



EFFICACY OF INTERVENTIONAL TEACHING MODULE ON KNOWLEDGE REGARDING CHROMOTHERAPY

Mental Health Nursing

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ABSTRACT

Background of the study: Chromotherapy was discovered and developed by the ancients (Greece, China, and Egypt) around 4000 B.C. Chromotherapy, also referred to as colour therapy, is a sort of complementary and alternative medicine that use electromagnetic radiations of different frequencies to affect human neurohormonal pathways and perhaps treat Mental diseases. **Material And Method:** Quantitative research is the research methodology. True experimental design was used in the research. Type: - Pre-Test Post Test Control Group. The research implemented Simple Random Sampling, with a total of 60 samples collected which was again divided into two groups 30 Control and 30 Experimental group from Mental hospital of Pune city. Tool was divided into two Section i.e. Demographic data and Self structured questionnaire. For Score, Poor knowledge (0-6), Average knowledge (7-13), Good knowledge (14-20). Analysis was done using Paired t-test, two sample t-test and Fisher's exact test for the association between knowledge and demographic variables. **Result:** In the experimental group compared to the control group, there was a statistically noteworthy rise in the post-test score of knowledge regarding chromotherapy. The mean score accelerated from 4.2 in pre-test to 11.6 in post-test ($t=14.1$, $p<0.05$). The mean change in knowledge score among staff nurses is 7.5 and 1.1 in experimental and control group respectively ($t=8.8$, $p<0.05$). **Conclusion:** There was significant increase in knowledge regarding Chromotherapy among Nursing staffs working in Mental Hospitals of Pune City.

KEYWORDS

Chromotherapy, Knowledge, Nursing staff.

INTRODUCTION:

Chromotherapy was discovered and developed by the ancients (Greece, China, and Egypt) around 4000 B.C.^[1]. An ancient physician from the Renaissance era named Paracelsus believed that light and colours were essential to human health and that they could be utilised to treat a range of human ailments^[3]. Chromotherapy, also referred to as colour therapy, is a sort of complementary and alternative medicine that use electromagnetic radiations of different frequencies to affect human neurohormonal pathways and perhaps treat Mental diseases^[2].

METHODS:

A quantitative research approach, and a true experimental design was used. Furthermore, the type that was chosen was Pre-Test Post-Test Control Group. Analysis was done in Four sections using Paired t-test, two sample t-test. Fisher's exact test was used for the association between knowledge and demographic variables.

RESULTS:

Section I:

Table 1: Description Of Samples (nursing Staff Of Mental Hospitals) Base On Their Personal Features In Terms Of Frequency And Percentage (n=60)

Demographic variable	Experimental		Control	
	Freq	%	Freq	%
Age				
20-30 Yrs	4	13.3%	9	30.0%
30-40 Yrs	14	46.7%	16	53.3%
40-50 Yrs	11	36.7%	5	16.7%
More than 50 Yrs	1	3.3%	0	0.0%
Gender				
Male	13	43.3%	12	40.0%
Female	17	56.7%	18	60.0%
Professional Qualification				
GNM	8	26.7%	10	33.3%
P.B.B.Sc. Nursing	9	30.0%	8	26.7%
B.Sc. Nursing	2	6.7%	5	16.7%
M.Sc. Nursing	9	30.0%	1	3.3%
Ph.D. Nursing	0	0.0%	0	0.0%
Diploma in psychiatric Nursing	2	6.7%	6	20.0%
Ward				
Admission Ward	0	0.0%	0	0.0%
Acute Ward	0	0.0%	0	0.0%
Chronic Ward	0	0.0%	0	0.0%
Prisoner Ward	7	23.3%	7	23.3%

De-addiction Ward	7	23.3%	10	33.3%
Any other Ward	16	53.3%	13	43.3%
Experience as Psychiatric/Staff Nurse in Psychiatric hospital				
0-5 Yrs	5	16.7%	10	33.3%
5-10 Yrs	8	26.7%	12	40.0%
10-15 Yrs	10	33.3%	4	13.3%
More than 15 Yrs	7	23.3%	4	13.3%

Section II: Data That Pertains To Pre-existing Knowledge Regarding Chromotherapy

In the experimental group's Pertest, 86.7% of the staff nurses working in mental hospitals scored poorly (Score 0-6), and 13.3% scored averagely (Score 7-13) in their knowledge of chromotherapy. Everyone in the control group scored (0-6) on the Pertest for their understanding of chromotherapy.

Section III: Data Analysis On The Effect Of A Video-assisted Teaching Programme On Nursing Staff

In Experimental group, 13.3% had average understanding (scores 7-13), while 86.7% had poor knowledge (scores 0-6). 80% had Average understanding on the post-test (Score 7-13), and 20% of them had Good knowledge (Score 14-20). Everyone in the control group scored (0-6) in the pre-test knowledge. In the post-test, 23.3% had average knowledge and 76.7% had poor knowledge (score 0-6). This indicates that the knowledge regarding chromotherapy among staff nurses working in mental hospital improved remarkably after video assisted teaching.

Paired T-test For The Effectiveness Of Video Assisted Teaching Programme On Knowledge Regarding Chromotherapy Among Nursing Staff Nurses Working In Mental Hospitals:

Table 2: Paired T-test To Determine The Impact Of A Video-assisted Teaching On The Nursing Staff's Knowledge Concerning Chromotherapy In Mental Hospitals (n=30)

	Mean	SD	T	df	p-value
Pre-test	4.2	2.2	14.1	29	0.000
Post-test	11.6	2.6			

Two sample t-test for the comparison of mean change in knowledge score among staff nurses working in mental hospitals in experimental and control group:

Table 3: Two Sample T-test For The Comparison Of Mean Change In Knowledge Score In Staff Nurses Working In Mental Hospitals

In Both Group (n=30, 30)

Group	Mean	SD	T	df	p-value
Experimental	7.5	2.9	8.8	58	0.000
Control	1.1	2.7			

Section IV: Analysis Of Details Concerning The Connection Between Knowledge And Demographic Variables**Table 4: Analysis Of Details Concerning The Connection Between Knowledge And Demographic Variables (n=60)**

Demographic variable		Knowledge		p-value
		Poor	Average	
Age	20-30 Yrs	12	1	0.466
	30-40 Yrs	29	1	
	40-50 Yrs	14	2	
	More than 50 Yrs	1	0	
Gender	Male	23	2	1.000
	Female	33	2	
Professional Qualification	GNM	18	0	0.223
	P.B.B.Sc. Nursing	16	1	
	B.Sc. Nursing	7	0	
	M.Sc. Nursing	8	2	
	Diploma in psychiatric Nursing	7	1	
Ward	Prisoner Ward	14	0	0.802
	De-addiction Ward	16	1	
	Any other Ward	26	3	
Experience as Psychiatric/Staff Nurse in Psychiatric hospital	0-5 Yrs	14	1	0.252
	5-10 Yrs	20	0	
	10-15 Yrs	12	2	
	More than 15 Yrs	10	1	

DISCUSSION:

In the present study: In contrast with the control group, there was a statistically significant increase in the experimental group's post-test knowledge score concerning chromotherapy. The mean score rises from 4.2 in pre-test to 11.6 in post-test (t-14.1, p< 0.05). The mean change in knowledge score among staff nurses is 7.5 and 1.1 in experimental and control group respectively (t- 8.8, p< 0.05). **In the other study:** Lalmuanpuii, Mimi & Zagade, Tukaram & Mohite, Vaishali & Shinde, Mahadeo. (2015). Effectiveness of Video Assisted Teaching Program Regarding Knowledge on Biomedical Waste Management among Staff Nurses. Journal of Science and Research International (IJSR). It was noted that the mean overall knowledge score increased from 17.383 to 26.033 following the administration of the education programme. The knowledge of BMW management has significantly improved, as indicated by the paired "t" value of 12.947 and the resulting "p" value of 0.0001, which is regarded as being extremely significant.

Maiti, Dipankar & S, Balaji. (2022). A Study to Evaluate the Effectiveness of Video Assisted Teaching (VAT) on Knowledge Regarding Prevention of Corona Virus Among Staff Nurses Working in AH & RC, B G Nagara, Karnataka. After analysis, the experimental group's knowledge gain through the use of video-assisted instruction was 44.43%.

CONCLUSION:

It is clear that the video assisted education programme considerably improves staff nurses' knowledge of chromotherapy in mental hospitals.

Ethical Clearance:

Ethical Clearance was provided by institutional research Committee.

Conflict Of Interest: Nil

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