

**A Comparative Study on Effectiveness of Planned Teaching Programme on Knowledge Regarding Prevention of Suicide in Adolescents Among Teachers and Parents of Adolescents of Selected Secondary Schools in Mumbai City**



**Nursing**

**KEYWORDS :** Deliberate Self Harm (DSH), suicide, adolescents, teachers, and parents.

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**ABSTRACT**

*Adolescence is a crucial stage of life. The academic failure, loss of loved ones during the period of adolescence can affect them seriously. They may turn to the decision of ending their lives by deliberate self-harm (DSH) i.e. suicide. A comparative study was conducted on effectiveness of planned teaching programme on knowledge regarding prevention of suicide in adolescents among teachers and parents of adolescents of selected secondary schools in Mumbai city. A descriptive comparative design was used. A structured questionnaire and a teaching plan on prevention of suicide in adolescents were used. 70 secondary school teachers and 70 parents were selected with a non-probability convenient sampling technique. The collected data was analysed with descriptive and inferential statistics. Study concluded that the planned teaching was significantly effective in improving the knowledge in parents than the teachers regarding prevention of suicide in adolescents.*

**INTRODUCTION**

There is increasing concern about suicide rates in the vulnerable developmental stage of adolescence.<sup>1</sup> Adolescence is a crucial stage of life.<sup>2</sup> Suicide is a common problem worldwide.<sup>3</sup> Suicide is a grievous and preventable tragedy, sadly standing among the leading causes of death for teens.<sup>4</sup> Suicide is a major public health problem.<sup>5</sup> According to National Centre for Disease Control, suicide is the third leading cause of death in people between the ages of 15 and 24 years after motor vehicle accidents and homicides. The global suicide rate stands at 14.5 deaths per 100,000, with suicide the fourth leading cause of death in the 15 to 19 years age group the incidence of teen suicide in four years from representing 6.7 percent of each 100,000 adolescent deaths in 2003 to 9.4 percent in 2007.<sup>6</sup> Radhakrishnan and Andrade 7 cited the report of WHO, 2009, that India ranks 43<sup>rd</sup> in descending order of rates of suicide with a rate of 10.6/100,000.

Tsai et al 8 conducted a survey in 2011 which concluded that School personnel should be aware of DSH to formulate appropriate and timely interventions.

The parents of the adolescents can also be a great source in the prevention of the suicide in adolescents. The investigator developed the interest in doing this study as to see in what extend and in which group the planned teaching will be effective in improving the knowledge regarding prevention of suicide in adolescents among parents of adolescents or the secondary school teachers.

**MATERIAL AND METHODS**

A descriptive comparative design was used for the study. The total 70 parents and 70 teachers working in selected secondary schools of Mumbai city were selected by non-probability convenient sampling. A structured questionnaire of 34 items was developed, which was validated from the experts. The reliability of the tool was established through split - half method by computing Karl Pearson's coefficient of correlation, which was found to be reliable. On day one the participants were asked to fill in their pre-tests, followed by the planned teaching session. After a week's period the participants were again contacted for the post-tests. The collected data was analysed in terms of frequency, percentage, paired t test, z test and chi-square test.

**RESULTS**

**Table 1 Showing pre-test knowledge of school teachers**

**and parents regarding prevention of suicide in adolescents.**

**n = 70**

Knowledge grades	Teacher(T)		Parents(P)	
	Frequency	Percentage	Frequency	Percentage
Poor	2	2.85	1	1.43
Average	54	77.15	69	98.57
Good	14	20	0	0
Total	70	100	70	100

**Table 2 Comparison of knowledge of parents and teachers before planned teaching**

**n = 70**

Group	Mean	SD	SE	t value	p value
Parents	17.91	3.02	0.63	2.11 NS	0.35
Teacher	18.51	4.35			

**NS - Not significant**

**Table 3 Effectiveness of planned teaching in parents and teachers.**

Group	Test	Mean	SD	SE	t value	p value
Parents	Pretest	17.91	3.02	0.44	49.13*	<0.001
	Posttest	29.47	2.1			
Teacher	Pretest	18.51	4.35	0.63	24.95*	<0.001
	Posttest	27.6	3.04			

**\* - significant at p < 0.001**

**Table 4 Comparison of gain in knowledge in both parents and teachers**

Group	Mean	SD	SE	z value	p value
Teacher	9.09	3.38	0.53153	5.54	0.00000826
Parents	11.56	2.89			

**Table 5 Association of knowledge with selected demographic variables**

Variable	Group Inadequate ( $\leq$ median)		Knowledge		Chi-square Cal	Chi-square Tab.	p value
			Adequate ( $>$ median)				
Age	Parents	30 to 40 years	23	17	0.089	5.99	$> 0.05$
		41 to 50 years	15	11			
		Above 50 years	2	2			
	Teacher	Up to 25	3	4	5.16	7.82	$> 0.05$
		26 - 35	8	6			
		36 - 45	17	10			
Gender	Parents	Male	9	5	0.365	3.84	$> 0.05$
		Female	31	25			
	Teacher	Male	13	4	6.23*	3.84	$< 0.05$
		Female	22	31			
Quali- fication	Parents	Primary	12	7	7.015	7.82	$> 0.05$
		Secondary	24	13			
		Higher secondary	1	6			
		Graduate	3	4			
	Teacher	H.S.C.	5	3	3.7	5.99	$> 0.05$
		Graduate	18	12			
Religion	Parents	Hindu	40	29	1.352	7.82	$> 0.05$
		Muslim	0	1			
		Christian	0	0			
		Other	0	0			
	Teacher	Hindu	26	22	3.75	7.82	$> 0.05$
		Muslim	5	3			
		Christian	4	9			
		Other	0	1			
Type of Family	Parents	Nuclear	17	15	2.461	5.99	$> 0.05$
		joint	20	15			
		Extended	3	0			
	Teacher	Nuclear	22	19	1.26	5.99	$> 0.05$
		Joint	13	14			
		Extended	0	2			
Family income/ month (Rs.)	Parents	Upto 5000	5	3	1.707	7.82	$> 0.05$
		5001-10,000	26	16			
		10001-15000	6	7			
		15001&above	3	4			
	Teacher	Up to 25000	9	6	4.79	7.82	$> 0.05$
		25000-35000	3	2			
		35001-45000	13	8			
Awareness of suicide	Parents	Yes	32	26	0.536	3.84	$> 0.05$
		No	8	4			
	Teacher	Yes	28	35	7.88 *	3.84	$< 0.05$
		No	7	0			

**RESULTS**

Demographics of both the groups. The majority 38.57% T (teachers) belonged to 36 – 45 years, whereas 57.14% P (parents) were in 30 – 40 yrs. age group. Maximum (75.71%T, 80% P) were females, most of the participants (68.57% T, 98.57% P) were Hindus, 58.57% T & 45.71% P were from nuclear families, about 41.43% T had family income > Rs.45001 whereas 60% P had income between Rs.5001-10000, Majority (45.71% T) were post-graduates, whereas 52.86% P were secondary educated. Maximum (90%T & 82.86% P) subjects were aware regarding suicide and out of which 73% T & 78.58% P received the information through electronic media.

Table 1 shows that the majority (77.15% T & 98.57% P), had average knowledge level.

Table 2 shows the comparison of parents and teachers knowledge. The mean score of knowledge of parents is 17.91 whereas that of teachers is 18.51 with the t value found to be 2.11, which is not significant as the p value is 0.35, which is more than the 0.05 level of significance. Therefore it is inferred that there is no significant difference between the knowledge of parents and teachers before planned teaching.

Table 3 shows that in parent's group the pre-test mean increased from 17.91 to 29.47 in post-test, the t value of 49.13 is statistically significant as  $p < 0.001$ . In Teacher's group the pre-test mean increased from 18.51 to 27.6 in the post-test. The calculated t value was found to be 24.95, which is significant at  $p < 0.001$  level of significance, at degree of freedom 69. This confirms that the planned teaching programme was significantly effective in improving the knowledge in both the groups.

Table 5 shows that the mean of parents gain in knowledge i.e. 11.56 was found to be more than that of teachers mean of gain in knowledge i.e. 9.09. The z value found to be 5.54 which was significant as the p value was less than 0.05 i.e. 0.00000826. Therefore it was inferred that there was more significant gain in knowledge in parent's group than that of teachers group.

Table 5 depicts the association of knowledge with selected demographic variables.

It was inferred that there is no significant association of any demographic variable with knowledge in parent's group as all the calculated chi-square values are less than the tabulated chi-square values; whereas in teacher's group it is very much clear that there is significant association between Gender and Awareness of suicide with the knowledge regarding prevention of suicide. As the calculated Chi-square value for gender and awareness are 6.23 and 7.88 which are greater than the tabulated chi-square value at degree of freedom 1 i.e. 3.84 at  $p$  value < 0.05.

**DISCUSSION**

A comparative study was conducted on effectiveness of planned teaching programme on knowledge regarding prevention of suicide in adolescents among teachers and parents of adolescents of selected secondary schools in Mumbai city. In this study; in teacher's group the majority (38.57%) belonged to 36 – 45 years, maximum (75.71%) were females, most of the participants (68.57%) were Hindus, 58.57% subjects were from nuclear families, about 41.43% had family income > Rs.45001, majority (45.71%) were post-graduates, maximum (90%) subjects were aware regarding suicide and out of which 73% received the information through electronic media. Whereas in parent's group maximum (57.14%) were in 30 – 40 yrs. age group, majority (80%) were females, most of the participants (98.57%) were Hindus, 45.71% subjects were from nuclear families, about 18.57% had family income between 10001- 15000, majority (52.86%) were secondary educated, maximum (82.86%) subjects were aware regarding suicide and out of which 78.58% received the information through electronic media.

The majority of the secondary school teachers (77.15%), on pre-test, had average knowledge level and 20% of the subjects were having good knowledge level. whereas about 98.57% parents had average knowledge levels. On pre-test no significant difference found between the knowledge of parents and teachers at  $p > 0.05$  level of significance. The planned teaching was significantly effective in improving the knowledge of both parents and teachers as the t value calculated (49.13 and 24.95 respectively) was significant at p value less than 0.001. The study findings are supported by the study done by Johnson and Parsons 5 where in the participants (school faculty and staffs) were provided with a gatekeeper suicide-prevention program and results indicate that the staff members' knowledge about identification of risk factors, behavioral responses to suicidal students, and knowledge of community resources were increased.

From the study it came forth that there was more significant gain in knowledge in parent's than that of teachers as the z value (5.54) was significant at  $p < 0.05$  i.e. 0.00000826. There was no any significant association of any demographic variable with knowledge in parents' group as  $p > 0.05$ ; whereas in teachers' group there was significant association between Gender and Awareness of suicide with the knowledge regarding prevention of suicide at  $p < 0.05$ .

**CONCLUSION**

The study concludes that the planned teaching programme was more significant method in improving the knowledge of the parents than the secondary school teachers regarding prevention of suicide in adolescents.

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