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A STUDY TO ASSESS THE EFFECT OF STRUCTURED TEACHING PROGRAMME ON THE LEVEL OF KNOWLEDGE ABOUT PSYCHOLOGICAL FIRST AID AMONG PSYCHIATRIC COUNSELLORS WORKING IN SELECTED PSYCHIATRIC NURSING HOMES IN PUNE CITY



Psychiatry

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ABSTRACT

Introduction: Psychological first aid (PFA) is a technique designed to reduce the occurrence of post-traumatic stress disorder. The use of structured teaching programme was effective to enhance the level of knowledge regarding the use of psychological first aid. Thereby helped in improving the quality of life among people.

Method: Quantitative research approach and Pre-experimental one group Pre-test - Post-test research design was adopted for the study. Setting was at Chaitanya institute for mental health, Pune.

The samples size was 60. Simple random sampling technique was used. Tool included: Section I – demographic variables of the samples. Section II - self-administered structured questionnaire. Questionnaire included thirty items and key score was poor knowledge (Score 0-10), average knowledge (Score 11- 20) and Good Knowledge (Score 21-30). Reliability of the tool was found to be 0.9 Pre intervention Pre-test was administered to subjects, followed by structured teaching Programme through AV aid on psychological first aid was given, followed by post-test, which was carried after two weeks.

Result: Findings: revealed in Pre-test, average knowledge score was 12.66 with standard deviation of 1.78 whereas in post-test average knowledge score was 19.99 with standard deviation of 3.26. This indicates that the structure-teaching programme was effective to enhance the level of knowledge about the psychological first aid among the psychiatric counsellors.

CONCLUSION : The present study enhanced the knowledge on the psychological first aid in psychiatric counsellors .The study found that majority of counsellors have average knowledge and positive attitude towards psychological first aid

KEYWORDS

Effectiveness; Structured Teaching Program; Knowledge; Psychological First Aid; Psychiatric Counsellors

INTRODUCTION

Psychological first aid (PFA) is a technique designed to reduce the occurrence of post-traumatic stress disorder. It was developed by the National Centre for Post-Traumatic Stress Disorder.¹ “Psychological first aid” was first introduced conceptually in the mid-Twentieth Century; in the post-9/11 era, psychological first aid has emerged as a mainstay for early psychological intervention with survivors of disasters and extreme events.

In this study, assessed the effectiveness of structured teaching programme on the level of knowledge about psychological first aid among psychiatric counsellors working in selected psychiatric nursing homes in Pune city. Significant findings were; nearly 85% of the population of the psychiatric nursing homes of Pune city, studied have heard about psychological first aid. Secondly, a significant discrepancy exists in the level of knowledge of psychiatric first aid between psychiatric counsellor's .In pre-test and post-test, comparatively knowledge about psychological first aid are significantly improved.

These results highlight the structured teaching programme for improvement in the knowledge about psychological first aid. Assessing the knowledge about psychological first aid in psychiatric counsellors is the first step. In this, half of all subjects were having poor knowledge about psychological first aid. The study results highlights the need for the, better education measures among counsellors.

Effectiveness of structured teaching programme on the level of knowledge about psychological first aid among counsellors emphasized that before giving the training module on PFA, average pre-test knowledge score was 18.5 which increased to 27.56 in post-test. T-value for this comparison was 21.31 with 39 degrees of

freedom. Corresponding p-value was small < 0.05 . Psychological first aid training programme for psychiatric counsellors was proved significantly effective in improving the knowledge

OBJECTIVES:

- To assess the baseline level of knowledge of psychiatric counsellors regarding Psychological First Aid.
- To assess the level of knowledge of psychiatric counsellors after interventions.
- To compare the pre-test and post-test knowledge level of the selected psychiatric counsellors.
- To find the association between demographic variables and Pre-test score.

Hypothesis

Ho: There will be no significant change in the knowledge of the people regarding psychological first aid.

MATERIALS AND METHODS:

Quantitative research approach was adopted in the study. Pre experimental one group Pre-test - Post-test research design adopted for the study. Setting for the study was at Chaitanya institute for mental health Pune City. The samples size was 60. Non-probability purpose sampling technique was used. Tool was developed in two Sections: Section I – demographic variables of the samples. Section II - self-administered structured questionnaire. Questionnaire included thirty items and key score was poor knowledge (Score 0-10), average knowledge (Score 11- 20) and Good Knowledge (Score 21-30) Setting of the study was in Chaitanya institute of mental health Pune city. Reliability of the tool was found to be 0.9. Permission from the authority to conduct the research study was taken.

The permission to conduct the study was taken from the authority. The period of data collection commenced from Feb 04, 2018 to Feb 28, 2018. After taking the consent from the each samples, the researchers has administered Pre-test to subjects. After the assessment, structured teaching Programme through AV aid on psychological first aid was given, followed by post-test, which was carried after two weeks.

FINDINGS:

The data and findings have been organized and presented under the following sections:

Section I –Analysis of data related to the demographic variables of the samples in frequency and percentages.

22.5% of samples falls in Age in 15-25 years. 42.5 % of samples falls in an age 25-35. 22.5% falls in 35-45 years and 12.5% of samples falls above 45 years age group.

Section II - Analysis of data related to assessment of Pre interventional Knowledge among the rural residents regarding psychological first aid.

Frequency and Percentage assessment of Pre interventional Knowledge regarding psychological first aid. In pretest 52.5%, subjects had poor knowledge and 32.5% subjects had average knowledge and 15% had scored good knowledge level about psychological first aid.

N = 60

	Good	Average	Poor
Frequency	6	13	21
Percentage	15%	32.5%	52.5%

Table.1

Section III - To evaluate the effectiveness of structured teaching program on knowledge about psychological first aid among psychiatric counsellors working in Chaitanya institute for mental health.

	Mean	S.D	t	Df	p-value
Pre-test	18.5	2.78	21.31	39	0.000
Post-test	27.57	2.78			

Table.2

Researcher applied paired t-test for the effect of structured teaching programme among psychiatric counsellors regarding psychological first aid. Average score in pre-test was 18.5 which is increased to 27.57 in posttest .T-value for this test was 21.31 with 39 degree of freedom. Corresponding p-value was of the order of 2.730, which is small, so the null hypothesis is rejected. It is evident that the structured teaching programme is significantly effective in improving the knowledge level of the counsellors regarding psychological first aid.

DISCUSSION

The finding of the study show that majority of psychiatric counsellors had poor knowledge regarding psychological first aid which (18.8 %) of the counsellors had age 25 - 35 years, (12 %) of the counsellors were under graduate and (14.6%) of the counsellors had 6 months of experience. There was significant change in the knowledge of the psychiatric counsellors regarding Psychological First Aid.

CONCLUSION:

The present study enhanced the knowledge on the psychological first aid in psychiatric counsellors .The study found that majority of counsellors have average knowledge and positive attitude towards psychological first aid.

RECOMMENDATIONS:

A study can be done to assess the factors that contributing towards the improvement in providing psychological first aid.

A comparative study may be conducted to evaluate the effectiveness of information booklet versus effectiveness of video assisted teaching on similar problems.

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