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Research article

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Effectiveness of planned teaching programme on knowledge regarding suicidal behavior and its management among PUC students of selected PUC colleges at Vijayapur

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ABSTRACT

Background

Knowledge of suicidal behaviour and its management among PUC students is believed to be an important determinant of health seeking behaviour as well as adherence to preventive measures.

Aims and objectives

The study aims at assessing the effectiveness of planned teaching programme on suicidal behavior and its management among PUC students at selected PUC colleges at Vijayapur

Materials and Methods

A pre experimental one group pre test post-test research design was used for the study. The knowledge of the subjects were determined using a structured knowledge questionnaire. The Planned teaching programme was administered on the same day. The conceptual frame work is based on General system theory. A post test was conducted to determine the knowledge of the subjects on the seventh day by using the same questionnaire which was conducted in selected College of Vijayapur. 80 PUC students were selected using a convenient sampling technique.

Results

In this study out of 80 samples 34 (42.50%) of them were the age group of 17 years, 40 (50%) of the respondents were male and remaining 40 (50%) of the respondents were female, 38(47.5%) of students are stressful with After school activity, 64 (80%) of students are not having any family history of suicide. The study revealed that 80 (100%) of students never thought and have not attempted suicide. The analysis of mean of the knowledge scores in pre test and post test revealed that the mean pre test knowledge score was 13.07 where as post test knowledge score was 25.91. The mean difference was (12.84) and it shows there is significant difference between pre test and post test after giving planned teaching programme.

Conclusion

The findings of the study support that Planned teaching programme was effective in increasing the knowledge regarding suicidal behavior and its management among students.

Keywords: Planned teaching programme, PUC students, Suicidal behavior

INTRODUCTION

Adolescence is a stressful developmental period filled with major body changes. The word adolescence is Latin in origin, derived from the verb adolescence, which means "to grow into adulthood." Adolescence is a time of moving from the immaturity of childhood into the maturity of adulthood. There is no single event or boundary line that denotes the end of childhood or the beginning of adolescence. Rather, experts think of the passage from childhood into adolescence as composed of a set of transitions that unfold gradually and that touch upon many aspects of the individual's behaviour, development, and relationships. These transitions are biological, cognitive, social, and emotional. [1]

Life is full of risk; people must choose the amount of danger to which they are willing to expose themselves. A number of factors combine to impact adolescents risk taking behavior including age, self esteem, autonomous social adaptation, vulnerability, impulsivity and thrill seeking activity. [2]

According to WHO Annual estimates approximately one million people die from suicide and for every 10 to 20 minutes more people attempt to suicide worldwide. This represents one death for every 40 seconds and one attempt for every 3 seconds on average. [3]

It is reported that 19% of the world's population is in the age group of 10 to 19 years. Nearly two fifths of the nation's population falls between ten and twenty years of age. And the youth represents the energy of the present and the hope for the future. [1] At present the adolescents are facing a huge amount of stress related to various problems in their social environment. And one of major consequence or the after effect of this stress is suicide and growing rate. [4]

Statement of the Problem

"Effectiveness of planned teaching programme on knowledge regarding suicidal behavior and its management among PUC students of selected PU Colleges at Vijayapur".

Objectives

1. To assess the knowledge of PUC students regarding suicidal behavior and its management before and after planned teaching programme.

2. To determine the effectiveness of planned teaching programme regarding suicidal behavior and its management among PUC students.
3. To find out the association between post test knowledge scores of PUC students regarding suicidal behavior and its management with their selected demographic variables.

Hypotheses

The following hypotheses will be tested at 0.05 levels of significances.

H₁: There will be significant increase in the post-test knowledge score than pre-test knowledge scores among P U C students regarding suicidal behavior and its management.

H₂: There will be significant association between post test knowledge score of P U C students with their selected demographic variables

MATERIALS AND METHODS

Research design

One group pretest and post-test design (Pre-experimental design) was used for this study.

Setting

The study will be conducted at selected P U Colleges at Vijayapur.

Population

Population for the study comprises of P U C students at selected P U Colleges at Vijayapur.

Sample

Sample for the study would consist of 80 P U C students.

Sample size

The sample size for the study comprises of 80 P U C students.

Sampling technique

P U C students will be selected using convenient sampling technique.

Sampling Criteria

Inclusion criteria

- The P U C students of 16-19 years of age group.
- Students who are able to read and understand English and/or Kannada

➤ Students who are present at the time of data collection.

➤ Students who are suffering from systemic illness & co-morbid psychiatric illness.

Exclusion criteria

➤ Who are absent at the time of study.

Tool Used

The tool used for data collection was a structured knowledge questionnaire among PUC students.

RESULTS

Section 1: Analysis of Demographic variables of respondents

Table 1: Frequency and percentage distribution according to Age in years, Sex, Education of parents, Religion, Habitat, Type of family, Parents Occupation, Family monthly income, Suicidal profile

SL.NO	DEMOGRAPHIC VARIABLES	PUC students n=80	
		FREQUENCY	PERCENTAGE (%)
01	Age in year		
	16	28	35
	17	34	42.5
	18	10	12.5
	More than 18	08	10.0
02	Sex		
	Male	40	50
	Female	40	50
03	Education of parents		
	Primary	25	31.25
	Secondary	20	25
	Graduation	23	28.75
	Post graduation	12	15
04	Religion		
	Hindu	47	58.75
	Muslim	33	41.25
	Christian	0	0
	Others	0	0
05	Habitat		
	Urban	44	55
	Semi urban	16	20
	Rural	20	25
06	Type of family		
	Joint	32	40
	Nuclear	48	60
07	Parents occupation		
	Govt employee	28	35
	Private employe	36	45
	Self employe	10	12.5
	Others	6	7.5
08	Family monthly income		
	5000-10001	12	15
	10001-15000	28	35
	15001-20000	34	42.5
	20001 and above	6	7.5
09	Most stressful part of your life		

	Family/home	6	7.5
	Parents/Friends	10	12.5
	School/Grades	18	22.5
	After school activities	38	47.5
	Self	8	10
10	Family history of suicide		
	Yes	16	20
	No	64	80
11	Have you ever thought about or attended to kill yourself		
	Yes	0	0
	No	80	100

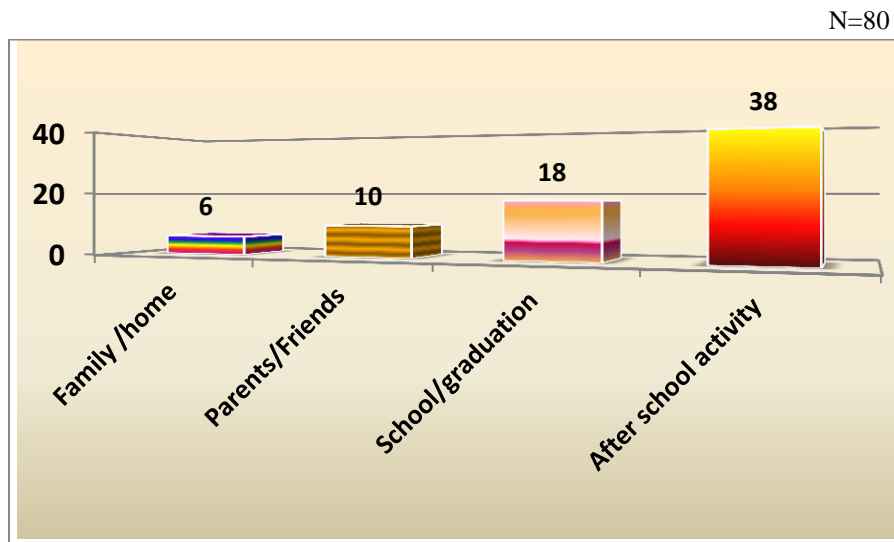


Fig No 1: Bar diagram shows that Distribution of respondents according Most stressful part of your life

The above figure shows that 38(47.5%) of respondents were stressed with after school activity, 18(22.5%) with school and graduation

programme, 10(12.5%) of respondents are stressed with parents/friends, 6(7.5%) of respondents were stressful with family /home.

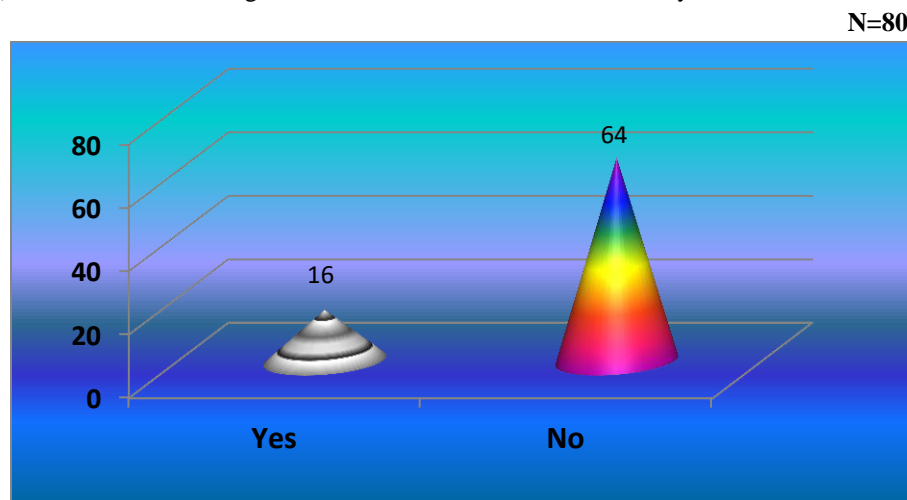


Fig No 2: Diagram shows that Distribution of respondents according Family history of suicide.

The above figure shows that 64(80%) of respondents are having not family history of

suicide, remaining 16(20%) of respondents are having family history of suicide.

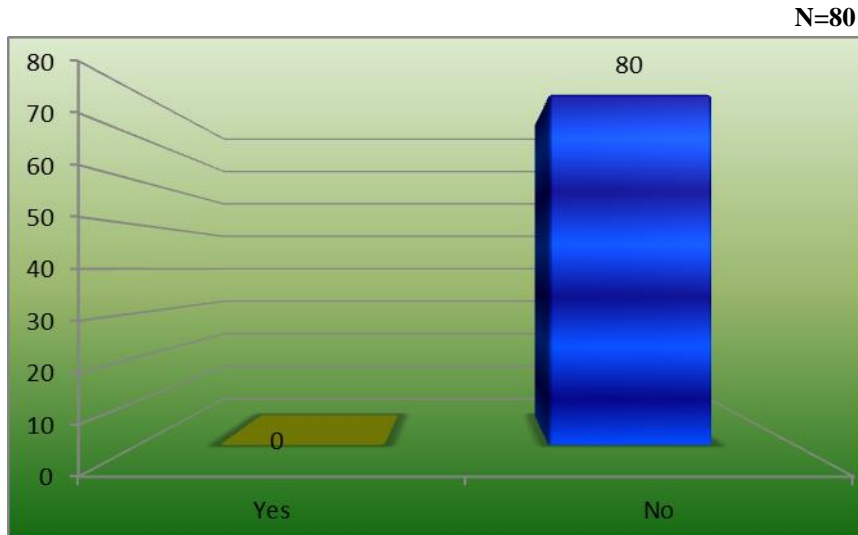


Fig No 3: Bar diagram shows that Distribution of respondents according to Have you ever thought about or attempted to kill yourself

The above figure shows that 80 (100%) of students never thought and not attempted suicide.

SECTION: 2

Assessment of knowledge of respondents

Table 2: Knowledge Assessment regarding suicidal behavior and its management among PUC students

		Pretest	Percentage	Post test	Percentage
Level of knowledge	Poor	34	42.5	00	00
	Average	46	57.5	35	43.75
	Good	00	00	45	56.25
	Total	80	100	80	100

The above table reveals that with respect to (Pre-test knowledge scores 46(57.5%) of respondents had average knowledge and 34(42.5%) of respondents with poor knowledge. Where as after

intervention (post-test) 45(56.25%) of respondents had good knowledge, 35(43.75%) with average knowledge.)

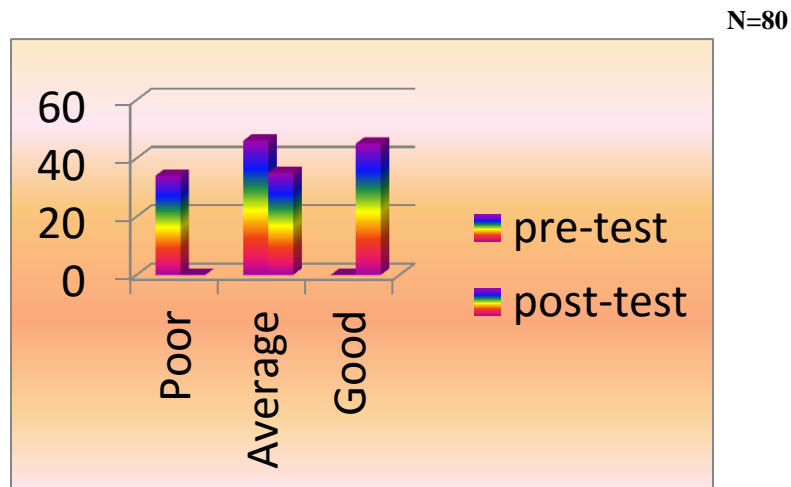


Fig No 4: Distribution of knowledge regarding suicidal behavior and its management among PUC students according to knowledge level.

Section 3

Table 3 : Comparison of level of knowledge before and after Planned teaching program

t-test	N	Mean	S.D	S.E	t value	
						p-value
Pretest	80	13.07	2.49	0.27	34.5	p-value< 0.05
Posttest	80	25.91	4.02	0.44		

The above table reveals that mean post test knowledge score regarding suicidal behavior and its management among PUC students is more than the mean pretest score with t-value 34.5 is highly significant at p-value < 0.05. So the planned teaching program is effective in enhance the knowledge of suicidal behavior and its management

H₁: There will be significant increase in the post-test knowledge score than pre-test knowledge scores among PUC students regarding suicidal behaviour and its management. The result obtained shows increase in post-test knowledge with 25.91.Hence the hypothesis is accepted.

Table 4: Association of demographical variables with knowledge.

Demographical Variables	Category	Knowledge		X ²	Table value	DF	Remarks
		≤ Median	>Median				
Age in year	16	16	12	8.72	5.99	2	S
	17	8	26				
	18	5	5				
	Above 18 year	5	3				
Sex	Male	28	12	0.80	3.84	1	NS
	Female	24	16				
Education of parents	Primary	12	13	5.68	7.82	3	NS
	Secondary	6	14				
	Graduation	15	8				
	Post graduation	7	5				
Religion	Hindhu	0	0	0.09	3.84	1	NS
	Muslim	6	4				
	Christian	7	5				
	Others	5	8				
Habitat	Urban	28	16	3.31	5.99	2	NS
	Rural	6	10				
	Semi-urban	12	8				
Type of family	Joint	18	14	1.27	3.84	1	NS
	Nuclear	20	28				

Parents occupation	Govt employee	16	12	3.06	5.99	2	NS
	Private employee	28	8				
	Self employee	6	4				
	Others	5	1				
Family monthly income	5000-10000	8	4	1.27	5.99	2	NS
	10001-15000	16	12				
	15001-20000	20	14				
	20000 and above	5	1				
Most stressful part of your life	Family/home	4	2	8.20	5.99	2	S
	Parents/friend	7	3				

	School/graduation	8	10				
	After school activities	22	16				
	Self	3	5				
Family history of suicide	Yes	9	7	0.0015	3.84	1	NS
	No	34	30				
Have you ever thought about or attempted to kill yourself	Yes	0	0	0.0	3.84	1	NS
	No	38	42				

The above table reveals that, the association of demographic variables with post-test knowledge scores, showed that age in years and most stressful part of your life found to be significant. The other demographic variables like Sex, Education of parents, Religion, Habitat, Type of family, Parents Occupation, Family monthly income, Family history of suicide, have you ever thought about or attempted to kill yourself found to be non significant at 0.05 level of significant

NURSING IMPLICATIONS

The nursing implications of the study could be discussed under nursing skill, nursing education, nursing research and administration.

Nursing Skill

The most important role of the nurse is to provide awareness of the suicidal behavior and its management among PUC students. The nurse plays an important role in disease prevention and health promotion. Several implications can be drawn from the present study for nursing skill. The health personnel have added responsibility in educating the students regarding suicidal behavior and its management and help in maintenance of health by modification of life styles.

Nursing Education

The nursing curriculum should emphasize on imparting health information to community using different teaching methods. Nursing students should be educated on health promotion, disease prevention and early detection of the disease. The Planned teaching programme can be used as an illustrative informational mode to the students as well as clients and their family members and the community. Every student should be encouraged in providing information to the clients and the

community for which they have to be prepared properly.

Nursing Administration

Nursing administrator should take an initiative in creating policies and plans in providing education to the people. Planned teaching programme to be provided to the nursing personnel at various levels to make them aware of suicidal behavior and its management by nursing administrators. Knowledge regarding suicidal behavior and its management among PUC students should be updated by utilizing various communication facilities. Planned teaching programme should be included as a part of job-description of various categories of health personnel. The nurse as an administrator also should plan the out-reach activities in collaboration with the other agencies in imparting the knowledge to the colleges. Programmes to be planned to remove the life threatening situation and imparting knowledge regarding suicidal behavior and its management.

Nursing Research

Suicide has become common health problem in students and if proper measures are not taken it leads into complication, more resources should be allocated to do research on suicidal behavior and its management among students. There is a great need of nursing research in the areas of student education. Health related studies need to concentrate on behavior modifications of students by developing unique teaching programmes. Research on newer methods of teaching, focusing on people's interest, community participation and cost-effectiveness are needed.

RECOMMENDATIONS

Based on the study findings, the following recommendations were made for further study.

- A similar study can be conducted among the general population.
- Comparative study may be conducted to find out the similarities and differences in knowledge between urban and rural areas.
- Experimental study can be conducted with structured learning programme on knowledge with control group
- Mass planned teaching programme in regional languages to reduce suicidal rates among adolescents.

- Effectiveness of psycho-education can be carried out on prevention of suicidal among adolescents,
- Effectiveness of individual counselling among adolescents to prevent suicide
- Effectiveness of cognitive behaviour therapy to enhance self confidence among adolescents with suicidal behaviour.

CONCLUSION

The planned teaching programme is really helpful in enhancing knowledge regarding suicidal prevention and increasing the confidence about life among adolescents.

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