



## ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON SELF COUNSELING REGRADING STRESS AMONG FIRST YEAR BSC NURSING STUDENTS AT NIMS MEDICITY

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### ABSTRACT

The primary aim of the study was to assess the effectiveness of structured teaching programme on self counseling regarding stress among first year BSc nursing students at NIMS college of nursing. The research approach adopted for the study was quantitative research approach and the design was pre experimental - one group pretest post test design. The tool used was a structured knowledge questionnaire. Convenient sampling technique was used to select 60 subjects. Pretest was conducted and structured teaching was given and post test conducted on eighth day. The study results showed that structured teaching programme on self counseling regarding stress was effective in increasing the knowledge of first year B.Sc. (N) students. The study revealed that most of the first year B.Sc. (N) students have excellent knowledge of self counseling regarding stress after structured teaching programme. There is no significant association between knowledge with the selected demographic variables.

**KEYWORDS :** stress, self counseling, structured teaching programme

### INTRODUCTION

*"The greatest weapon against stress is our ability to choose one thought over another* – WILLIAM JAMES

Stress pertains to a dynamic interaction between an individual and the environment. An interaction where demands, limitations and opportunities related to work may be perceived as threatening to surpass the individual's resources and skill. Stress is common in medical and nursing students. Pursuing higher education especially medical education is considered as stressful as it is highly extensive and demanding in nature.

The first year of college when students just move into a new sphere of life makes them prone to stress, anxiety, and depression. They are faced with academic compulsion, adjustment issues and an altogether new setting they find up hard to handle. "Self-counseling refers to the practice of examining one's own behavior, using psychoanalytical methods of free-thinking and free association". as well as helping with identifying the causes of stress. Counseling can also help to understand the role that thoughts play in increasing stress level.

### MATERIALS AND METHODS

The research approach selected for the study is quantitative research approach and the design selected for the study is pre experimental one group pretest and post test design. This study was conducted in NIMS College of Nursing. The sample of the study comprises of 60 first year BSc Nursing students. Convenient sampling technique is used for the study. Consent is obtained from students. The investigator introduced herself to the participants and objectives of the study is explained to them. The structured knowledge questionnaire is distributed to the students to identify the knowledge on self counseling. Structured teaching is given and post test conducted after a week. The data obtained were analyzed by using descriptive and inferential statistics.

### RESULTS

#### Section 1: Demographic Variables

- With regard to age in years, (100%) of adolescents were in the age group of 18-20 years.
- With regard to dietary pattern, a majority (90%) of adolescents are nonvegetarian
- With regard to exercise, a majority (60%) of adolescent do not exercise regularly
- With regard to residence, a majority (66.6%) of adolescents belong to rural area.

**Section: 2** The Effectiveness of self Counseling in reducing Stress Among 1<sup>st</sup> Year BSc Nursing students after Structured Teaching programme.

Majority 93% of the samples have good knowledge 7% have average knowledge after structured teaching programme.

#### Section:3

Find the relation between stress among 1<sup>st</sup> Year BSc Nursing students with their selected demographic variables.

Chi square test was employed to find out the relation between knowledge on self counseling among 1<sup>st</sup> year BSc nursing students with their selected demographic variables. No significant association found between knowledge on self counseling among 1<sup>st</sup> year BSc Nursing students with their selected demographic Variables.

### DISCUSSION

The effectiveness of structured teaching programme on self counseling regarding stress among 1<sup>st</sup> year B.Sc. (N) students was assessed. The study revealed that most of the first year B.Sc. (N) students have excellent knowledge of self counseling regarding stress after structured teaching programme. There is no significant association between knowledge with the selected demographic variable

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