab. Quantitative Research Approach was adopted. A Quasi-Experimental pretest and post-test research design was adopted.

The target population for the study were undergraduate and diploma nursing students. Total 200 subjects were selected by convenient sampling technique. The standardized tool was used to assess the effectiveness of Relaxation Techniques for the promotion of General Well-Being among nursing students. Demographic Profile Sheet (16 items), was prepared by the researcher and PGI General Well-Being Measure (20 items) by Dr. Santosh K Verma and Mrs. Anita Verma were used in the present study.

### Criteria for PGI General Well-Being Measure

Sr. No.	Range of Z-score	Grade	Level of Well-being
1.	+2.01 and above	A	Extremely High Well-being
2.	+1.26 to + 2.00	B	High Well-being
3.	+0.51 to + 1.25	C	Above average well-being
4.	– 0.50 to +0.50	D	Average Well-being
5.	– 1.25 to – 0.51	E	Below Average Well-being
6.	– 2.00 to – 1.26	F	Low Level Well-being
7.	– 2.01 and below	G	Extremely Low Well-being Feeling

The scores were classified are as:

Fully True	Somewhat True	Fully Untrue
2	1	0

Maximum Score Range = 40

Minimum Score Range = 00

The reliability of the standardized tool i.e. PGI General Well-Being Measure was 0.98.

All participants were informed that their participation in study is voluntary and they can refuse to participate and can withdraw from the study at any time. Apart from this, written consent was taken from the participants in the study. The participants were assured that the information given by them will be kept confidential and will be purely used for the research purpose. The investigator explained the purpose of the study prior to gathering of data from the students to attain their full cooperation. The data were collected over a period of 8 days.

## RESULTS

The data collected a sample of 200 nursing students. Table I(a) depicts that the socio-demographic

variables of 200 students from college of Mohali, Punjab. Age in years, majority of the subjects were in age group between 15-20 years i.e, (85%) in experimental group whereas 84% in control group. In gender, all participants were females (100%) in both experimental and control group. Majority of the subjects were living in rural area i.e, (75%) in experimental group and (67%) in control group. In Religion, majority of the subjects were Sikh (73%) in experimental group whereas more-than half of the subjects were Sikh (58%) in control group. In type of family, more than half of the subjects belonged to nuclear family i.e, (59%) in experimental group whereas (67%) in control group. In educational qualification, majority of the subjects i.e, (62%) were doing BSc Nursing in experimental group whereas less than half of the subjects i.e, (42%) were doing BSc Nursing in control group. In marital status, majority of the subjects were unmarried i.e, (94%) in experimental group while (100%) in control group. In type of accommodation, more-than half of the subjects were day scholar (61%) in experimental group as well as in control group whereas less than half of the subjects were hostlers i.e, 39% in experimental group as well as in control group. In hours of sleep in night, majority of the subjects were sleeping for 5-7 hrs in night i.e, (79%) in experimental group and (75%) in control group. In Hobbies, nearly half of the subjects were hearing music i.e, (51%) in experimental group and (46%) in control group.

Table-I (a): Frequency and Percentage distribution of Subjects as per their socio- demographic variables

N=200

SOCIO DEMOGRAPHIC VARIABLES		Experimental f (%)	Control f (%)
Age in years	15-20 years	85 (85%)	84 (84%)
	21-25 years	12 (12%)	16 (16%)
	> 25 years	3 (3%)	0 (0%)
Gender	Female	100 (100%)	100 (100%)
Area of residence	Urban	25 (25%)	33 (33%)
	Rural	75 (75%)	67 (67%)
Religion	Hindu	20 (20%)	32 (32%)
	Muslim	6 (6%)	4 (4%)
	Sikh	73 (73%)	58 (58%)
	Christian	1 (1%)	6 (6%)
Type of family	Nuclear family	59 (59%)	67 (67%)
	Joint family	35 (35%)	29 (29%)
	Extended family	6 (6%)	4 (4%)
Educational Qualification	GNM	38 (38%)	58 (58%)
	BSc Nursing	62 (62%)	42 (42%)
Marital status	Married	5 (5%)	0 (0%)
	Unmarried	94 (94%)	100 (100%)
	Divorced	1 (1%)	0 (0%)
Type of Accommodation	Hostel	39 (39%)	39 (39%)
	Day scholar	61 (61%)	61 (61%)

Hours of sleep in night	2-4 hr	0 (0%)	7 (7%)
	5-7 hr	79 (79%)	75 (75%)
	8-10 hr	21 (21%)	16 (16%)
	>10 hr	0 (0%)	2 (2%)
Hobbies	Reading books	25 (25%)	17 (17%)
	Hearing music	51 (51%)	46 (46%)
	Indoor and outdoor games	13 (13%)	17 (17%)
	Others	11 (11%)	20 (20%)

Table I(b) depicts that In father’s educational status, less than half of the subject’s father educational status upto senior secondary level i.e, (41%) in both experimental and control group. In mother’s educational status, less than half of the subject’s mother educational status upto senior secondary level i.e, (38%) in experimental group and (42%) in control group. In father’s occupational status, less than half of the subject’s father were doing private job (38%) and self-employed i.e (38%) in experimental group and (41%) of subject’s father were doing private in control group. In mother’s occupational status, majority of subject’s mother i.e,(69%) were self-employed in experimental group whereas (42%) subject’s mother were unemployed in control group. In family monthly income, majority of family income between 10001-20000/month i.e., (35%) in experimental group while (45%) of family income were more than 30000/month in control group.

**Table I(b): Frequency and Percentage distribution of the subject’s parents as per socio-demographic variables.**

N=200

SOCIO DEMOGRAPHIC VARIABLES	Experimental f (%)	Control f (%)	SOCIO DEMOGRAPHIC VARIABLES
Father Educational status	No formal education	5 (5%)	10 (10%)
	Primary education	10 (10%)	8 (8%)
	Secondary	24 (24%)	17 (17%)
	Senior secondary	41 (41%)	41 (41%)
	Graduation or above	20 (20%)	24 (24%)
Mother Educational status	No formal education	8 (8%)	13(13%)
	Primary education	11 (11%)	12 (12%)
	Secondary	26 (26%)	19 (19%)
	Senior secondary	38 (38%)	42 (42%)
	Graduation or above	17 (17%)	14 (14%)
Father Occupational status	Govt job	17 (17%)	29 (29%)
	Private job	38 (38%)	41 (41%)
	Self employed	38 (38%)	29 (29%)
	Unemployed	7 (7%)	1 (1%)
Mother Occupational	Govt job	7 (7%)	12 (12%)

status	Private job	9 (9%)	25 (25%)
	Self employed	69 (69%)	21 (21%)
	Unemployed	15 (15%)	42 (42%)
Family income	Upto 10000/month	14 (14%)	1 (1%)
	10001-20000/month	35 (35%)	24 (24%)
	20001-30000/month	24 (24%)	30 (30%)
	More than 30000/month	27 (27%)	45 (45%)

Table II: depicts that in pre-experimental group majority of the participants (63%) reported average well-being feeling and in post-experimental group majority of participants (58%) reported above average well-being feeling.

Table I(b) depicts that In father’s educational status, less than half of the subject’s father educational status upto senior secondary level i.e, (41%) in both experimental and control group. In mother’s educational status, less than half of the subject’s mother educational status upto senior secondary level i.e, (38%) in experimental group and (42%) in control group. In father’s occupational status, less than half of the subject’s father were doing private job (38%) and self-employed i.e (38%) in experimental group and (41%) of subject’s father were doing private in control group. In mother’s occupational status, majority of subject’s mother i.e,(69%) were self-employed in experimental group whereas (42%) subject’s mother were unemployed in control group. In family monthly income, majority of family income between 10001-20000/month i.e., (35%) in experimental group while (45%) of family income were more than 30000/month in control group.

Table II: depicts that in pre-experimental group majority of the participants (63%) reported average well-being feeling and in post-experimental group majority of participants (58%) reported above average well-being feeling.

	GENERALWELL-BEING SCORE					Paired t Test		
	Pretest (N=100)		Post-test (N=100)		M.D	t value		
	Mean	SD	Mean	SD			df	P value
Experimental Group	24.07	3.596	30.50	2.747	6.43	13.415	99	p=<0.001*
Control Group	24.710	1.387	24.44	1.805	0.27	1.308	99	p=0.194 <sup>NS</sup>

Table V: depicts that in Unpaired t-Test, before intervention the difference between experimental and control group was not significant (t = 1.660, p = 0.098).

**Table No V: Comparison of pretest general well-being score among subjects in between experimental and control group.**

**N=200**

Group	GENERALWELL-BEING SCORE					Unpaired t Test
	Mean	SD	MD	t-value	df	p value
Experimental Group (100)	24.07	3.596	0.64	1.660	198	p=0.098 <sup>NS</sup>
Control Group (100)	24.710	1.387				

Table VI: depicts that in Unpaired t-Test, after intervention the difference between experimental and control group was significant ( $t = 18.436$ ,  $p = <0.001$ ), indicating that the intervention significantly promoted general well-being scores in experimental group compared to control group.

**Table No VI: Comparison of post-test general well-being score among subjects in between experimental and control group.**

**N=200**

Group	GENERALWELL-BEING SCORE					Unpaired t Test
	Mean	SD	MD	t-value	df	p value
Experimental Group (100)	30.50	2.747	6.06	18.436	198	p=<0.001*
Control Group (100)	24.44	1.805				

Table VII:- depicts that using chi-Square test for association of post-test score in experimental group that significant association was found between father’s educational status as chi square value was 28.076 at df 16 and p value 0.005 and a significant association was found between father’s occupational status as chi square value was 20.493 at df 12 and p value 0.015. No significant association was found in other variables.

**Table No VII: Association of post-test general well-being score of subjects with selected demographic variables in the experimental group**

**N=200**

Variables		Extremely high well-being feeling	High well-being feeling	Above average well-being feeling	Average well-being feeling	Below average well-being feeling	Low level well-being feeling	Extremely low well-being feeling	$\chi^2$	df	p Value
Age in years	15-20 years	0	22	49	14	0	0	0	10.337	8	0.111 <sup>NS</sup>
	21-25 years	1	4	6	1	0	0	0			
	> 25 years	0	0	3	0	0	0	0			
Area of residence	Urban	0	4	19	2	0	0	0	4.566	4	0.206 <sup>NS</sup>
	Rural	1	22	39	13	0	0	0			
Religion	Hindu	0	6	12	2	0	0	0	1.987	12	0.992 <sup>NS</sup>
	Muslim	0	1	4	1	0	0	0			
	Sikh	1	19	41	12	0	0	0			
	Christian	0	0	1	0	0	0	0			
Type of family	Nuclear family	1	11	36	11	0	0	0	8.582	8	0.198 <sup>NS</sup>
	Joint family	0	11	20	4	0	0	0			
	Extended family	0	4	2	0	0	0	0			
Educational Qualification	GNM	1	14	18	5	0	0	0	6.279	8	0.393 <sup>NS</sup>
	BSc Nursing	0	12	39	10	0	0	0			
Marital status	Married	0	3	1	1	0	0	0	4.455	8	0.615 <sup>NS</sup>
	Unmarried	1	23	56	14	0	0	0			
	Divorced	0	0	1	0	0	0	0			
Type of Accommodation	Hostel	0	9	21	9	0	0	0	3.820	4	0.282 <sup>NS</sup>
	Day scholar	1	17	37	6	0	0	0			
Hours of sleep in night	2-4hr	0	0	0	0	0	0	0	0.394	4	0.942 <sup>NS</sup>
	5-7 hr	1	21	45	12	0	0	0			
	8-10 hr	0	5	13	3	0	0	0			
	>10 hr	0	0	0	0	0	0	0			
Hobbies	Reading books	0	6	17	2	0	0	0	4.060	12	0.907 <sup>NS</sup>
	Hearing music	1	12	28	10	0	0	0			
	Indoor and outdoor games	0	4	7	2	0	0	0			
	Others	0	4	6	1	0	0	0			

Father Educational Status	No formal education	1	2	2	0	0	0	28.07 6	16	0.005*
	Primary education	0	3	6	1	0	0			
	Secondary	0	7	10	7	0	0			
	Senior secondary	0	10	28	3	0	0			
	Graduation or above	0	4	12	4	0	0			
Mother's Educational status	No formal education	1	1	6	0	0	0	19.34 6	16	0.081 <sup>NS</sup>
	Primary education	0	5	5	1	0	0			
	Secondary	0	8	14	4	0	0			
	Senior secondary	0	9	24	5	0	0			
	Graduation or above	0	3	9	5	0	0			
Father's Occupational status	Govt job	0	1	14	2	0	0	20.49 3	12	0.015*
	Private job	0	12	21	5	0	0			
	Self employed	0	11	21	6	0	0			
	Unemployed	1	2	2	2	0	0			
Mother's occupational status	Govt job	0	0	5	2	0	0	12.23 4	12	0.200 <sup>NS</sup>
	Private job	0	1	7	1	0	0			
	Self employed	1	17	42	9	0	0			
	Unemployed	0	8	4	3	0	0			
Family income	Upto 10000/mont h	1	3	9	1	0	0	11.32 2	12	0.254 <sup>NS</sup>
	10001-20000/mont h	0	11	16	8	0	0			
	20001-30000/mont h	0	5	17	2	0	0			
	More than 30000/mont h	0	7	16	4	0	0			

Table VIII:- depicts that using chi-Square test for association of post-test score in control group that a significant association was found between educational status as the chi square value was 6.118 at df 2 and p value 0.047. No significant association was found in other variables.

**Table No VIII: Association of post-test general well-being score of subjects with selected demographic variables in the control group**

**N =200**

Variables		Extremely high well-being feeling	High well-being feeling	Above average well-being feeling	Average well-being feeling	Below average well-being feeling	Low level well-being feeling	Extremely low well-being feeling	$\chi^2$	df	p Value
Age in years	15-20 years	0	0	4	76	4	0	0	1.656	2	0.437 <sup>NS</sup>
	21-25 years	0	0	0	16	0	0	0			
	> 25 years	0	0	0	0	0	0	0			
Area of residence	Urban	0	0	1	31	1	0	0	0.252	2	0.882 <sup>NS</sup>
	Rural	0	0	3	61	3	0	0			
Religion	Hindu	0	0	2	27	3	0	0	4.634	6	0.592 <sup>NS</sup>
	Muslim	0	0	0	4	0	0	0			
	Sikh	0	0	2	55	1	0	0			
	Christian	0	0	0	6	0	0	0			
	Others	0	0	0	0	0	0	0			
Type of family	Nuclear family	0	0	3	61	3	0	0	0.479	4	0.976 <sup>NS</sup>
	Joint family	0	0	1	27	1	0	0			
	Extended family	0	0	0	4	0	0	0			
Educational Qualification	GNM	0	0	0	55	3	0	0	6.118	2	0.047*
	BSc Nursing	0	0	4	37	1	0	0			
Type of accommodation	Hostel	0	0	1	36	2	0	0	0.534	2	0.766 <sup>NS</sup>
	Day scholar	0	0	3	56	2	0	0			
Hours of sleep in night	2-4 hr	0	0	0	6	1	0	0	7.020	6	0.319
	5-7hr	0	0	3	71	1	0	0			
	8-10hr	0	0	1	13	2	0	0			
	>10hr	0	0	0	2	0	0	0			
Hobbies	Reading books	0	0	0	17	0	0	0	9.554	6	0.145 <sup>NS</sup>
	Hearing music	0	0	3	43	0	0	0			
	Indoor and outdoor games	0	0	1	14	2	0	0			
	Others	0	0	0	18	2	0	0			
Father's educational status	No formal education	0	0	0	8	2	0	0	10.882	8	0.208 <sup>NS</sup>
	Primary education	0	0	0	8	0	0	0			
	Secondary	0	0	1	16	0	0	0			

	Senior secondary	0	0	3	37	1	0	0			
	Graduation or above	0	0	0	23	1	0	0			
Mother's educational status	No formal education	0	0	0	11	2	0	0	7.950	8	0.438 <sup>NS</sup>
	Primary education	0	0	1	11	0	0	0			
	Secondary	0	0	1	18	0	0	0			
	Senior secondary	0	0	2	39	1	0	0			
	Graduation or above	0	0	0	13	1	0	0			
Father's occupational status	Govt job	0	0	1	26	2	0	0	1.113	6	0.981 <sup>NS</sup>
	Private job	0	0	2	38	1	0	0			
	Self employed	0	0	1	27	1	0	0			
	Unemployed	0	0	0	1	0	0	0			
Mother's occupational status	Govt job	0	0	0	11	1	0	0	3.364	6	0.762 <sup>NS</sup>
	Private job	0	0	1	23	1	0	0			
	Self employed	0	0	2	18	1	0	0			
	Unemployed	0	0	1	40	1	0	0			
Family income	Upto 10000/month	0	0	0	1	0	0	0	1.727	6	0.943 <sup>NS</sup>
	10001-20000/month	0	0	2	21	1	0	0			
	20001-30000/month	0	0	1	28	1	0	0			
	More than 30000/month	0	0	1	42	2	0	0			

## DISCUSSION

In present study, the pre-interventional assessment majority (63% and 99%) of the subjects in the experimental and control group had average well-being feeling. After 7 days of intervention, majority 58% in the experimental had above average well-being feeling and 92% in control group had average well-being feeling. Similarly compared with study conducted by Kiranbir K, Ghanshyam T, Suman B (2019) to assess values in health care and well-being of nursing students in Punjab. The finding of the study revealed that majority (53.33% and 60%) of subjects were in 23-24 years in both experimental and control group. During the pre-interventional assessment majority (73.3% and 50%) of students in experimental and control group had average well-being. After 21 days of intervention, majority (60%) of

subjects had high well-being in experimental group and (73.34%) had average well-being in control group.<sup>8</sup>

In the current study, findings revealed that 7 days of intervention was significantly effective in experimental group as compared to control group. In pretest general well-being mean score and SD in experimental group was (24.07±3.596) as compared to control group (24.710±1.387). In post-test general well-being mean score and SD was in experimental group (M=30.50±2.747) as compared to control group (M=24.44±1.805). It indicated that the intervention significantly promoted general well-being in the experimental group compared to control group. Another findings compared with one more study conducted by Poonam Anand, SS Chandla et.al (2018) assess the effect of yoga on general well-being of nursing students. The intervention was implemented for 6-week with duration of 30 minutes. The result revealed that mean score and SD before yoga was (64.9±6.799) and mean score and SD after yoga was (91.3±4.292).<sup>9</sup>

In current study findings related to association of general well-being with demographic variables revealed that there was significant association between father's educational status and father's occupational status in experimental group and educational qualification in control group. The study findings compared with another study conducted by Raj N, Khan I, Haritha M (2020) to assess the effectiveness of self-instructional module on knowledge regarding the beneficial effects of yoga in mental health among nursing students. The result findings showed that there was significantly association between age and pretest level of knowledge (p=0.01) and there was no significant association with other demographic variables such as gender, religion, family income, and area of living. Therefore, the finding of the study supported the result of present study.<sup>10</sup>

## CONCLUSION

The present study concluded that in pre-test, majority of the subjects (63% and 99%) had average well-being feeling in both experimental and control group. In post-test, Majority of the subjects (58%) had above average well-being feeling in experimental group whereas majority of the subjects (92%) had average well-being feeling in control group. There was a significant association of post-test general well-being with father's educational status and father's occupational status in experimental group and educational qualification in control group.

## RECOMMENDATIONS

On the basis of findings of the present study, the following recommendations are offered for future research:

- ✓ A study can be conducted to assess the effectiveness of relaxation techniques for the promotion of general well-being among the students other than nursing.
- ✓ A study can be conducted to assess the effectiveness of relaxation techniques for the promotion of general well-being in different settings such as schools, training institutes to promote general well-being.
- ✓ More studies are needed related to assess the effectiveness of relaxation techniques for the promotion of general well-being.

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