

# A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge of Postpartum Depression among 3<sup>rd</sup> year G.N.M. Students in Selected Schools of Nursing, at Hassan

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## 1. Objectives of the Study

- 1) Assess the pre- test knowledge of 3<sup>rd</sup> year G.N.M. students regarding postpartum depression before the administration of structured teaching programme.
- 2) To assess the post-test knowledge of 3<sup>rd</sup> year G.N.M. students regarding postpartum depression after the administration of structured teaching programme.
- 3) To evaluate the effectiveness of structured teaching programme on knowledge regarding postpartum depression by comparing pre-test and post-test knowledge scores.
- 4) To find out an association between pre-test knowledge score of 3<sup>rd</sup> year G.N.M. students regarding postpartum depression with the selected socio-demographic variable.

## 2. Methodology

One group pre-test post-test design was adopted for the study. Non-probability convenient sampling technique was found appropriate to select 60 3<sup>rd</sup> year G.N.M. students. The research instruments were organized into three sections:

Section A: Socio-demographic variables of 3<sup>rd</sup> year G.N.M. students.

Section B: It consists of 30 objective types of multiple choice questions on knowledge regarding postpartum depression.

Section C: Structured teaching programme regarding postpartum depression to 3<sup>rd</sup> year G.N.M. students.

## 3. Results

In the present study, the pre-test knowledge scores revealed that, 0.00% of students were none of them had inadequate level of knowledge, 68.30% of students had moderately adequate level of knowledge and 31.70% the students having adequate level of knowledge on postpartum depression. It can be observed from the findings of the present study that students possessed inadequate knowledge regarding postpartum depression.

After structure teaching program, in regard to the post-test scores, 93.30% of the students gained adequate level of knowledge, and 6.70% of students had moderately adequate level of knowledge and only 0.00% of students had inadequate level of knowledge on postpartum depression. It can be observed from the findings that structure teaching

program had improved the knowledge of 3<sup>rd</sup> year G.N.M. students regarding postpartum depression.

The post-test knowledge mean (M) 25.18 and SD=2.85 regarding postpartum depression was higher than the overall pre-test mean (M) 12.15 and SD=4.18. The difference was found statistically highly significant at  $p < 0.001$  levels, can be attributed to the effect of structure teaching program regarding postpartum depression. Thus the hypothesis 1-12 is accepted with regard to overall knowledge score regarding postpartum depressions.

In the light of the study findings, it can be observed that there was a statistically significant improvement in G.N.M. student's post-test knowledge mean scores. The implementation of structure teaching program was effective and significantly improved student's knowledge regarding postpartum depression.

## 4. Summary

This study has proved that the 3<sup>rd</sup> year G.N.M. students increased the knowledge due to the effectiveness of structured teaching programme. Thus, the student researcher recommends further studies in these areas to improve the knowledge.