

# A Pre Experimental Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Empathetic Ability among B.S.C Nursing III Year Students in Selected College of Nursing at Bharatpur

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**Abstract:** *Empathy is the ability to put oneself in someone else's place. The student nurse who can empathize with a client is able to understand how the client feels in a particular situation. Empathy and good listening skills are certainly criteria for any health professional. Though empathy alone is not enough the mental health nurse often plays a critical role in working with the client. The study is based on evaluative approach; one group pretest post test pre- experimental design was used for the study. The samples of 50 subjects were selected by simple random sampling technique. The independent variable was STP on knowledge regarding empathetic ability and the dependent variable was knowledge regarding empathetic ability among B.Sc. (N) III year students. The Comparison of the knowledge level and the effectiveness of structured teaching programme were obtained by calculating the mean of pre test and post test with 't' test. The mean pre test knowledge on empathetic ability was 15.22 with SD  $\pm 2.225$  while it was 23.84 with SD  $\pm 2.014$ . The paired t test value shows significance at level of Significance Level of  $p < 0.05$*

**Keywords:** Empathy, effectiveness, STP

## 1. Introduction

Empathy is the capacity to understand or feel what another person is experiencing from within the other person's frame of reference that is the capacity to place oneself in another's position. Empathy is the experience of understanding another person's condition from their perspective. The word 'Empathy' means 'the ability to understand and share the feeling of another'. The student nurse can be able to understand the feeling of a client in a particular situation. Within the mental health field potential for the student nurse to act as a healing agent is likely to be determined by the quality of the interpersonal relationship and interaction with the patient's. In view of many changes taking place in today's health care systems, the theme of empathy in health provider and patient's relations need to be revisited. It has been proposed that the patients benefit when all the members of the health care team provide empathic care.

## 2. Need and Significant of the Study

Empathy is widely accepted as a critical component of a supportive relationship. Many scholars have argued that empathy provides health professionals with the capacity to advance the health of their patients. The perception of empathy allows a person to feel, understand, which can eliminate his or her feelings of alienation. Professional roles and expectations influence the degree to which empathy is demonstrated in patient's relations. We have all heard the old age "doctors cure, nurses care". The importance of the therapeutic nurse-patient relationship, including the concept of empathy is well ingrained in the role description of

nursing. It is the nurse's responsibility to fulfil a helper role regardless of the specific parameters and purposes of each relationship. The nurse must validate that the client knows the areas of concern for which he is ready to seek help and assume that they will mutually share the responsibility for the outcomes of the nursing process. The nurse further assumes that the client can achieve an improved state of health. The helping role facilitative one in which the professional nurse uses self and expertise as therapeutic tools to assist the client to more successfully develop responses to resist or overcome threats to health.

### Problem Statement

A Pre experimental study to assess the effectiveness of structured teaching programme on knowledge regarding empathetic ability among B.S.C Nursing III year students in selected college of nursing at Bharatpur.

### Objectives of the Study

- 1) To assess the existing knowledge of nursing students regarding empathetic abilities towards psychiatric clients.
- 2) To assess the empathic ability of students towards psychiatric clients.
- 3) To determine the effectiveness of structured teaching program regarding empathetic abilities towards psychiatric clients by comparing pre-test & post-test knowledge scores.
- 4) To determine the association between pre-test & post – test knowledge score of nursing students with selected demographic variables.

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**Research Hypothesis**

**H<sub>1</sub>** – There will be stability in the effectiveness of STP on empathetic ability among nursing students

**H<sub>2</sub>** – There will be significant difference between pre- test & post – test knowledge score regarding empathetic abilities towards psychiatric clients.

**H<sub>3</sub>** – There will be significant association between pre –test & post- test knowledge scores of nursing students regarding empathetic abilities towards the psychiatric clients with selected demographic variables.

**Conceptual Framework**

The conceptual framework for this study was derived from Imogene King's "Interacting System Theory". King's theory is a broad theory designed to provide a framework for nursing, whereas emotional intelligence is a theory that is specific for addressing potential competency in dealing with emotion and emotion information.

**3. Review of Literature**

- 1) Meaning and impact of empathic relationship.
- 2) Empathic understanding of the nurse psychotherapist.
- 3) Nurse Characteristics.
- 4) Scales to measure empathy.
- 5) Development of empathy in nursing and other health professionals.

**Research Approach**

Quantitative approach was used to assess the effectiveness on knowledge regarding empathetic ability towards psychiatric clients among B.Sc. (III) Nursing Student at Bharatpur.

**Research Design**

For the present study one group pre-test post-test design was selected.

**Description of the Tool**

The structured questionnaire consisted of two parts:-

**Part I:** This part deals with the demographic characteristics of participants such as age, gender, educational status, domicile and source of information.

**Part II:** Structured knowledge questionnaire on Empathetic & IPR to assess the knowledge among B.Sc. Nursing students. It consist of the 30 multiple choice questions on the aspect of Empathetic, introduction, definition, Types, concept, determinants, importance & demonstration of empathy in nursing.

**Validity**

It is the assessment of an instrument ability to measure what is a purpose to measure, the degree to which the data collection tools reflect the body knowledge pertaining to the concept being studied. The content was validated by experts those are Mental Health Nursing & Psychologist & Psychiatrists etc. The modification of the structured questionnaire was incorporated as per validates.

**Reliability**

The test and retest conducted between 1 week for the same samples (N=10). Calculation was done (test-retest Reliability). The reliability co- efficient was calculated by using Pearson's correlation coefficient & found to be 0.856 which was highly significant. Hence the tool was found to be reliable.

**Statistical Analysis of Data**

- Organization of data in master sheet Frequency and percentage to be used for analysis of demographic data.
- Calculation of mean, standard deviation, means percentage score of knowledge.
- The effectiveness of the Structured teaching programme was find out by Paired t test
- Application of Chi-Square test to find the association of demographic variables with knowledge.

**4. Major Findings of the Study**

- The result indicates the result indicates that as high as 76% of the respondents belong to the age group of 19-22 years, 18% of them were falls in 23-26 years, 6% of 27-30 years and none of them fall in 31-34 years.
- With regards to the gender of samples, most of them (68%) were males and very few (32%) were females.
- It also illustrate that, about 68% respondents belonged to rural residence, 16% hailed from urban domicile, 4% hailed from semi – rural & 12% belongs to semi- urban domicile. Unfortunately there were no samples from slums.
- It also indicates that (100%) of respondents had clinical exposure of 1-4 weeks. There was no one who had more clinical exposure more than 1-4 weeks.
- Further, it depicts that majority (92%) of the respondents were got information on Empathetic skills from education, 6% of respondents got information from mass media like internet or mobile, where as only 2% of subjects attained information from family. The subjects were not got any awareness from friends or group circle respectively..
- In pretest, out of 50 samples 04 (8%) subjects with below knowledge, 46(92%) of the subjects had average knowledge, none of them had good knowledge regarding Empathetic Skills whereas in post test about 5 (10%) samples had average knowledge and 45(90%) samples had good knowledge Score and none of the nursing students had below knowledge regarding Empathetic Skills.
- The Comparison of the knowledge level and the effectiveness of structured teaching programme were obtained by calculating the mean of pretest and post test with 't' test (19.2010). The mean pretest knowledge on Empathetic skills was 15.22 with SD  $\pm 2.225$  while it was 23.84 with SD  $\pm 2.014$ .
- There was a significant association between the pretest knowledge score of B.sc. nursing students and type of family, domicile and source of awareness on Empathetic skills at  $p < 0.05$  level while there was no significant

association observed between pretest knowledge score and age, gender, monthly income and educational status.

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