



## Nursing

**“A STUDY TO EVALUATE THE EFFECTIVENESS OF TEACHING MODULE ON PSYCHO-EDUCATION PROGRAMME ABOUT KNOWLEDGE AND COMMON PSYCHIATRIC EMERGENCIES AMONG IV YEAR B.SC. NURSING STUDENTS IN SELECTED NURSING COLLEGES AT COIMBATORE”**

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**ABSTRACT**

**Aim:** To Evaluate the Effectiveness of Teaching Module on Psycho-Education Programme about knowledge & common psychiatric emergencies among IV year B.Sc., Nursing Student in selected nursing colleges, at Coimbatore. Conceptual frame work for the study was born on the Kenny's open system module (1968). Research design used for the study was a quasi-experimental one group pre test post test design. This study was conducted in KG, Ramakrishna College of nursing at coimbatore. The population for this study consisted of IV year B.sc Nursing student. Simple Random Sampling Technique was used to select the sample. Data collection tool consist of demographic variable, self administered multiple choice questions to assess knowledge on common psychiatric emergencies. The psycho-education programme include in detail about common psychiatric emergencies. The collected data were tabulated, analyzed and interpreted by using descriptive and inferential statistical methods. Establishment of content validity of data collection tool and psycho-education programme was obtained by the split-half method ( $r=0.89$ ) which were highly reliable. Pilot study was conducted in Cheraan's College of Nursing among IV year B.sc nursing student to find the feasibility on conducting the study. Among B.sc Nursing students majority were fallen between 19-21 years of age group, from urban, got previous information through media. Regarding the knowledge on common psychiatric emergencies among IV year B.sc Nursing student, greater strength of them had moderately adequate knowledge during their pre-test and more than half of them had an adequate knowledge during their post test. The mean score of knowledge in post-test was higher than in pre test. The 't' value is highly significant at  $p<0.05$  level regarding common psychiatric emergencies; hence the stated hypothesis on common psychiatric emergencies was accepted. There was no significant associated between the knowledge of IV year B.sc Nursing student with the selected demographic variables like, age, place of residence, previous source of information, hence the stated hypothesis was rejected. Above finding suggest that the psycho-education programme helps to change knowledge on common psychiatric emergencies among IV year B.sc Nursing student.

**KEYWORDS :****INTRODUCTION**

Mental illness is maladjustment in living. It produces a disharmony in a person's ability to comfortably or effectively meet human needs and function within a culture<sup>1</sup>. In other words a mentally unhealthy person loses his ability to respond according to the expectations he has himself & the demands the society has for him. An emergency is defined as an unforeseen combination of circumstances, which calls for an immediate action<sup>2</sup>. A psychiatric emergency is a disturbance in thought, mood (or) the others & for which immediate therapeutic is necessary for variety of reasons such as the growing incidence of violence, suicide, stupor & catatonic syndrome<sup>3</sup>. "An Act of killing one-self intentionally performed by the person with the full knowledge (or) expectation of the fatal outcome"<sup>4</sup>. Today world is complex one. Indians are bombarded with various stressors. In India for instance, religion forbids death by suicide and it is believed that one who commits suicide will not attain moksha<sup>5</sup>. It is considered as a sin, but the official suicide rate in India is 9.9 lakhs population per year<sup>4</sup>. According to national crime records bureau, in India every five minutes a person commits suicide and attempts to kill himself, forming about 1,00,000 suicide deaths per years in India. South India formed by states (Kerala, Tamilnadu, Andrapradesh and union territory of Pondicherry) records around 50,000 suicide deaths per year<sup>6</sup>. Death recorded due to suicide across the world indicates only the tip of the iceberg. Worldwide, the exact number of people ending, attempting (or) thinking of ending their lives is not known. Suicide is one of the leading causes of death across the world especially in the 15-35 years age group<sup>7</sup>. A prevalent rate for catatonia has been recorded between 6% and 38% for acute psychiatric episode and only about 7% to 17% of those patients meet criteria for catatonia schizophrenia. The World health report on violence and health found that 10% to 69% of women report being physically aroused by an intimate male partner at some point in this lives<sup>8</sup>. These findings were published after conducting 48 population based survey around the world. Women globally and in India live in a social environment where violence is an immediate reality, over riding socio demographic difference of cultural background, class, education, acceptance and so on<sup>10</sup>. In recent years there has been an increase in those suffering from schizophrenia who

commit violence offences, perhaps associated with the more towards community care young mates with acute schizophrenia are more violent than those with chronic schizophrenia<sup>11</sup>. There is an over representation of those suffering from schizophrenia on remain in custody for violent offences 9% of non-fatal violent offenders and 11% of homicidal offenders compared to a 0.4% prevalence of schizophrenia in the general population and 1% incidence in a life time. Chalasani P(2005)<sup>9</sup>, report a care of sporadic encephalitic lethargic presenting as catatonia pertinent had a 4 week history of progress in mobility, autism, posturing and tremor along with intermittent fever and tachycardia. In last two decades the suicide rate has increased from 7.9 to 10.3 per 1,00,000. The majority of suicides 37.8% in India are those below the age of 30 years. The fact that 71% of suicide in India are by persons below the age of 44 years in imposes a huge social emotional and economic burden in our society<sup>13</sup>. The violent and aggressive are highly prevalent among chronically hospitalized Psychiatric patient of these patients who were in the New York state hospital system for longer than one month, 7% were assaulted at least once within a 3 month period<sup>14</sup>. Nursing students clerkships in psychiatric offer an ideal, and brief opportunity for students to refine their interview technique and learn how to deal with common ailment (such a suicide, stupor and catatonic syndrome aggression and violent behavior) with which they need to be familiar, regardless of their future speciality<sup>12</sup>. Further these future practitioners need the skills to appropriately assess risk for suicide as they will be on the front lines seeing patients at risk. In addition to the fourth year nursing student clerkships in psychiatric provides an important place and time to recruit future residents in the field any measure that could improve student (or) increase their enthusiasm for the speciality would be useful to academic psychiatry.

**MATERIAL AND METHODS:**

The research design for this study was "one-group per-test-post test (O1×O2) quasi experimental design.

Independent Variable is psycho-education programme on common psychiatric emergencies.

Dependent Variable is Knowledge on common psychiatric The study was conducted in selected nursing colleges at Coimbatore that is Ramakrishna College; KG college. The target population selected for this study was IV year B.Sc.Nursing students. Sample consists of 60 B.Sc. Nursing students. The sample selected for this study by using Simple Random Sampling Technique. The researcher develops tool necessary for the present study as per expert's opinion. It consists of Part A: Structured Tool for the collection of said demographic profile of the B.Sc., Nursing IV year student. Part B: A structured knowledge assessment questionnaire on common psychiatric emergencies. The total score was 50 items. For the purpose of study the total score was classified as follow >75% -adequate knowledge 51-74 - moderately adequate knowledge <50% - inadequate knowledge. The demographic variables were analyzed by using descriptive measures. The knowledge was assessed by using descriptive measures (mean, SD), The Effectiveness of self instructional module was assessed by using paired 't' test. Association between the knowledge on B.Sc.Nursing students with their demographic variables were analyzed by using inferential statistics (chi square).

**INTERVENTION:**

The study those who are study in Ramakrishna KG College of nursing constituted the study population. Only one group was included in this study as experimental group. Per-test and post test was carried out for experimental group by using 50 multiple choice questions but after 7 days of pre-test, phycho-education given on common psychiatric emergencies. The data were analyzed using descriptive statistics.

**RESULT:**

**Table 1: Data on demographic variables of B.sc., Nursing students regarding common psychiatric emergencies.**

Frequency and percentage distribution of B.sc., nursing students according to demographic variables.

Sl.No	Demographic Variables	n	%
1	Age	48	80
	a.19-21years	12	20
	b.22-27years		
2	Place of Residence	46	77
	a. Urban	14	23
	b. Rural		
3	Source of Information	11	18
	a.Family Members	24	40
	b.Friends	25	42
	c.Media		

Among B.sc Nursing students majority were fallen between 19-21 years of age group, from urban, got previous information through media.

**Table 2: Data on assessment of existing knowledge (Pre Test) and post test Knowledge on common psychiatric emergencies among B.sc.,Nursing student**

Frequency and percentage distribution of B.sc., Nursing student on knowledge regarding common psychiatric emergencies.

S.No	Level of Knowledge	Pre Test		Post Test	
		n	%	n	%
1	Adequate Knowledge	6	10	50	83
2	Moderately Adequate Knowledge	31	52	10	17
3	Inadequate Knowledge	23	38	-	-

Regarding the knowledge on common psychiatric emergencies among IV year B.sc Nursing student, greater strength of them had moderately adequate knowledge during their pre-test and more then half of them had an adequate knowledge during their post test.

**Table 3: Data on effectiveness of Psycho Education Programme regarding common psychiatric emergencies among B.sc., Nursing students.**

Mean, SD and 't' value of knowledge regarding common psychiatric emergencies among B.sc., Nursing students.

Sl.No	Variables	Mean	SD	't' value
1	Pre test	28.12	13.70	8.94
2	Post test	42.25	6.14	

The mean source or knowledge post-test was higher than in pre test in pre-test. The't' value is highly significant at p<0.05 level regarding common psychiatric emergencies .hence the state hypothesis was common psychiatric emergencies .hence the stated hypothesis was accepted.

**Table 4: Data on association between the levels of Knowledge on common psychiatric emergencies among B.Sc., Nursing students with their selected demographic variables**

Sl. No	Variables	Adequate Knowledge		Moderatel y Adequate Knowledge		Inadequate Knowledge		χ <sup>2</sup>
		n	%	n	%	n	%	
1.	Age :							0.398 <sup>NS</sup>
	a.19-21 yrs	41	79	7	87	-	-	
	b.22-27 yrs	11	21	1	13	-	-	
2.	Place of Residence	39	76	7	78	-	-	0.006 N.S
	a.urban	12	24	2	22	-	-	
	b.Rural							
3.	Previous source of information	9	18	2	22	-	-	4.32 N.S
	a.family members	18	35	6	67	-	-	
	b.friends	29	47	1	11	-	-	
	c.media							

NS-Not significant...

Since observed χ2 value is less than tabulated χ2 value for two degrees of freedom. It conclude that there was no association between knowledge on common Psychiatric emergencies and selected demographic variables

**DISCUSSION:** The study was conducted by using one group pre test-post test design. The sample size was 60 B.Sc nursing students the self Administered multiple choice questions were used to assess the knowledge regarding common psychiatric emergency among B.Sc nursing students the responses were analyzed through descriptive statistic (mean, frequency, percentage and standard deviation) and inferential statistic (correlation, coefficient, paired t test and chi-square).

Arboleda (2007)15 conducted a study on evaluation of a class room based strategy to modify help seeking for mental health problems among college students. An evaluation of class room based strategy to modify help seeking for mental health problems William Sharp David S. Hargrove Laura Johnson William P. Deal abstract the current study assist the impact of a brief Psycho Education intervention on participants Knowledge towards seeking professional Psychological help. The 40min intervention focused on dispelling myths and stigma associated with mental illness, modifying expectations about Psychotherapy effectiveness, and providing students with information regarding treatment options. Compared to the control condition, participants in the class room group showed significant improvement in knowledge toward seeking professional Psychological help, as well as in some of their opinions about mental illness, for upto one month following the intervention. These finding suggest that the use of a brief, class room based mental health education programme is a promising method to modify help seeking knowledge and negative opinions of the mentally ill.

**CONCLUSION:**

The result of the present study showed that the students those who are doing IV year B.Sc., Nursing degree scored of high score after participated in psycho - education programme. Therefore it was concluded that psycho-education programme on common psychiatric emergencies is effective. It is confirmed that post test score of group is higher than in the pre-test score. The gain in knowledge helps them to practice/manage while taking care of the patients with psychiatric emergencies.

**RECOMMENDATION:**

The result of study revealed the utility of the programme and enriching the knowledge in common psychiatric emergencies. It is suggested that similar programme could be organized among nurses those who are working in the psychiatric wards.

1. This study can be conducted on large scale to nurses working in psychiatric ward.
2. The psycho-education programme on this should be periodically planned and continued for nurses.
3. This study can be extended to family members of psychiatric patients.
4. This study can be periodically planned for nursing supervisor's in turn they can teach other staff nurse in the practice field itself.
5. This study can focus purely on the management of common psychiatric emergencies.

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