

A Pre-Experimental Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Depression and its Prevention among the Students of Government P. G. College Solan H. P.

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Abstract: *Depression is an illness that involves the body, mood and thoughts. It is a common mental disorder characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness and poor concentration, are a leading cause of disability and a significant source of the burden of disease worldwide. The objectives of this study were to assess pretest level of knowledge among college students on depression and its prevention, to assess posttest level of knowledge among college students on depression and its prevention, to evaluate the effectiveness of structured teaching programme on knowledge regarding depression and its prevention among college students, to find out the association between pretest level of knowledge regarding depression and its prevention with their selected socio demographic variables. Pre-experimental research was conducted in 2021 in Govt. P. G college solan (H. P), sample of 80 students were selected by using convenient sampling technique. Result finding showed that mean pretest knowledge score was 18.15 ± 6.690 and posttest mean knowledge score was 27.10 ± 2.836 with mean difference of 8.950. paired 't' test was applied and the value of 't' was 10.614, 'p' is < 0.001 which was found to be significant and effectiveness seen in knowledge level of 27.97%, which interpreted that majority of college students has gained knowledge to good level regarding depression and its prevention.*

Keywords: Structured teaching program, depression, Knowledge, Prevention

1. Introduction

Depression is an illness that involves the body, mood and thoughts. It is a common mental disorder characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness and poor concentration, are a leading cause of disability and a significant source of the burden of disease worldwide. The life time risk of depression in males 8 to 12% and in females is 20 to 26%. However, the life time risk of major depression is about 8%. [1] Depression contributes to significant disease burden at national and global levels. At the individual and family level, depression leads to poor quality of life, causing huge social and economic impact. [2]

2. Objectives

1. To assess pretest level of knowledge among college students on depression and its prevention.
2. To assess posttest level of knowledge among college students on depression and its prevention.
3. To evaluate the effectiveness of structured teaching programme on knowledge regarding depression and its prevention among college students.
4. To find out the association between pretest level of knowledge regarding depression and its prevention with their selected socio demographic variables.

3. Methodology

Pre experimental research design was used and data was collected from 80 college students, who were available at the time of study and willing to participate. The study was conducted in selected govt. P. G. College Solan (H. P). Non probability convenient sampling technique was used for data collection. The data was collected by using demographic Performa, structured knowledge questionnaire. The selected demographic variables were age (in years), gender, marital status, total income of the family per month, occupation of parent's, education of parent's, source of information, family history of depression.

4. Result

Frequency and percentage wise distribution of college students according to their demographic variables the maximum study subjects (60%) were in the age group of 21 to 23, followed by (37.5%) in the age group of 18-20 and (2.5%) in the age of above 24 years. The gender status consisted of male as well as female. Their gender status (81.3%) was female and (18.8%) were male. The marital status consisted of (96.3%) single and (3.8%) were married. The qualification of father indicates that (35%) were secondary, (25%) were higher secondary, (22.2%) were graduate and (17.5%) were primary. The qualification of mother indicates that (35%) were secondary, (33.8%) were primary, (20%) were higher secondary and (11.3%) were graduate. According to this,

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the occupation of the mother, majority (83.8%) were home maker (8.8%) were in private job, (3.8%) were government employee and self-employed. According to occupation of father (46.3%) were self-employed, (22.5%) has government job, (17.5%) were unemployed and (13.8%) has private job. As per monthly family income (in Rs), less than 10, 000 (33.8%), 15, 000-20, 000/-(30%) 10,

000-15000/-(20%) and above 20, 000/-(16.3%). Most of the students did not have source of information about depression (81.3%) and (18.8%) respondent has knowledge from internet, friends and books. (96.3%) respondents have no any family history of depression and (3.8%) had family history of depression.

Pretest level of knowledge regarding depression and its prevention among college students.

Table 1: Frequency and percentage distribution of college students according to their pretest level of knowledge

N=80

| Knowledge level | Level of score | frequency | percentage |
|-------------------|----------------|-----------|------------|
| Poor knowledge | 0-11 | 13 | 16.3% |
| Average knowledge | 12-22 | 50 | 62.5% |
| Good knowledge | 23-32 | 17 | 21.3% |

Maximum=32, minimum=0

Table 1 Shows that 16.3% of the college students had poor knowledge, 62.55% of the students had average knowledge, 21.3% of the students had good knowledge.

Table 2: Mean SD and Mean Percentage of pretest knowledge score regarding depression and its prevention among college students

N = 80

| Descriptive Statistics | Mean | S D | Maximum | Minimum | Range | Mean% |
|------------------------|-------|-------|---------|---------|-------|-------|
| Pretest Knowledge | 18.15 | 6.690 | 32 | 4 | 28 | 56.70 |

Maximum = 32, minimum = 0

Table 2 illustrates the mean, SD and mean percentage of pretest knowledge score among college students regarding depression and its prevention. The analysis reveals that mean knowledge score is 18.15±6.690 which is 56.70 of total mean knowledge percentage score. The above results substantiate that the college students under the study had average knowledge regarding depression and its prevention.

Posttest level of knowledge regarding depression and its prevention among college students.

Table 3: Frequency and percentage distribution of posttest knowledge level of college students according to their level of knowledge score

N=80

| Knowledge level | Level of score | frequency | Percentage |
|-------------------|----------------|-----------|------------|
| Poor knowledge | 0-11 | 0 | 0% |
| average knowledge | 12-22 | 5 | 6.3% |
| good knowledge | 23-32 | 75 | 93.8% |

Maximum=32 minimum=0

Table 3. shows that 93.8% of college students had good knowledge, 6.3% college students had average knowledge and none of college students had poor knowledge regarding depression and its prevention.

Table 4: Mean SD and Mean Percentage of posttest knowledge score regarding depression and its prevention among college students

N = 80

| Descriptive Statistics | Mean | S D | Maximum | Minimum | Range | Mean% |
|------------------------|-------|-------|---------|---------|-------|-------|
| Posttest Knowledge | 27.10 | 2.836 | 32 | 17 | 15 | 84.70 |

Maximum = 32, minimum = 0

Table 4 illustrates the mean, SD and mean percentage of post test knowledge score among college students regarding depression and its prevention. The analysis reveals that mean knowledge score is 27.10±2.836 which

is 84.70 of total mean knowledge percentage score. The above results substantiate that the subjects under the study had good knowledge regarding depression and its prevention.

Effectiveness of structure teaching programme N = 80

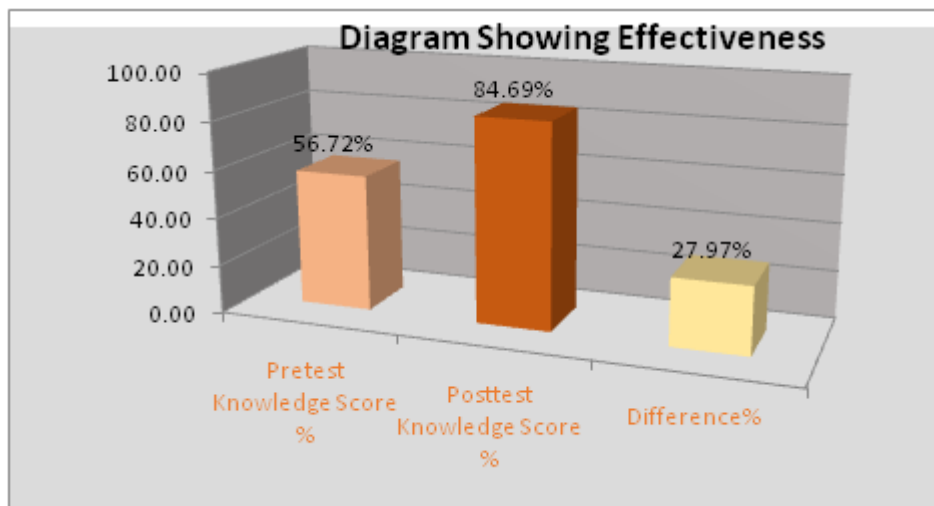


Figure No 1: Mean percentage of pre test and post test knowledge score and the effectiveness of structured teaching programme regarding depression and its preventions

Above mention figure shows that mean, SD, mean percentage and difference between the pre test and post test knowledge score. In pre test mean knowledge score was 18.15 which was 56.72% of total mean knowledge

score. In post test mean knowledge score was 27.10 which was 84.69% of total mean knowledge score percentage. The difference in mean % is 27.97%. Hence hypothesis H₁ is accepted.

Table 5: Comparison of mean, SD, mean percentage of percentage of pre test and post test knowledge score regarding depression and its prevention among college students

N= 80

| Knowledge | Mean±S. D. | Mean% | Range | Mean Diff. | Paired T Test | P value | Table Value at 0.05 |
|--------------------|------------|-------|-------|------------|---------------|---------|---------------------|
| Pretest knowledge | 18.15±6.69 | 56.70 | 4-32 | 8.950 | 10.614 * | <0.001 | 1.99 |
| Posttest knowledge | 27.1±2.836 | 84.70 | 17-32 | | | | |

**Significance Level 0.05 Maximum=32 Minimum=0

Table 5 shows that in pre test mean knowledge score was 18.15 which was 56.70% of total mean knowledge score. In post test mean knowledge score was 27.1 which was 84.70% of total mean knowledge score percentage. Paired t test was calculated to analyze the difference between pre test and post test knowledge score, it shows significant difference between pre test and post test paired test t = 10.614 that is higher than table value at 0.05 level of significance. It is interpreted that the difference between observed in the mean score values of pre test and post test were true difference and not by chance.

Hence hypothesis (H₁) is accepted.

Association between pre test knowledge score and there selected demographic variables, N=80

There was no significance association between the knowledge of college students regarding depression and its prevention in pre test and their selected demographic variables such as gender, income, occupation of father, occupation of mother, education of father, education of mother, source of information and family history. As the calculated chi-square values were less than the table value at the 0.05 level of significance. Hence, hypothesis (H₂) for above selected variable is rejected.

Chi square shows that there is significance association between the knowledge score level and demographic variable such as age. As the calculated chi-square value is 12.56 which is more than the table value at the 0.05 level of significance. Hence for the selected variable hypothesis (H₂) is accepted.

5. Conclusion

The finding revealed that knowledge regarding depression and its prevention among college students was poor and average before imparting the structured teaching programme but the knowledge level increased to good and average after implementation of structured teaching programme. In pre test mean percentage 18.15 and post test mean percentage 27.10. Difference in mean percentage is 84.70%. The finding between knowledge regarding depression and its prevention among college students. There is a significant association between knowledge regarding depression and its prevention among college students with demographic variable.

6. Future Scope

Nursing Education

- Education is the key component in improving the knowledge of nurses.
- The present study emphasizes on the enhancements in the knowledge regarding depression and its prevention in students. An awareness to be created among nurses regarding depression and its prevention.
- Nurse educators need to organize regular short-term training programmes, workshops etc., with support of nursing administrator for the nurses about depression and its prevention.
- Nurse educators can identify the student nurses and nurses who don't have sufficient knowledge regarding depression and its prevention.
- Assess the student nurse and nurse's knowledge and give appropriate knowledge regarding promotion of mental health of the general population and adolescents.
- Identify the areas where commonly seen mental health issues, especially depression in population, and give guidance regarding promotion of mental health and how people can overcome with the depression and suggest proper interventions.
- Nurse educators can arrange education programmes regarding depression in schools and colleges as a school mental health programme.
- Evaluate the teaching programme done regarding promotion of mental health.

Nursing Practices

- Nurses need to have adequate knowledge regarding depression and its prevention. Early identification is helpful, So that no population remain unidentified and under diagnosed. The findings imply that there is a need for regular health education programmes to be carried out by nurses.
- Counseling centers may be recognized by nurses in wards, OPD, community centers to provide counseling and educate sufferer and family members on mental illness and promotion of mental health.
- Nurse can also identify depression signs & symptoms and effects of mental illness and suggest appropriate remedies to solve the problem.
- Nurses should expand their time for mental health issues such as depression.

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