

“A Study to Assess the Effectiveness of Structured Teaching Programme On Knowledge Regarding Anxiety Disorders and Suicidal Ideation and Suicidal Attempts and Its Management Among College Students in Selected Colleges in Bhuj, Kutch.”

Ms. Monika Devi. A. S¹, Mr. Ivin Manoj², Dr. Jeenath Justin Doss. K.³

¹(II Year M.Sc. Nursing, MHN), ²Guide, ³Principal

^{1,2,3}Shri Anand Institute of Nursing, Opp Ghanteswar Park, B/h Sainik Society, Jamnagar Road, Rajkot-360006, , Shri Anand Institute of Nursing, Opp. Ghanteswar Park, B/h Sainik Society, Jamnagar Road, Rajkot-360006

¹monikadevias96@gmail.com

Abstract

The improvement of knowledge regarding anxiety disorders and suicidal ideation and suicidal attempts and its managements among college students in selected colleges has a n important role in enabling the effectiveness of structured teaching programmed as an independence nursing intervention. The objective of the study is to assess the level of knowledge regarding anxiety disorders and suicidal ideation and suicidal attempts and its management among college students in selected colleges. The research design adopted was one group pre-test & post-test design. The study had been conducted in selected colleges, Bhuj - Kutch. Non-probability convenient sampling technique had been adopted to select the desired samples. The sample size was 60. As a part of intervention, a structured teaching programmed on knowledge regarding anxiety disorders and suicidal ideation and suicidal attempts and its management among college students in selected colleges for 30minutes and the data was collected by structured interview with set of questionnaires that is administered to assess the level of knowledge regarding anxiety disorders and suicidal ideation and suicidal attempts and its management among college students in selected colleges.

The data were analyzed by using both descriptive and inferential statistical method paired ‘t’ test was used to evaluating the effectiveness of structured teaching programmed on knowledge regarding anxiety disorders and risk for suicidal ideation and suicidal attempts and its management. The obtained value 9.39, which shows highly significant at the level of $p < 0.001$. There is significant association between demographic variables such as year of experience and previous source of information with post-test level of knowledge on regarding anxiety disorders and risk for suicidal ideation and suicidal attempts and its

management. The study concluded that the structured teaching programme was effectiveness in improving of knowledge regarding anxiety disorders and risk for suicidal ideation and suicidal attempts and its management.

Key words: effectiveness, anxiety disorders and risk for suicidal ideation and suicidal attempts and its management among college students in selected colleges.

1. Introduction:

One of the major reasons for suffering is a sense of isolation, which is the feeling of total loneliness, which is to feel that have nothing to depend upon, a sense that you have no relationship with anyone, that you are totally isolated. There are various kinds of suffering – the physical and the various psychological movements of suffering; the ordinary pains through disease, old age, ill-health, bad diet and so on, and the enormous field of psychological suffering.

Anxiety disorders are a cluster of mental disorders characterized by significant and uncontrollable feelings of anxiety and fear. Such that a person's social, occupational, and personal function are significantly impaired.

2. Need for the study:

Anxiety disorders, especially panic disorder and PTSD, are independently associated with suicide attempts. Need to assess suicidal behavior among patients presenting with anxiety problems. Suicide is a tragic event with profound costs to society Affective disorders, substance misuse, anxiety disorders, certain personality disorders, and psychotic disorders are all established risk factors for suicide attempts.

Suicide is a major public health issue worldwide. Suicide is undoubtedly the most tragic event in human life. Globally speaking, around one million people commit suicide each year. Suicide is possibly witnessed among a wide range of population extending from normal individuals reacting differently to stress-triggering life conditions to people diagnosed with a mental disorder.

Risk factors for suicidal behavior are traumatic childhood and adulthood experiences, negative interfamily interactions, social isolation, decreased social solidarity, financial troubles, losses, despair, impulsivity, and migration. Recognized as a critical public health problem, preliminary causes of suicide are financial, religious, political, social, cultural, and medical in addition to mental disorders like depression and alcohol addiction.

3. Objectives of the study:

1. To assess the level of knowledge regarding, anxiety disorders and risk for suicidal ideation and suicidal attempts and its management among college students in selected colleges, Bhuj, Kutch.
2. To evaluate the effectiveness of structured teaching programme on knowledge regarding, anxiety disorders and risk for suicidal ideation and suicidal attempts and its management among college students in selected colleges, Bhuj, Kutch.

3. To find out the association between selected demographical variable and post-test level of knowledge score among college students in selected colleges, Bhuj, Kutch.

4. Hypotheses of the study:

H1: The mean post-test score will be significantly higher than the mean pre-test score of knowledge regarding, anxiety disorders and risk for suicidal ideation and suicidal attempts and its management.

H2: there will be significant association between the selected demographic variables and pre-test level of knowledge regarding anxiety disorders and risk for suicidal ideation and suicidal attempts and its management among college students in selected colleges, Bhuj, Kutch.

Assumptions:

- ❖ College students may have inadequate knowledge of anxiety disorders and risk for suicidal ideation and suicidal attempts and its management.
- ❖ Structured teaching programme may be effective in improving the knowledge of anxiety disorders and risk for suicidal ideation and suicidal attempts and its management.

Delimitations:

- ❖ Data collection period delimited to 4-6 weeks
- ❖ Study is delimited to college students studying in selected colleges.

Research approach:

Quantitative research approach.

Research design:

A pre-experimental study – one group pre-test & post-test design.

Variables:

Independent variable:

In the present study, the independent variable is the structured teaching programme regarding anxiety disorders and suicidal ideation and suicidal attempts and its management.

Dependent variable:

In this study, the dependent variable is knowledge of college students regarding of anxiety disorders and suicidal ideation and suicidal attempts and its management.

Demographic variables:

In this study the demographic variables are age in years. , gender, religion, educational status of the parents, occupation of the parents, medical professionals in their family, and history of suicidal attempts in their family and previous knowledge about warning signs of suicidal ideation .

Setting of the study:

The setting refers to the area where the study is conducted. It is the physical location and condition in which data collection takes place in a study. The selection of an appropriate setting was conducted in 2 different settings. Pilot study was conducted 6 students in SKLP college and the main study was conducted 60 students in BMCB college of nursing.

Population:

The population is the aggregation of cases about which the researcher would like to make generalization. It refers to group of individuals with some common characteristics and it is important to make distinction between the target population and accessible.

Target population: the target population in this study was nursing students in BMCB college.

Accessible population: the accessible population in this study was first year ANM & GNM students of BMCB college of nursing.

Sample:**sample and sample size:**

the sample for the study consisted 60 college students who are studying in BMCB college of nursing Bhuj, Kutch.

Sampling technique:

the sample was selected by using non-probability convenient sampling technique.

Criteria for selection of the sample:**Inclusion criteria: -**

- ◆ Students those who are studying first year ANM & GNM.
- ◆ Students who are willing to participate in the study
- ◆ Students those who are having low level of knowledge

Exclusion criteria: -

- ◆ Students who are not available on the day of data collection
- ◆ Students who are not willing to participate in the study.

Development and description of the tool:

After an extensive review of literature and discussion with experts tools were prepared on the basis of objective of the study. Structured questionnaire was developed to collect the information on knowledge regarding anxiety disorders and suicidal ideation and suicidal attempts and its management. The tool developed was closed ended questionnaire to evaluate the knowledge on anxiety disorders and risk suicidal ideation and suicidal attempts and its management. The main purpose of developing this tool was to educate the students.

Major finding of the study:

Major study findings include,

Findings related to demographic variables of the study

1. The majority of 29(48.33%) sample age is between 20-21 years.
2. The majority of 45(75%) sample religion is between hindu.
3. The majority of 35(58.33%) sample educational status of parents is between school education.
4. The majority of 35(58.33%) sample parents' occupation is between private employees.
5. The majority of 48(80%) sample have no medical professional in family.
6. The majority of 56(93.33%) sample have no previous experience of suicidal attempts in their family.
7. The majority of 50(83.33%) sample have no previous knowledge about the warning signs of suicidal thoughts.

The pre-test report 36 (60%) of college students had inadequate knowledge and 21(35%) of them had moderate knowledge and only 3(5%) of them had adequate knowledge. After the structured teaching programme on knowledge regarding anxiety disorders and risk for suicidal ideation and suicidal attempts and its management. The post-test level of knowledge was 5 (8.33%) of college students had inadequate knowledge and 10 (16.67%) of college students had moderate knowledge and 45 (75%) of them had adequate knowledge. It also revealed that the mean pre-test score is 10.95 and the mean post test score is 17.50.

It hence the hypothesis stated, ‘ ’ shows that the comparison between the pre-test and post-test knowledge score obtained by the samples on structured teaching programme the mean difference between the pre-test and post-test was **6.55** and the standard deviation of pre-test level was **5.33** and post-test was **4.35** and the calculated value is ($t=9.39$) is higher than the table value $p<0.001$ thus, researcher accepted the hypothesis H_1 .

5. Conclusion:

The main conclusion of this present study is that most of the college students had inadequate and

moderately adequate level of knowledge in pre-test and they improved to moderately adequate and adequate knowledge in post-test. This shows the imperative need to understand the purpose of structured teaching programme regarding anxiety disorders and suicidal ideation and suicidal attempts and its management among college students in selected college.

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