

# Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Warning Signs of Suicide and its Prevention among Adolescents at Selected Schools

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**Abstract:** *The purpose of the present study was to assess the effectiveness of structured teaching programme on knowledge regarding on knowledge regarding warning signs of suicide and its prevention among adolescents at selected schools. A pre-experimental one group pre-testpost-test research design was used. 100 samples were chosen. Simple random sampling technique was used. The knowledge score at the time of pre-test was 12.22 with standard deviation of 1.89 and at the time of post-test it was 21.71 with standard deviation of 2.34. The t test statistics value of the paired t test was 30.09. The p value less than 0.0 shows significant difference in the knowledge scores. Result showed that structured teaching programme was effective to provide knowledge regarding warning signs of suicide and its prevention among adolescents at selected schools.*

**Keywords:** suicide, warning signs, structured teaching programme and adolescent students

## 1. Introduction

Globally, suicide is one of the leading causes of death and considered a public health and social issue. According to the World Health Organization, almost 800,000 people die from suicide every year; this roughly corresponds to one death every 40 seconds. These figures do not include suicide attempts, which can be more than 20 times frequent than completed acts. Worldwide, suicide is the second leading cause of death among those aged 15–29 years.

Prior research has purported that a feasible suicide prevention strategy in India would be to study what suicide means in the local context, reduce access to organophosphate pesticides, provide training to educators, youth, and health workers on how to provide help in times of crisis, and provide public education to improve acceptance of restricting access to means. Global attention towards suicide prevention is articulated in the UN Sustainable Development Goals, with suicide rates as one of the two indicators for Target 3.4 (reduce premature mortality attributed to non-communicable diseases), aiming to reduce these deaths by one third by 2030. To achieve this target, evidence-based interventions need to be scaled up to result in a systemic change at national level in reducing suicidal ideation, suicide attempts and ultimately suicide rates. India has limited evidence of large-scale implementation of evidence-based interventions to prevent suicide; however, there is a sizeable evidence base to draw on for suicide prevention strategies that have been piloted in India, or proven to be effective regionally or internationally. A standalone intervention is unlikely to achieve a reduction in suicide rates.

## 2. Literature Survey

**Anish Cherian et al (2019):** A study was conducted on Mass media representation of suicide in a high suicide state in India: an epidemiological comparison with suicide deaths in the population. The aim of this paper was to systematically investigate whether mass media reports of suicides reflect the epidemiological data on suicide in a high suicide state in India. We undertook a content analysis study to extract sociodemographic data on suicides reported among nine of the most highly read daily newspapers in the high suicide southern state of Tamil Nadu between June and December 2016. A total of 1258 newspaper articles were retrieved containing reports on 1631 suicides. Two-tailed binomial tests on aggregate frequencies assessed whether the sociodemographic characteristics of suicides in the newspaper articles were different to the population suicide statistics for Tamil Nadu. Result revealed 26 that some statistically significant discrepancies between suicide characteristics in the population and the media.

**Andrea Miranda-Mendizabal (2019):** conducted a study on Gender differences in suicidal behavior in adolescents and young adults: systematic review and meta-analysis of longitudinal studies. The objective of the study is to assess the association between gender and suicide attempt/death and identify gender specific risk/protective factors in adolescents/young adults. Population-based longitudinal studies considering nonclinical populations, aged 12–26 years, assessing associations between gender and suicide attempts/death, or evaluating their gender risk/protective factors, were included. Random effect meta-analyses were performed. Study findings revealed that Females presented higher risk of suicide attempt (OR 1.96, 95% CI 1.54–2.50), and males for suicide death (HR 2.50, 95% CI 1.8–3.6). Common risk factors of suicidal behaviors for both genders are previous mental or substance abuse disorder and

exposure to interpersonal violence. Female-specific risk factors for suicide attempts are eating disorder, posttraumatic stress disorder, bipolar disorder, being victim of dating violence, depressive symptoms, interpersonal problems and previous abortion. Male-specific risk factors for suicide attempt are disruptive behavior/conduct problems, hopelessness, parental separation/divorce, friend’s suicidal behavior, and access to means. Male-specific risk factors for suicide death are drug abuse, externalizing disorders, and access to means. For females, no risk factors for suicide death were studied.

**Enguday Tirfeneh (2018):** A cross-sectional study was conducted to assess the prevalence and associated factors of suicidal behaviour among prisoners in Jimma town correctional institution on 336 samples. A systematic random sampling technique was used to select study participants. Data was collected using face to face interview. A structured questionnaire was used. Result revealed that the overall prevalence of suicidal behaviours was found to be 23.2%. Age group 8 between 25-34 years (AOR=2.47,95% CI: 1.307,4. 655), being unemployed (AOR=2.13, 95% CI: 1.175,3.849), current comorbid depression (AOR=2.13, 95%CI: 1.203,3.762), current poor level of social support (AOR=2.95, 95% CI:1.107,7.882) and history of previous incarceration (AOR=3.04, 95% CI: 1.247,7.418), were associated with suicidal behaviour among prisoners in Jimma town correctional institution.

**Andrew Page et al (2018):** A study was conducted on Trends and socio-economic determinants of suicide in India: 2001-2013. The purpose of the study is to investigate trends and socio-economic determinants of suicide in India over the period of 2001-2013. Suicide rates between 2001 and 2013 were calculated using suicide statistics provided by National Crime Records Bureau (NCRB) and census data provided by Census of India, stratified by sex, age group, and geographical region, to investigate trends in suicide over the study period. Multilevel negative binomial regression models were specified to investigate associations between state-level indicators of economic development, education, employment and religious factors and sex-specific suicide rates. Result showed that male suicide rates remained relatively steady (~ 14 per 100,000) while female suicide rates decreased over the study period (9 to 7 per 100,000). The age group of 45-59 years had the highest suicide rate among males while the age group of 15-29 years had the highest suicide rate among females. On average, higher male and female suicide rates were observed in states with: higher levels of development, higher levels of agricultural employment, higher levels of literacy, and higher proportions of people identifying with Hinduism. Higher male suicide rates were also observed in states with higher levels of unemployment.

Data	Analysis	Remark
Descriptive statistics	Mean, median, standard deviation	To describe the knowledge regarding warning signs of suicide and its prevention among adolescent students.
	Frequency and percentage distribution	To describe the demographic variable of adolescent students.
Inferential	Paired ‘t’	To evaluate the effectiveness of

statistics		STP on knowledge regarding warning signs of suicide and its prevention
	Chi square test	To find the association between knowledge regarding warning signs of suicide and selected demographic variable.

**Eskin M. et al (2016):** conducted a study on suicidal behaviour in university students. This study investigated the prevalence of suicidal behaviour and psychological distress in university students across 12 nations. A total of 5572 university students from 12 countries were surveyed about suicide ideation, suicide attempts and psychological distress by means of a self-administered questionnaire. Result revealed that Almost 29% of the samples reported having contemplated suicide and 7% reported attempting suicide. Of the total sample, 51.1% scored above the General Health Questionnaire-12  $\geq 3$  cut-off point, 41.6% above the GHQ-12  $\geq 4$  cut-off point, and 33.8% scored above the GHQ-12  $\geq 5$  cut-off point.

### 3. Problem Definition

“A study to assess the effectiveness of structured teaching programme on knowledge regarding warning signs of suicide and its prevention among adolescents at selected schools”.

### 4. Objectives of the study

- 1) To assess the existing level of knowledge regarding warning signs of suicide and its prevention among adolescents at selected schools.
- 2) To determine the effectiveness of structured teaching programme on knowledge regarding warning signs of suicide and its prevention among adolescents at selected schools.
- 3) To assess the post-test knowledge regarding warning signs of suicide and its prevention among adolescents at selected schools.
- 4) To find out association between existing knowledge score regarding warning signs of suicide and its prevention among adolescents with their selected demographic variable at schools.

### 5. Methods / Approach

In this study pre-experimental research design was adopted, based on the problem statement & objectives of the study, evaluative approach was used. The purpose of evaluative approach is to assess the effectiveness structured teaching programme on knowledge regarding warning signs of suicide and its prevention among adolescents at selected schools.

Here the investigator identifies and evaluate the effectiveness of structured teaching programme on knowledge regarding warning signs of suicide and its prevention among adolescents at selected schools with the help of 30 structured questionnaire related to warning signs of suicide and its prevention. The population & sample were adolescent students who were fulfilling the inclusive &

exclusive criteria & sample consisted of 100 adolescents. The Simple Random sampling technique was used. Tools used for data collection include two sections namely demographic variables & structured questionnaire on knowledge regarding warning signs of suicide and its prevention among adolescents at selected schools.

## 6. Result

For the data analysis and interpretation, various methods have been used by researchers that are descriptive and inferential statistics were widely used. In that frequency and mean percentage were calculated, 30 questions are analysed based on the response of participant regarding warning signs of suicide and its prevention. A structured questionnaire is used for data collection. The analysis was done with the help of descriptive & inferential statistics.

The analysis of data is organized and presented under the following heading

**Section- I:** This section includes distribution of adolescents students in relation to demographics data by using frequency and percentage.

S. No.	Variable	Groups	Frequency	Percentage
1	Age	10-12.	1	1.00
		13-15	54	54.00
		16-18	45	45.00
2	Gender	Boy	52	52.00
		Girl	48	48.00
		Transgender	0	0.00
3	Occupation of father	Government service	20	20.00
		Private service	33	33.00
		Business	33	33.00
		Unemployed	14	14.00
4	Occupation of mother	Homemaker	46	46.00
		Government service	11	11.00
		Private service	24	24.00
		Business	19	19.00
5	Education of father	Illiterate	4	4.00
		Primary education	34	34.00
		Secondary education	22	22.00
		Higher secondary	22	22.00
		Graduate	18	18.00
	Post graduate and above	0	0.00	

**Section –II:** This section deals with assessment of the knowledge among adolescents at selected schools regarding the warning signs of suicide and its prevention in terms of frequency and percentage.

**Section – III:** This section Deals with analysis of data related to the effectiveness of structured teaching programme on knowledge regarding warning signs of suicide and its prevention among adolescents at selected schools in terms of average pre and post-test.

**Section –IV:** Analysis of data related to the association of knowledge regarding warning signs of suicide and its prevention with selected demographic characteristics of adolescents at selected schools.

**Table 2:** Significance of difference between knowledge scores of pre and post- test knowledge score

Test	N	Mean	S.D.	t value	P value
Pre-Test	100	12.22	1.89	30.09	0.000
Post-Test	100	21.71	2.34		

## 7. Discussion

The findings of the study have been discussed with reference to the objectives of the study & with findings of the other studies

**The first objective of the study was to assess the existing level of knowledge regarding warning signs of suicide and its prevention among adolescents at selected schools.**

Rajesh.M, (2010) conducted a study to evaluate the effectiveness of planned teaching program on knowledge of suicidal prevention among the adolescents in Punjab. The study consists of 60 samples selected by non-probability convenient sampling method. The pre-test result showed that 57(95%) had inadequate knowledge, 3(5%) had moderately adequate knowledge and none of them had adequate knowledge regarding prevention of suicide.

In the present study, at the time of pre-test, 80% adolescents had average knowledge and no one had good knowledge, 20% of adolescents at selected schools had poor knowledge regarding warning signs of suicide and its prevention.

**The second objective of the study was to determine the effectiveness of structured teaching programme on knowledge regarding warning signs of suicide and its prevention among adolescents at selected schools.**

A study by NandagaonVeeresh.S, (2012), conducted to assess the effectiveness of structured teaching programme on knowledge regarding suicidal ideation and prevention of suicidal behaviour among adolescents in university students, Karnataka. 60 adolescents were selected by non-probability convenient sampling. In this study, self-administered questionnaires were used to collect data. The study result shows that the calculated paired 't' test value was 25.91, greater than the tabulated value of 1.960 which was significant at  $p \leq 0.05$  level. The researcher concluded that the structured teaching programme was effective on the adolescents. In the present study, at the time of pre-test, average knowledge score was 12.22 with standard deviation of 1.89. At the time of post-test, average knowledge score was 21.71 with standard deviation of 2.34. The paired 't' test value was 30.09 which is significantly higher than the table value of 4.05 at  $p \leq 0.05$  level. Hence hypothesis H1 is retained. This reveals that the structured teaching programme was effective in increasing the knowledge regarding warning signs of suicide and its prevention among adolescents.

**The third objective of the study was to assess the post-test knowledge regarding warning signs of suicide and its prevention among adolescents at selected schools.**

Similar findings were observed in an experimental study conducted by Kalafat J, Elias M (2007) to evaluate the

effectiveness of a school – based suicide awareness intervention among adolescents in Louisville, Kentucky. The results revealed that, the experimental groups as compared with control groups showed significant gains in relevant knowledge about suicidal peers and significantly more positive attitudes toward help seeking and intervening with troubled peers.

In the present study, at the time of post-test, 68% had good knowledge, 32% adolescents had average knowledge and no one of adolescents at selected schools had poor knowledge regarding warning signs of suicide and its prevention. Average knowledge score at the time of post-test was 21.71 with standard deviation of 2.34.

**The fourth objective of the study was to find out association between existing knowledge score regarding warning signs of suicide and its prevention among adolescents with their selected demographic variables at selected schools.**

Shriharsha.C, (2013) conducted a study to assess the effectiveness of structured teaching programme regarding factors and preventive measures for suicidal behaviour among adolescent college students at Bagalkot, Karnataka. With the objective to associate the knowledge with their demographic variables such as age, gender, religion, parent's occupation and source of information. 50 adolescents were participated in the study. The researcher found that there was association between the knowledge regarding factors and preventive measures for suicidal behaviour with their selected demographic variables.

In the present study, there was significant association found between the pre-test knowledge among adolescents and their selected demographic variables at  $p \leq 0.05$  level. Hence **H2 is accepted.**

## 8. Conclusion

The comparison of pre-test and post-test knowledge score result showed that there was a significant gain in knowledge scores of the warning signs of suicide and its prevention after giving structured teaching programme at 0.05 level ( $t=30.09$ ,  $p < 0.05$ ). This results shows that the structured teaching programme was effective.

The study findings concluded that the adolescent students were had poor knowledge regarding the warning signs of suicide and its prevention. The structured teaching programme had great potential for accelerating the awareness regarding knowledge warning signs of suicide and its prevention.

## 9. Future Scope

### Nursing Practice

Nurses are key personnel of a health team, who play a major role in the health promotion and maintenance, nursing is a practicing profession, so the investigator, generally integrates findings in to practice. Nurses are uniquely qualified to bring information on warning signs of suicide and its prevention to public. They have both the necessary

scientific back ground and communication skill to get the message across in an understandable way. Their expertise in health promotion and behavioural changes also equips to foster life style choices.

### Nursing Education

Its emphasis that adequate knowledge owned by the nurses may help to update themselves on the recent advancements, which in turn helps the nurses to give health education for people who are seeking medical care. The student nurses from school of nursing and college of nursing should be encouraged to attend workshops and seminars regarding warning signs of suicide and its prevention. Nursing education and practice needs to evolve in order to adequately deal with the increase in suicide cases.

### Nursing Administration

Staff development program in any organization is the prime responsibility of the nurse administrator. Strengthening public health infra-structure, surveillance, emerging planning and protective acts relating to the importance of knowledge regarding warning signs of suicide and its prevention. Improving communication between the levels of government responsible for public health. Strengthening links between the public health and personal health services.

### Nursing Research

Nursing research is the means by which nursing profession is growing. Very few studies have been done on a similar basis on warning signs of suicide and its prevention. The research design, findings and the tool can be used as avenues for further research. This study will serve as a valuable reference material for future investigators.

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