A Study to Assess Effectiveness of Structured Teaching Program on Knowledge Regarding Neuro Linguistic Programming among UG Students in Selected Nursing College

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Abstract: *Quasi experimental evaluative study was conducted to assess effectiveness of structured teaching program on knowledge regarding neuro linguistic programming among UG students in selected nursing college by using Quasi experimental one group pre test – post test research design; simple random sampling technique was used to select 60 UG students in selected nursing college. Data was collected by using structured knowledge questionnaires. Based on the objectives and the hypothesis the data was analyzed. The findings of the present study showed that, the post –test knowledge score was higher than the pre-test knowledge score range. The mean of post test score (26.18%) also was higher than the mean of pre- test knowledge score (12.01%). The comparison of pre- test and post -test knowledge score showed that there was a significant gain in knowledge scores of UG students after structure teaching program at 5% level of significance (p < 0.05). This shows that the structured teaching programme was effective.*

Keywords: Structured Teaching Program, Under Graduate Students, Knowledge regarding Neuro Linguistic Programming

1. Introduction

The Oxford English Dictionary defines Neuro Linguistic Programming as "a model of interpersonal communication chiefly concerned with the relationship between successful patterns of behavior and the subjective experiences (especially patterns of thoughts) underlying them; a system of alternative therapy based on this which seeks to educate people in self-awareness and effective communication, and to change their patterns of mental and emotional behavior." NLP is often referred to as a 'user's manual for your brain' and studying this life science can give us insights into how our thinking patterns affect every aspect of our lives.[3]

NLP looks at the way in which we think and processes our thoughts (Neuro), the language patterns we use (Linguistic) and our behaviors (Programming) and how these interact to have a positive (or negative) effect on us as individuals. Individual body senses are responsible to transferring all information to mind.

Neuro-Linguistic Programming is a collection of a wide range of methods and models which create an understanding of thought process and human behavior. Understanding these techniques can bring about a positive change in both yourself and those whom you share these ideas with. NLP had important life itself, would be accepted in serious scientific vehicles that deal with cognition. This theory is based on references cited only within their own tables without basing on the large amount of rigorous scientific material that is available in the Cognitive Science traditional, on behaviourism, in Cognitive Neuroscience, etc. NLP is modelling approach that offers a toolkit of methods for dealing with life's opportunities & challenges.

2. Literature Review

Catalin Zaharia et. al. (2015) The aim is meta-analysis of studies, observational or randomized controlled trials, for evaluating the efficacy of Neuro Linguistic Programming in individuals with different psychological and/or social problems. From a total number of 425 studies, 350 were removed and considered not relevant based on the title and abstract. Included, in the final analysis, are 12 studies with numbers of participants ranging between 12 and 115 subjects. The overall meta-analysis found that the NLP therapy may add an overall standardized mean difference of 0.54 with a confidence interval of CI=[0.20; 0.88].[22]

Wake L, (2014) The aim of this study is to determine if neuro linguistic programming (NLP) tools and techniques were effective in alleviating the symptoms of posttraumatic stress disorder (PTSD) in clients from the Military and Emergency Services. In total, 29 clients from an initial cohort of 106 clients provided pre and post data using Depression Anxiety Stress Scale (DASS) and the NLP Wheel of Life scale. Interventions included a range of NLP techniques, addressing self-reported symptoms Findings: Differences between DASS scores before and after treatment are very highly significant.[15]

Hernandez V, (1981) experimentally examine a major tenet of Neurolinguistic Programming (NLP), this study was to test the level of agreement between sensory-specific statements (visual, auditory and kinesthetic in nature) and the postulated corresponding eye movement patterns. The subjects in this study were 64 undergraduate students from Ball State University in age from 18 to 51. The subjects were individually tested by an experimenter and were read 24 experimental statements (visual, auditory, kinesthetic and non-specific in nature), which were developed by the

investigator. Each rater scored all 64 subjects. Inter-rater agreement was assessed using the index Kappa, and the agreement ranged from .66 to .88.[27]

Problem Definition

A study to assess effectiveness of structured teaching program on knowledge regarding neuro linguistic programming among UG students in selected nursing college.

Objectives

1) To assess the pre-test knowledge regarding neuro linguistic programming among UG students in selected nursing college.
2) To assess the post-test knowledge regarding neuro linguistic programming among UG students in selected nursing college.
3) To assess the effectiveness of STP on neuro linguistic programming among UG students in selected nursing college.
4) To find out association of pre – test score with selected demographic variables.

3. Methodology/Approach

In this study an quantitative approach with Quasi experimental one group pre test – post test research design was used to measure the knowledge regarding Neuro Linguistic Programming among UG students in selected nursing college. The sample was UG students in selected nursing college to fulfilling the inclusion and exclusion criteria and the samples consist of 60. The sampling technique was used in this study i.e. simple random sampling technique. Tools used for data collection includes three sections namely demographic variables, structured knowledge questionnaires.

4. Result

The structured knowledge questionnaire was used for data collection. The analysis was done with the help of descriptive and inferential statistics.

Sr. No	Data Analysis	Method	Remarks
1	Descriptive statistics	Frequency and percentage distribution.	To describe the distribution of demographic variables.
		Mean, median, range, standard deviation,	To determine the knowledge regarding Neuro linguistic programming among UG students in selected nursing college.
2	Inferential statistics	Paired 't'- test	The significance of difference between the mean pre-test and post-test knowledge score of UG students regarding NLP.
		Chi square test	To find out the association between demographic variables and post-test knowledge score of score of UG students regarding NLP.

The analysis and interpretation of the observations are given in the following section:

- **Section A:** Distribution of undergraduate nursing students with regards to demographic variables.
- **Section B:** Assessment of pre and post test level of knowledge regarding neuro linguistic programming among undergraduate nursing students in selected nursing colleges.

Level of knowledge score	Score Range	Level of Knowledge Score	
		Pre Test	Post Test
Very Poor	1-6(0-20%)	1(1.67%)	0(0%)
Poor	7-12(21-40%)	35(58.33%)	0(0%)
Average	13-18(41-60%)	23(38.33%)	1(1.67%)
Moderate	19-24(61-80)	1(1.67%)	14(23.33%)
Excellent	25-30(81-100%)	0(0%)	45(75%)
Minimum score		5	18
Maximum score		19	30
Mean knowledge score		12.01±2.70	26.18±2.94
Mean % Knowledge Score		40.05±9.03	87.27±9.80

- **Section C:** Assessment of effectiveness of structured teaching program on knowledge regarding neuro linguistic programming among nursing students.

Overall	Mean	SD	Mean Difference	t-value	p-value
Pre Test	12.01	2.70	14.16±4.47	24.53	0.0001 S,p<0.05
Post Test	26.18	2.94			

- **Section D:** Association of knowledge score regarding neuro linguistic programming among undergraduate nursing students with their selected demographic variables.

5. Discussion

The findings of the study were discussed with reference to the objectives of the study and with findings of other studies in this section. The present study was undertaken to assess effectiveness of structured teaching program on knowledge regarding neuro linguistic programming among UG students in selected nursing college.

The knowledge of UG students regarding Neuro Linguistic Programming was assessed by using self-structured questionnaire.

Majority 49 (81.7%) of subject were in the age group of 20-22 years, Majority 51(85%) of subject were females, majority 26 (43.3%) of subject were belongs to Buddhist religions, Majority 43(71.7%) of subject were joint family type, Majority 39(65%) of subject were Scholarship fees payment, Majority 46(76.7%) of subject were hosteller, Majority 41(76.7%) of subject were not having any previous knowledge, Majority 18(94.7%) of subject were having information from mass media. Analysis of the pre- test knowledge scores of UG students revealed that in the pre-test out of 60 UG students majority 35(58.33%) of the subjects had poor knowledge regarding neuro linguistic programming, 23(38.33%) had average knowledge regarding neuro linguistic programming, only 1(1.67%) had moderate and very poor knowledge regarding neuro

linguistic programming. Analysis of the post - test knowledge scores of UG students revealed that in the pre-test out of 60 UG students majority 45 (75%) of the subjects had excellent knowledge regarding neuro linguistic programming, 14(23.33%) had moderate knowledge regarding neuro linguistic programming and only 1(1.67%)) had average knowledge regarding neuro linguistic programming.

6. Conclusion

The findings of the present study showed that, the post –test knowledge score was higher than the pre-test knowledge score range. The mean of post test score (26.18%) also was higher than the mean of pre- test knowledge score (12.01%). The analysis of mean, S.D., and mean percentage of the knowledge score in pre-test and post-test revealed that the mean difference in pre-test and post – test is 14.16±4.47 . This shows the effectiveness in structure teaching programme on knowledge regarding neuro linguistic programming among UG students.

7. Future Scope

The present study was conducted to determine the effectiveness of structured teaching programme on neuro linguistic programming among UG students in selected nursing college.

Nursing Education: The nursing curriculum should incorporate activities like seminar and conferences. The in-service education should be conducted to improve the knowledge and skills of nurses. Nursing education helps the nurses to gain adequate knowledge, skills and attitude to fulfill their duties and responsibilities in nursing field..Nurse educators can educate the students about the neuro linguistic programming and for this nurses need to update their knowledge through regular in-service education.

Nursing Practice: The extended and expanded role of professional nursing emphasizes preventive and promotive aspect of health. Nurses are key person of health team who play a major role in health promotion and maintenance, nursing research studies are usually not intended in pursuing knowledge simply for the sake of knowledge.

Nursing Administration: The present study reveals that UG students did not have knowledge regarding neuro linguistic programming special endeavors can be taken up by nursing administrator and educators to develop curriculum. The nursing administrator should organize in service education programme to nursing personnel regarding neuro linguistic programming.

Nursing Research: Research essentially is problem solving approach. There is wide scope of conducting research study in depth by using tools in order to assess the knowledge regarding neuro linguistic programming among UG students. The researcher found that literature regarding the assessment of knowledge on neuro linguistic programming to Indian context is inadequate. Research studies can also be conducted on practice of neuro linguistic programming.

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