

## Abstract

**Background:** Emotional Intelligence (EI) is known as the ability to understand, use, and manage one's own emotions in a positive way. It has been identified that EI is vital to the nursing profession because it facilitates the processing of emotional information for individualized and improved patient care through effective communication and therapeutic relationships. Mindfulness is described as moment-by-moment awareness of thoughts, feelings, bodily sensations and surrounding environment. Studies have been highlighted that mindfulness-based programs are an efficient interventions that can enhance healthcare professionals' psychological functioning. In Sri Lankan context a little is concern about student nurses' psychological wellbeing and EI. The purpose of this pretest posttest study was to examine the effectiveness of mindfulness-based interventions (MBI) on emotional intelligence (EI) among nursing students in College of Nursing Ampara, Sri Lanka.

**Method:** Single sample pretest posttest design was used in this study. Convenience sample of 121 second year nursing students were participated for this study and their EI was measures by employing Sinhala version of Schulte Self -reported Emotional Intelligence Test (SSEIT) before and after implementation of eight weeks MBI. Mindful breathing, mindful walking and mindful listening were practiced throughout the eight weeks consisting one hour face to face session in every week.

**Finding:** The mean emotional intelligence levels of nursing students prior to MBI intervention was  $128.41 \pm 9.96$ . After eight weeks of MBI intervention the mean EI level was increased as  $133.26 \pm 15.11$ . The study revealed that there is a significant improvement of EI after eight weeks of MBI ( $128.41 \pm 9.96$  vs.  $133.26 \pm 15.11$ ,  $p = 0.004$ ).

**Conclusion:** Mindfulness -based Interventions were efficient in improving Emotional Intelligence of nursing students consequently enhancing their nursing training program. Mindfulness practice sessions should be incorporated in nursing diploma courses in nursing

colleges during the three year nursing diploma programs to improve emotional intelligence of nursing students aimed at training of more emotionally competent nurses for future requirements. The mindfulness practice enable nurses to enhance their emotional intelligence and quality nursing practice by successfully facing the upcoming challenges in this constantly changing health care environment

*Key words: emotional intelligence, Schutte Self-reported Emotional Intelligence Test, mindfulness-based Interventions, nursing students, pretest posttest design,*