# A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Empathetic Ability among B. S. C Nursing III Year Students in Selected College, Shree Digamber Degree College of Nursing, Bharatpur

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**Abstract:** *Empathy is the ability to put oneself in someone else's place. The student nurse who can empathize with a client is able to understand how the client feels in a particular situation. Empathy and good listening skills are certainly criteria for any health professional. The ability to imagine oneself in another's place and understanding the others feelings, desires, ideas and action, the use of empathy is an important part of counseling techniques. Empathy is the experience of understanding another person's condition from their perspective. The word 'Empathy' means 'the ability to understand and share the feeling of another'. The student nurse can be able to understand the feeling of a client in a particular situation.*

**Keywords:** Empathy, Health professional, Empathy among nursing - students

## 1. Introduction

Empathy is the capacity to understand or feel what another person is experiencing from within the other person's frame of reference that is the capacity to place oneself in another's position. Empathy is the experience of understanding another person's condition from their perspective. The word 'Empathy' means 'the ability to understand and share the feeling of another'. The student nurse can be able to understand the feeling of a client in a particular situation. The student - nurse who can empathize with a client is able to understand how the client feels in a particular situation. Empathy and good listening skills are certainly criteria for any health professional. Though empathy alone is not enough the mental health nurse often plays a critical role in working with the client since the nurse interacts with the client much more frequently than the doctors in an inpatient setting. The ability to imagine oneself in another's place and understanding the others feelings, desires, ideas and action, the use of empathy is an important part of counseling techniques.

Empathy is the foundation for building bridges between individuals, understanding each other's complex emotions, gaining a diverse perspective and leveraging relationship for collaboration and progress. Despite its importance, empathy is a still a skill. It help the student nurse to imagine how the client is feeling without feel their emotions. The ability to empathize involves skill in reaching out and trying to understand the thoughts and feelings of others.

## 2. Review of Literature

### 2.1 Review of literature in this chapter discussed under the following headings.

1) Meaning and impact of empathic relationship.
2) Empathic understanding of the nurse psychotherapist.3. Nurse Characteristics.
3) Scales to measure empathy.
4) Development of empathy in nursing and other health professionals.

### 2.2 Objectives of the study

- To assess the existing knowledge of nursing students regarding empathetic abilities towards psychiatric clients.
- To assess the empathic ability of students towards psychiatric clients.
- To determine the effectiveness of structured teaching program regarding empathetic abilities towards psychiatric clients by comparing pre - test & post - test knowledge scores.
- To determine the association between pre - test & post – test knowledge score of nursing students with selected demographic variables.

### 2.3 Research Methodology

In this context of study, Researcher adopted the **Quantitative approach.** The research design selected for the study was **Pre Experimental design** (**one group pre - test and post - test design**). In this study, the sample consisted of 3$^{rd}$ year B. Sc. Nursing students of Shree Digamber Degree College of Nursing, Bharatpur. Sample

size was 50 B. Sc. Nursing third year students. The sampling technique was total enumeration technique was used.

**Tool used:**

**Research design**
The research design selected for the study **Pre Experimental design** (**one group pre test and post test design)** which was best suited to assess the Effectiveness of empathy among B. Sc. nursing 3rd year students in selected nursing colleges at of Shree Digamber Degree College of Nursing, Bharatpur, Rajasthan.

**Schematic presentation of research study design:**
**O1 O2**
O1: Pre test
X: Intervention (Structured teaching programme) O2: Post test

**Table 1:** Representation of Research Design

| Pre - Test (Day 1) | Intervention (Day 1) | Post Test (Day 6) |
|---|---|---|
| Structure Questionnaire to assess The knowledge regarding empathetic ability among B. Sc. III (N) students. | Structured teaching programme. | Structured Questionnaire to assess the knowledge regarding empathetic ability after giving structured teaching programme. |

**Sampling technique:** Convenience sampling **Sample size:** B. Sc. Nursing 3rd students =50

**Inclusion criteria:**
- Nursing students of B. Sc. (N) 3rd year.
- Nursing students who are available during the time of data collection.
- Nursing students who are willing to participate in the study.
- Nursing students who are under degree/diploma in nursing.
- Those who can read, write or understand English language.
- Both male & females.

**Exclusion criteria:**
- Nursing students except BSC (N) 3rdyear.
- Nursing students who are on long leave or irregular attendance.
- Nursing students who are on clinical posting.
- Nursing students who are not willing to participate in the study.

**Hypotheses:**
- H1 – There will be a stability in the effectiveness of STP on empathetic ability among nursing students.
- H2 - There will be significant difference between pre - test & post–test knowledge score regarding empathetic abilities towards psychiatric clients.
- H3 - There will be significant association between pre–test & post - test knowledge scores of nursing students regarding empathetic abilities towards the psychiatric clients with selected demographic variables.

**Assumptions:**
- Students nurses working in psychiatric units will have better empathic abilities.
- STP is effective strategy to improve the level of knowledge regarding empathetic abilities.
- There will be considerable gain in knowledge after STP.
- Effectiveness of STP can be assessed by pre - post knowledge score of experimental group.
- B. Sc. nursing students would be co - operative and willing to express their knowledge regarding empathy.

- The knowledge of B. Sc. nursing students are influenced by demographic factors like age, gender and source of information.
- Students nurses who have undergone specific psychiatric training will have a better empathic ability than who have not.

**Pilot study**: After obtaining the formal approval from the concerned authorities. The pilot study was conducted on in the Florence school and college of Nursing, Faridabad. **.**

**Final study:** After obtaining the formal approval from the concerned authorities. The final study was conducted in the Shree Digamber Degree College of Nursing, Bharatpur, Rajasthan.

**Validity and reliability of tool:**
Content validity of the tools was obtained by submitting the tool to various experts from different field of Psychiatry and statistician. Suggestions from the experts were incorporated and tools were modified accordingly.

**Reliability:**
Reliability coefficient for the tool was calculated by using **Karl Pearson's coefficient of correlation** method. The reliability coefficient was found to be 0.856 which was highly significant.

# Results and Analysis

- **Section I**: Findings related to level of knowledge of students pre & post test.
- **Section II**: Findings related to effectiveness of structure teaching programme on the empathy among B. Sc. Nursing third year students.
- **Section III**: Findings related to the association of structure teaching programme with selected personal variables, Gender, Age, Clinical Exposure, source of awareness, domicile,.

**Table 1:** Distribution of samples according to Demographical Variables N = 50
Table No: Frequency Distribution of Demographic variables.

| Variables | Opts | Percentage | Frequency |
|---|---|---|---|
| Gender | Female | 68.0% | 34 |
| | Male | 32.0% | 16 |
| Age in years | 19 - 22 | 76.0% | 38 |
| | 23 - 26 | 18.0% | 9 |
| | 27 - 30 | 6.0% | 3 |
| | 31 - 34 | 0.0% | 0 |
| Clinical Exposure | 1 - 4 weeks | 100.0% | 50 |
| | 5 - 8 weeks | 0.0% | 0 |
| | 9 - 12 weeks | 0.0% | 0 |
| | 13 - 16 weeks | 0.0% | 0 |
| Domicile | Rural | 68.0% | 34 |
| | Urban | 16.0% | 8 |
| | Semi - Rural | 4.0% | 2 |
| | Semi - Urban | 12.0% | 6 |
| Source of Awareness | Mass media | 6.0% | 3 |
| | Education | 92.0% | 46 |
| | Friends | 0.0% | 0 |
| | Family | 2.0% | 1 |

**Table 2:** Overall pretest and post test knowledge level of nursing students regarding Empathetic skills/abilities. .

| Score Level (N= 50) | | PRETEST (F%) |
|---|---|---|
| Below Average | (0 - 10) ≤33% | 4 (8%) |
| Average. | (11 - 20) 34 - 66% | 46 (92%) |
| Good. | (21 - 30) 67 - 100% | 0 (0%) |
| Maximum Score=30 Minimum Score=0 | | |

**Table 4:** Table Showing Level of Scores

| Score Level (N= 50) | Post Test (F%) |
|---|---|
| Below Average. (0 - 10) ≤33% | 0 (0%) |
| Average. (11 - 20) 34 - 66% | 5 (10%) |
| Good. (21 - 30) 67 - 100% | 45 (90%) |
| Maximum Score=30 Minimum Score=0 | |

The above table and graph shows that, Knowledge wise comparison of study subjects in pre test and post test. In pre - test, out of 50 samples 04 (8%) had below average knowledge and 46 (92%) had average knowledge regarding empathetic abilities. After conducting pre - test on the same day, the structured teaching programme were administered. Then, after 7 days post test was conducted on the subjects. The post test depicts that 05 (10%) samples had average knowledge while 45 (90%) samples had Table No: Comparison of PRE and POST Scores adequate knowledge and none of the B. Sc. nursing students had poor or inadequate knowledge regarding empathetic abilities. .

**Table 5:** Showing comparison between pre test score and post test score, N=50

| Paired T Test | Mean±S. D. | Mean% | Range | Mean Diff. | Paired T Test | P value | Table Value at 0.05 |
|---|---|---|---|---|---|---|---|
| Pretest Knowledge | 15.22±2.225 | 50.70 | 10 - 20 | 8.620 | 19.201 *Sig | <0.001 | 2.01 |
| Posttest Knowledge | 23.84±2.014 | 79.50 | 20 - 28 | | | | |
| ** Significance Level 0.05 Maximum=30 Minimum=0 | | | | | | | |

**Table 6:** Showing Individual Score Gain (Effectiveness))

| Mean% | Pretest Knowledge | Posttest Knowledge | Difference | Pretest Knowledge Score % | Posttest Knowledge Score % | Difference% |
|---|---|---|---|---|---|---|
| Average | 15.22 | 23.84 | 8.62 | 50.73 | 79.47 | 28.73 |

This section deals with the findings related to the association between score and selected demographic variables. The chi - square test was used to determine the association between the score levels and selected demographic variables

**Table No.7** Association Of Pretest Test Knowledge Scores of with Selected Socio - Demographic Variables

| Variables | Opts | Good | Average | Below Average | Chi Test | P Value | df | Table Value | Result |
|---|---|---|---|---|---|---|---|---|---|
| Gender | Female | | 32 | 2 | 0.647 | 0.421 | 1 | 3.841 | Not Significant |
| | Male | | 14 | 2 | | | | | |
| Age in years | 19 - 22 | | 35 | 3 | 0.38 | 0.827 | 2 | 5.991 | Not Significant |
| | 23 - 26 | | 8 | 1 | | | | | |
| | 27 - 30 | | 3 | 0 | | | | | |
| | 31 - 34 | | 0 | 0 | | | | | |
| Clinical Exposure | 1 - 4 weeks | | 46 | 4 | NA | | | | |
| | 5 - 8 weeks | | 0 | 0 | | | | | |
| | 9 - 12 weeks | | 0 | 0 | | | | | |
| | 13 - 16 weeks | | 0 | 0 | | | | | |
| Domicile | Rural | | 31 | 3 | 1.513 | 0.679 | 3 | 7.815 | Not Significant |
| | Urban | | 8 | 0 | | | | | |
| | Semi - Rural | | 2 | 0 | | | | | |
| | Semi - Urban | | 5 | 1 | | | | | |
| Source of Awareness | Mass media | | 3 | 0 | 11.897 | 0.003 | 2 | 5.991 | Significant |
| | Education | | 43 | 3 | | | | | |

| | | | |
|---|---|---|---|
| | Friends | 0 | 0 |
| | Family | 0 | 1 |

Table shows that the association between the level of score and socio demographic variable. Based on the 3rd objectives used to Chi - square test used to associate the level of knowledge and selected demographic variables. The Chi - square value shows that there is significance association between the score level and demographic variables ((age, gender, clinical exposure & source of awareness).). There is no significance association between the level of scores and other demographic variables (age, gender, clinical exposure & source of awareness).) The calculated chi - square values were less than the table value at the 0.05 level of significance.

## 3. Limitations

The study was delimited to only one college of Nursing in Bharatpur, Rajasthan.

## 4. Recommendations

On the basis of findings, the following recommendations are offered for future research:
1) The study can be replicated on a large sample of students from different colleges to make broader generalization.
2) An experimental study can be conducted to evaluate the effectiveness for STP to assess knowledge regarding empathetic abilities among other nursing students.
3) An experimental study can be conducted to evaluate the impact of empathy in psychiatric patients.

## 5. Conclusion

In this regard, empathy has been shown to have great therapeutic benefits for individual with a wide range of health conditions and remarkably effective in understanding their behaviour. So empathy is a professional skill that make it easy for health professionals to understand patient's behavior which help to establish therapeutic relationship comfortably.

## 6. Acknowledgement

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