

## Changes in Nursing Care and Caring Characteristics

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### Description

It is valuable for further developing fixation and memory, expanding the effectiveness of work and restricting concern and uneasiness. Additionally, expressed that the creative mind is significant and impacts the control of our sentiments and ways of behaving in completing our day to day routines. Our contemplations and minds are factors that animate our feelings. Our minds are inventive and can subdue our feelings and cause us to feel great. The body is prepared to follow any of a number of recommendations as a result of the ease with which the energy of emotional stress flows through the muscles in all of the organs. In a similar vein, stated that mind training and meditation practice should be incorporated into cognitive and behavioral therapy in order to promote awareness of one's thoughts and problem-solving abilities based on mind use. These techniques play a crucial role in a person's cognitive and behavioral adjustment, resulting in behavioral durability. The various methods of relaxation, such as practicing meditation, relaxing the muscles and expanding one's imagination, aid in relieving emotional tension in the central nervous system and reducing stimulation in the limbic brain system. As a result, emotional stress is reduced. The affected person then experiences mental and physical improvement. This can be done quickly and without spending a lot of money. This concentrate on the impact of a program for creative mind upgrade through utilization of a versatile application on the pressure heaps of nursing understudies appeared as a trial research, which was done with two gatherings and utilizing a rehashed measures plan at every one of three phases, to be specific, pre-trial and error, quick post-trial and error and fourteen days post-trial and error. The participants were divided into two groups: An experimental group that used a mobile app to participate in the imagination-enhancing program and a control group that received a stress management guide from Tung Wah College, Homantin, China. The population of the study and its samples included nursing students in their second to fourth year of undergraduate study in 2018. They were 420 nursing students from Tung Wah College, Homantin, China, Faculty of Nursing and ranged in age from 18 to 24. The consideration rules expected that they have low pressure scores as estimated by the Thai Pressure.

### Specialist in Educational Technology

The program for expanding one's imagination was created by the researchers and verified by a mental health nursing specialist. The utilization of a versatile application was created involving strategies and creative mind to animate a profound state and to prompt change in the solid framework. Upgrading the creative mind gives a delivery to the feelings and a wonderful inclination and as expressed prior. The Mind-Counseling application received the following steps to install an audio recording of the imagination-enhancement program. In order to conduct an analysis, three time frames were used to compare the group of nursing students who participated in the program to enhance their imagination through the use of a mobile app to the group of students who did not: Before enrolling in the program; at the program's conclusion; what's more; at about fourteen days after program end. The content validity of the imagination-training program was determined by three qualified individuals as part of the mobile application's quality monitoring: Two instructors of psychiatric nursing and a specialist in educational technology. The established standard of 0.50 or higher was satisfied by the determined index of Item-Objective Congruence (IOC) of 0.82-1.00. The qualified individuals' suggestions for improvement were implemented and tested.

### Imagination-Enhancing Program

A stress-relaxation practice program based on autogenic training can communicate through the mobile application. It is fit for lessening pressure, since it is viable with the example gathering of teens and youthful grown-ups, the majority of whom are prone to utilize their cells for over four hours every day. In addition to other approaches, this proved to be an alternative strategy for reducing stress. Its features for use are in line with what a study that suggested a mobile app for reducing stress found; A sample of 30 people used the app for four weeks and it was found to be effective in significantly reducing stress. However, it was discovered that the average values of the program-using members of the experimental group had increased at two weeks and were now higher than when the program had just ended. It is conceivable, hence, that after a specific measure of time, feelings of anxiety can increment once

more. In a similar vein, a study that was carried out by Hwang and Jo found that stress levels had increased beyond what they were at the very end of the program after four weeks. A systematic literature review of a study that looked at the effects of using a mobile app in a sample group of people who had post-traumatic stress disorder provided additional support for these findings. It was found conceivable to lessen pressure, however there were impediments forced by the time allotment that had slipped by since closing the trial and error. The levels of stress would then rise once more. The possibility that stress levels will once again rise is just one reason to be concerned. In order to use the mind-counseling application, a fee must be paid

before it can be downloaded to the phone and installed. The cost will be determined by the sample group's service fee and the memory capacities of the mobile phones they use. It would in this way be important to delete a portion of the information put away in the telephones to introduce the program. Additionally, it was discovered that when the sample group opened their phones to run the imagination-enhancing program, other notifications occasionally interrupted their practice. A study on running programs on a mobile phone mirrored this situation. When a notification from a game loaded on the phone interrupts the practice of the sample group once more, the purpose of the study was to reduce anxiety.