

عنوان مقاله:

Mindfulness and related factors among Iranian nursing students: A cross-sectional study

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خلاصه مقاله:

Nursing students experience a number of emotional challenges during their educations, leading to high levels of stress among them. One of the strategies of stress management in nursing students is the use of mindfulness. This study aimed to assess mindfulness and related factors among Iranian nursing students. In a cross-sectional study, 100 nursing students studying at Nasibeh Faculty of Nursing and Midwifery affiliated to Mazandaran University of Medical Sciences, Iran was enrolled. Data were collected via census sampling from May to June 2018. Data were collected using a three-part questionnaire including demographic characteristics, Kentucky Mindfulness Skills scale, and Spielberger State Anxiety scale. Data analysis was performed using descriptive statistics, t-test, Chi-squared, and ANOVA tests. The mean score of mindfulness of nursing students was 117.35 ± 12.89 . The mean scores of mindfulness in the dimensions of observation, description, act with awareness, and acceptance without Judgment was 36.33 ± 6.0 , 25.68 ± 4.91 , 28.17 ± 4.49 , and 27.17 ± 3.80 , respectively. The mean score of anxiety in nursing students was 14.17 ± 3.78 . There was a significant relationship between age and dimension "description" of mindfulness ($r = 0.22$, $p = 0.029$). There was a significant relationship between dimension "observation" of mindfulness and experience stressful events during the last six months ($t = 2.327$, $df = 96$, $p = 0.022$). Therefore, due to the importance of mindfulness among nursing students, it is possible to reduce the risk factor by creating the necessary conditions such as continuing education.

کلمات کلیدی:

Mindfulness, Nursing students, Anxiety, Iran

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