

# A Pre-Experimental Study to Assess the Effectiveness of a Planned Teaching Programme on Knowledge regarding Emotional Resilience Among Undergraduate Nursing Students in Selected SDPS College of Nursing, Indore (M. P.) in the Year 2019-2020

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**Abstract:** Background: Emotional resilience is a vital psychological asset enabling individuals to cope with adversity and adapt positively to stress. In the demanding field of nursing, students are exposed to various stressors, making emotional resilience essential. Objectives: To assess the knowledge level of undergraduate nursing students regarding emotional resilience before and after a planned teaching programme and to evaluate the effectiveness of the programme. Methods: A quantitative research approach with a one-group pre-test post-test design was employed. A structured knowledge questionnaire assessed the students' understanding of emotional resilience before and after the intervention. Statistical analysis was conducted using mean, standard deviation, and paired t-test. Results: The mean pre-test score was 12 and the mean post-test score was 20.5. The calculated t-value was 10.31, which is significantly higher than the critical value of 2.23, indicating the effectiveness of the teaching programme. Conclusion: The study concludes that structured teaching interventions can significantly improve knowledge of emotional resilience among nursing students, contributing to their academic and emotional well-being.

**Keywords:** Emotional resilience, nursing students, teaching programme, knowledge assessment, pre-experimental study

## 1. Introduction

Emotional resilience refers to the capacity to adapt effectively in the face of adversity, trauma, or significant stress. . .

## 2. Objectives of the Study

- To assess the knowledge regarding emotional resilience among nursing undergraduates in terms of pre-test score.
- To assess the knowledge regarding emotional resilience among nursing undergraduates in terms of post-test score.
- To evaluate the effectiveness of a planned teaching programme on knowledge regarding emotional resilience among nursing undergraduates.
- To find the significant association between pre-test knowledge score and selected demographic variables.

## 3. Research Background

Resilience is not simply a trait but a dynamic process. . .

## 4. Methodology

- Research Approach & Design: A quantitative research approach with a one-group pre-test post-test design.
- Setting and Population: SDPS College of Nursing, Indore. . .

- Tool: A structured knowledge questionnaire was developed. . .
- Procedure: Pre-test, teaching programme, post-test.
- Statistical Analysis: Descriptive and inferential statistics.

## 5. Results

Mean Pre-test Score: 12  
Mean Post-test Score: 20.5  
Paired t-test Value: 10.31  
Critical t-value: 2.23 ( $p < 0.05$ )

## 6. Discussion

The results confirm that educational interventions can significantly improve knowledge related to emotional resilience. . .

## 7. Conclusion

The findings suggest that emotional resilience is not only innate but can also be nurtured through educational efforts.

## References

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