

## Examination of the level of knowledge nursing students regarding therapeutic touch

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### ABSTRACT

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**Purpose:** This study is a cross-sectional study whose purpose was to investigate the level of knowledge of nursing students regarding Therapeutic Touch (TT).

**Materials and methods:** The study population was comprised of nursing students (N: 1200) in the 2017-2018 academic year. The sample group included 235 students. A questionnaire created by the conductors of the study was used to collect data.

**Results:** It was found that the average age of nursing students participating in the study was 22.37, 86% of them were female, and 68.9% of nursing students who agreed to participate in the study had previously heard of TT. 40.4% of students stated that TT was included in the Alternative Medicine Systems, almost half (53.2%) stated that the first practitioner of TT was a nurse. The majority (35.7%) stated that

India was the first country to practice. 62% of the students stated that TT was effective in reducing anxiety, 68.5% was ineffective in treating infections and diagnosing cancer. Although, according to the majority of nursing students (62.6%) that participated in the study, the main purpose of the application is to ensure energy balance by regulating the body's energy flow, almost half of the students that participated in the study (51.5%) concluded that they think skin contact is necessary during TT.

**Conclusions:** It was found that more than half of the nursing students had heard about TT before but could not identify it accurately and less than half of the students were willing to learn this practice.

**Keywords:** Therapeutic touch, nursing student, knowledge level

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