## Abstract

## In the present study, humming therapy was used for treating anxiety in nursing students. The sample consisted of 60 nursing students. Thirty students (15 GNM, 15 B.Sc. Nsg) were in control group and 30 students (15 GNM, 15 B.Sc. Nsg) in experimental group. The method of sampling used was stratified simple random sampling. The tools used were (1) personal data questionnaire (2) state and trait anxiety scale. Each student of the control group was assessed on both the scales and, again, after 10 days they were assessed on the same scale. Each student of experimental group was also assessed on the same scales but the students of this group has been trained for humming therapy (30 min humming, 15 min awareness, 15 min rest) daily for 10 days. Then this group of students was again assessed on the same scales. Results revealed that there was no statistically significant difference between pre and post test anxiety level of control group while the difference was statistically significant at p<0.001 level in experimental group after the administration of humming therapy.

## Keywords: Anxiety Level; Student Nurses; Relaxation therapy.