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A pre experimental study to assess the effectiveness of self structured teaching programme on knowledge regarding pain and it's management among B.Sc. Nursing 2nd year students of Shri Shankaracharya College of Nursing, Hudco, Bhilai C.G., India

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ABSTRACT:

This study was conducted with the objective to formulate structured teaching programme to assess the pretest and post test knowledge regarding pain and its management. To assess the effectiveness of structured teaching programme and to find out association between the pre test knowledge regarding pain and its managements with their selected demographic variables, The study design pre-experimental, one group pre-test and post-test research design, 50 samples of B.Sc. Nursing 2nd year students who fulfill the inclusive criteria were selected based on non probability purposive sampling, after getting informal consent from the study participants, the structured teaching programme was administered at Shri Shankaracharya College of Nursing, Hudco, Bhilai C.G. the study findings revealed that in pre-test score of majority of the B.Sc. Nursing 2nd year students had knowledge score 18 (36%) were poor, 32 (64%) were average in pre test and post test majority 1 (2%) were poor, 35 (70%) were average & 14 (28%) were good. Pre-test mean score was 11.78, mean percentage was 39.26 and SD was 3.37 where as in post test knowledge score 794, mean was 15.93, mean percentage was 52.93 and SD was 4.24. the t-value 5.39;(df.49) was greater than table value 2.02 at 0.05 level of significance. This proves the effectiveness of the self structured teaching programme.

Key Words: Pain & its management, B.Sc. Nursing 2nd year students, Knowledge, Effectiveness, self structured teaching programme

INTRODUCTION:

It is so much more than just pain intensity. Over time, many [patients] find the effects of living with chronic pain impact their ability to work, engage in recreational and social activities, and for some, [perform] the most basic everyday activities that people just take for granted. Not surprisingly, pain begins to chip away at their mood, often leaving them angry, frustrated, anxious, and/or depressed. Our families suffer along with us, and many relationships are forever altered. -An advocate for people with chronic pain

NEED FOR THE STUDY:

The need of this research project is to expand the body of knowledge related to pain and its management knowledge, within nursing higher education context. It aims to determine the present level of knowledge pain and its management of Nursing student, studying in Shri Shankaracharya college of Nursing Colleges Hudco, Bhilai, C.G.

PROBLEM STATEMENT:

“A pre experimental study to assess the effectiveness of self structured teaching programme on knowledge regarding pain and it's management among B.Sc. nursing 2nd year students of Shri Shankaracharya college of Nursing, Hudco, Bhilai, C.G.”

OBJECTIVE:

1. To assess the pre test and post test knowledge regarding pain and its management among B.Sc. Nursing 2nd year students.
2. To assess the effectiveness of self structured teaching programme on knowledge regarding pain and it's management by comparing pre test and post test knowledge score of B.Sc. Nursing 2nd year students.

3. To find out association between the pre test and post test knowledge regarding pain and its managements with their selected socio demographic variables.

HYPOTHESIS: H₀:

There will be no significant difference between pre test and post test knowledge score of B.Sc. Nursing 2nd students of Shri Shankaracharya college of Nursing, as measured by knowledge questionnaire at P<0.05 level. **H₁:** There will be significant difference between pre test and post test knowledge score of B.Sc. Nursing 2nd year student of Shri Shankaracharya college of Nursing, as measured by knowledge questionnaire at P>0.05 level.

CONCEPTUAL FRAMEWORK

According to Treece and Treece, States that, one of the important purpose of conceptual frame work is to communicate clearly and inter relationship of various concepts. Conceptualization provides a frame of reference for research education and practice. It directs research by pointing out solutions to practical problems.

Neuman's system model (1982) was used, **INPUT** –In this study, input refers to the selected demographic variables like age, sex, religion, type of family, education of father, education of mother, income, residence, any family member belong to medical/nursing profession, previous knowledge, source of previous knowledge. These are considered to influence knowledge of the students. **PROCESSES** –The processes include the development of self structured teaching programme; also prepare the tool for data collection. After that assessment of pre-test knowledge of students regarding pain and its management will be done. The result will be assisted by knowledge. Then conduct structured teaching programme regarding pain and its management, later post-test will be conducted to analyze the result of self structured teaching programme regarding pain and its management. **OUTPUT** – In this study output refers to increase in the level of knowledge regarding pain and its management, among bsc nursing 2nd year students at Shri Shankaracharya colleges of Nursing Hudco, Bhilai (C.G.). After conduct self structured teaching programme regarding pain and its management. **FEEDBACK** – feedback refers to information, environment response used by the system which may be positive, negative or neutral. In this study, feedback is not included.

METHODOLOGY

Research approach: quantitative research approach, **Design:** pre-experimental, one group pre-test & post test research design, **Population:** target population B.Sc. Nursing 2nd year students, **Accessible population:** B.Sc. Nursing 2nd year students at Shri Shankaracharya college of Nursing Hudco, Bhilai (C.G.), **Setting:** Shri Shanakaracharya College of Nursing Hudco, **Sample:** 50 B.Sc. nursing 2nd year students, **Variables: Independent;** self structured teaching programme on the independent variables, **Dependent:** knowledge of B.Sc. nursing 2nd Nursing student

Sampling criteria Inclusion criteria-

- B.Sc. Nursing 2nd year students of Shri Shankaracharya college of nursing Hudco
- Students between 17-30 years of age.
- Students both male and female.
- Students, who are willing to participate.

Exclusion-

- Students are out of Bhilai.
- Students below 17years and above 30 years.
- B.Sc. Nursing 2nd year students not willing to participate.
- B.Sc. Nursing 2nd year students not present at the time of data collection

DESCRIPTION OF TOOLS:

Self structured knowledge questionnaire constructed in two parts. **SECTION-I:** consisted of 12 items on background/ demographic data & **SECTION-II:** Consisted of 30 self structured questionnaire regarding pain and it's management.

CRIETRION:

The question prepared for assessment of knowledge on pain & its management. The score categorized as-

- Poor- 1 to 10 (1-33)
- Average- 11 to 20 (34-66)
- Good-21 to 30 (67-100)

Method of data collection: the data collection done in 4 day after obtaining informed and willing from the study participants the study was conducted at Shri Shanakaracharya college of Nursing Hudco, Bhilai.

Data analysis & interpretation:

Descriptive statistics such as frequency, percentage, mean, standard deviation, was used to assess the knowledge of B.Sc. Nursing 2nd year students regarding pain & its managements. Pre test knowledge mean was 11.78, mean percentage was 39.26 and SD was 3.37 where as in post test knowledge mean was 15.93, mean percentage was 52.93 and SD was 4.24. 36% were poor, 64% were average in pre test and post test majority 2% were poor, 70% were average & 28% were good. pre test total mean percentage was 39.26% and the post test total mean percentage was knowledge 52.93%. So the percentage of knowledge gain was 13.67%. t-value calculated value 5.39;(df.49) was greater than table value 2.02 at 0.05 level of significance. The calculated value of chi square for previous knowledge related to pain of B.Sc. Nursing 2nd year students were 4.575, df= 1, and the table values 3.841 were significant.

LIMITATIONS

1. B.Sc. Nursing 2nd year students.
2. The study was confined to only 50 B.Sc. Nursing 2nd year students which limits the generalization of the findings.
3. B.Sc. Nursing 2nd year students studying in Shri Shankaracharya college of Nursing Hudco, Bhilai (C.G.)

RECOMMENDATIONS

1. The study can be replicated on a large sample to validate the finding and generalization.
2. A study can be conducted on effectiveness of self structured teaching programme with strategies like lecturer.
3. A similar study may be conducted on experimental research approach and pre-test, post-test control group design.
4. A longitudinal study can be conducted to evaluate the impact of pain and its managements.
5. A study can be carried out to identify educational need of B.Sc. Nursing 2nd year students with early identification and prevention of pain and its managements.

CONCLUSION

Pain is a distressing feeling often caused by intense or damaging stimuli, such as stubbing a toe, burning a finger, putting alcohol on a cut, and bumping the "funny bone". Because it is a complex, subjective phenomenon, defining pain has been a challenge. The International Association for the Study of Pain's widely used definition states: "Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage." In medical diagnosis, pain is a symptom.

In this study comparison of overall knowledge score between pre test and post test by frequency, percentage. Hence it can be concluded that the teaching programme was found good method for achieving knowledge on pain & its managements.

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