



## “A study to evaluate the Effectiveness of Video Assisted Teaching Programme on knowledge regarding screening of mental illness among staff nurses working in selected hospitals of Vadodara.”

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### Article Info

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**ABSTRACT:** *Diagnosis of mental illness evokes far greater emotional reaction than other diagnosis. it must be needed to know about its techniques for the staff nurses as well as its importance which provides great contribution of staff nurses to screen out the mental illness in various setting of health care. **Objectives:** To assess the existing level of knowledge regarding screening of mental illness among staff nurses. To evaluate the effectiveness of video-assisted teaching programme regarding screening of mental illness. To find out the association between pre test knowledge score & selected demographic variables. **Materials and methods:** The investigator used true experimental research (pre-test post-test one group design). Simple randomized sampling technique used to select the 30 staff nurses in selected hospitals of Vadodara. Self structured questionnaire were used to assess the knowledge regarding screening of mental illness . The conceptual framework for this study was based on modified Imogen king’s Goal Attainment Theory. The data was analysed by using descriptive and inferential statistics. **Results:** Findings reveals that in pre-test staff nurses having on average 19.75% knowledge regarding screening of mental illness 14.47±2.99 and in post-test, average 55.32 % knowledge regarding screening of mental illness and mean score was 22.13±3.44. T calculated value is -8.483 which are more than the tabulated value of 2.75at 0.05 level of significance. So we accept H<sub>1</sub> and conclude that there is significant difference between pre-test and post- test knowledge score of staff nurses. It shows the very highly significant and association between pre-test and post-test knowledge score regarding knowledge on screening of mental illness. Hence research hypothesis H<sub>1</sub>is accepted. **Conclusion:** Hence the Video assisted teaching programme was very effective tool to promote knowledge and practice regarding screening of mental illness.*

**Keywords:** Evaluate, effect, video assisted teaching programme, staff nurses, screening, knowledge, mental illness.

### I. INTRODUCTION

Mental health is defined as “... a state of complete physical, mental and social well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”. In other words, mental health involves finding a balance in all aspects of life: physically, mentally, emotionally and spiritually. Although mental well-being is believed

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to be instrumental to quality living and personal growth, people often take mental health for granted and may not notice the components of mental well-being until problems and stresses surface. As a country develops and urbanises, life becomes more complex, and problems related to social, cultural, and economic changes arise. As per the above discussion we come to know that there is a difference between mental illness and mental health. Hence we have taken this topic for study purpose.<sup>1</sup>

## II. NEED FOR THE STUDY

The consequences of stigma associated with mental illness have attracted the negative ratings among the public. The public express that the people with mental illness are Unpredictable and dangerous. Thus the knowledge and attitude among adults towards mental illness bears profound impact on the person with psychiatric illness.<sup>2</sup>

The United States Department of Health and Human Services (USDHHS,1999) stated that more than 48 million people in the United States (1 in 5, or 20%) have a diagnosable mental disorder or illness, half of all citizens have a mental illness at sometime in their lives and most of these people however never seek treatment.<sup>3</sup>

Research has advanced the understanding of psychiatric disorders and made major contributions to their treatments. The helplessness of the past has been replaced by considerable hope since conditions like schizophrenia that once were treated in closed institutions are being treated in general hospitals in primary care services and through interventions at home. Early treatment is essential for better recovery.<sup>4</sup>

In rural India, prevalence rates for all mental illness is 64.4 per 1000 population and urban part of the country it is 66.4 per 1000 population. <sup>5</sup>

The National Institute of Mental Health and Neuro-Sciences (NIMHANS) report shows that in India 70 million people suffer from mental ailments and yet, 50-90 percent of them are not able to access corrective services due to less awareness and negative attitude or stigma towards mental illness.<sup>5</sup>

## III. STATEMENT OF PROBLEM

“A study to evaluate the Effectiveness of Video Assisted Teaching Programme on knowledge regarding screening of mental illness among staff nurses working in selected hospitals of Vadodara.”

### Objectives of the study:

- To assess the existing level of knowledge regarding screening of mental illness among staff nurses.
- To evaluate the effectiveness of video-assisted teaching programme regarding screening of mental illness.
- To find out the association between pre test knowledge score & selected demographic variables.

### Operational definitions:

**Evaluate**:- It refers to the method of estimating & interpreting the effectiveness of video assisted programme regarding screening of mental illness.

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**Effectiveness:** - It refers to determine the extent to which the information in structured teaching programme has achieved the desired outcome as measured by gain in post-test knowledge score.

**Knowledge:-** It refers to correct responses of the staff nurses to the questions related to management of psychiatric emergencies.

**Screening:** - It refers to carry out the thorough examination to find out the disease.

**Video assisted teaching programme:-**It refers to give education or information with the help of video.

**Mental illness:-** It refers to those people who fail to full fill their roles & carry out responsibility.

**Staff nurses:-** it refers to those people who are certified with G.N.M, A.N.M, B.Sc(n) & working in hospital.

### Hypothesis:

**H1:** The mean post test knowledge of staff nurses regarding screening of mental illness will be significantly higher than their mean pre test knowledge score.

**H2:** There will be significant association between pre test knowledge score & selected demographic variables regarding mental illness.

### Assumption:

- Staff nurses may not have knowledge regarding screening of Mental illness.
- Video Assisted Teaching Programme will improve the staff nurse's knowledge regarding screening of mental illness.
- Level of knowledge regarding screening of Mental illness varies according to demographic variables.

### Conceptual framework:

#### IV. METHODOLOGY

Research Methodology is one of the vital sections of a research, since the success of any research is mostly depends upon the methodological issues that are followed in the execution of the research work. The role of methodology consists of procedures and techniques for concluding the study.

This chapter deals with the methodological approach adopted for the study. It includes description of Research approach, Research design, setting of the study, Population, Sample, Criteria for sample selection, Sampling technique, Development of tool, Scoring procedure, Pilot study, Data collection procedure and Plan for data analysis.

**Research Approach:** An evaluatory research approach was used to find out the effectiveness of video assisted teaching programme on knowledge regarding screening of mental illness.

### Research Design:

The research design used in this study is pre experimental one group Pre Test Post Test design which is represented in the figure given below.

Group	Pre test	Intervention	Post test
I	O <sub>1</sub>	X <sub>1</sub>	O <sub>2</sub>

Group: Staff nurses working in general hospital.

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O<sub>1</sub>: Pre test before administering the VATP

X: Administration of VATP.

O<sub>2</sub>: Post testing of the group after administration of the VATP.

### **Variables**

- Dependent Variable: The knowledge level of staff nurses regarding screening of mental illness.
- Independent variable: Video assisted teaching programme on knowledge regarding screening of mental illness.

**Setting of the Study:** The study was conducted in selected hospitals of Vadodara.

**Population:** According to Polit and Hungler (2005). “A population is the entire aggregation of cases in which a researcher is interested”. Population was staff nurses working in selected hospitals of Vadodara.

**Sample and Sample size:** Polit and Hungler, (2005). Stated that sample consists of a subset of population selected to participate in a research study. A total of 30 samples were selected for the present study, the staff nurses working in selected hospitals of Vadodara.

### **Criteria for sample selection**

#### Inclusion Criteria

- Staff nurses who are willing to participate in the study.
- Staff nurses who works in the general Hospitals.
- Staff nurses who have completed A.N.M., diploma in general nursing and midwifery programme.
- Staff nurses who are between 20 to 50years of age.
- Staff nurses who are able to speak Hindi/Guajarati/English

#### Exclusion Criteria

- Staff nurses who are selected for pilot study.
- Staff nurses who are not available at the time of data collection..

**Sampling Technique:** Simple randomization technique was adopted for this study.

**Development of the Tool:** The research tool is developed in English after an extensive review of literature and experts opinion. The structured questionnaires used to assess the knowledge regarding screening of mental illness.

### **Description of Tool**

- Part I Includes demographic variables like age, gender, marital status, total work experience, working area, education, exposed in special mental health training programme.
- Part II includes 40 statements to assess the knowledge regarding screening of mental illness being used. For each statement 4 options has given ,from that sample must have choose write answer from the options.

## **IV. DATA ANALYSIS**

### **ASSESSMENT OF PRE TEST KNOWLEDGE SCORE OF STAFF NURSES (N=30)**

This section reveals the level of knowledge on screening of mental illness before implementation of Video Assisted Teaching Program among Staff Nurses.

**Table.1 Pre-Test Knowledge Score Regarding screening of mental illness.**

Percentage and Mean of the Pre-test							
	N	Minimum	Maximum	Mean	Percentage %	S.D	S.D e%
<b>Total</b>	30	7	15	7.9	19.75%	4.28	10.7%
<b>Valid N</b>	30						

The data from the above table shows that, in pre-test, staff nurses were having on average 19.75% knowledge regarding screening of mental illness and mean score was  $14.46 \pm 3.44$ .

**Table no 2. Category wise distribution of Pre-test knowledge score**

Frequency & percentage of pre test knowledge score			
Valid		Frequency	Percentage
	High	0	0.00%
	Moderate	17	56.67%
	Low	13	43.33%
	<b>Total</b>	<b>30</b>	<b>100%</b>

The data from the above table shows category wise distribution of existing knowledge of staff nurses regarding knowledge on screening of mental illness. It shows that majority 17(56.67%) staff nurses have moderate knowledge, 13(43.33%) staff nurses have low knowledge regarding screening of mental illness.

**Table no. 3 Comparison of the pre-test and post-test knowledge score of staff.**

	Mean	Mean Difference	Percentage	SD	Std. Error Mean	T	P	Significance Level
<b>Pre-test</b>	14.47		36.17%	2.99	0.54			

<b>Score</b>								
<b>Post-test score</b>	22.13	-0.966	55.32%	3.44	0.62	-8.483	.00	Significant

**N=30 t 0.05=2.75**

The data from the above table shows that in pretest, staff nurses were having on average 19.75% knowledge regarding screening of mental illness and mean score was  $14.47 \pm 2.99$  and in post-test, average 55.32 % knowledge regarding screening of mental illness and mean score was  $22.13 \pm 3.44$ . T calculated value is -8.483 which is more than the tabulated value of 2.75 at 0.05 level of significance. So we accept  $H_1$  and conclude that there is significant difference between pre-test and post- test knowledge score of staff nurse.

**Table no. 4 Section wise distribution of mean, SD and mean percentage of the Participants in pre-test and post-test**

Section of questions	Total number of questions	Pre-test score (X)		Post test score (Y)		Effectiveness (Y-X)		Cal. T-Value
		Mean $\pm$ SD	Mean %	Mean $\pm$ SD	Mean %	Mean diff. $\pm$ SD	Mean %	
Questions regarding history collection	7	3.000 $\pm$ 1.11	42.85 %	3.96 $\pm$ 1.06	56.57 %	0.96 $\pm$ 0.05	13.71 %	3.169
Questions regarding Mental Status Examination.	33	11.46 $\pm$	34.72 %	18.16 $\pm$	55.03 %	6.7 $\pm$ 0.17	20.30 %	8.486

		2.99		3.16				
<b>TOTAL</b>	40							

As above table shows the section wise distribution of the pretest and posttest knowledge score on knowledge regarding screening of mental illness among staff nurses in selected general hospital Vadodara.

The outcomes reveal that knowledge regarding history collection; the mean percentage of pre-test knowledge scores 42.85% which increase in post test up to 56.57% so the effectiveness is 13.71 % here calculated t-value is 3.169 it is more than tabulated t-value.

**Table no. 5 Category Wise Distribution Of Post-Test Knowledge Score.**

	Frequency	Percentage
High	2	6.7%
Moderate	28	93.3%
Low	00	00%
<b>Total</b>	<b>30</b>	<b>100%</b>

The data from the above table shows category wise distribution of existing knowledge of staff nurses regarding screening of mental illness. It shows that majority 28(93.3%) staff nurses have high knowledge, 2(6.7 %) staff nurse have moderate knowledge and 0(0.00%) staff nurse have low knowledge regarding screening of mental illness.

**Table no.6 Categories wise distribution of pre test and post test knowledge score**

<b>Distribution of pre test &amp; post test knowledge score</b>				
Interpretation	Frequency	Percentage	Frequency	Percentage
High	00	00%	2	6.7%
Moderate	13	43.3%	28	93.3%
Low	17	56.7%	0	0.00%
<b>Total</b>	<b>30</b>	<b>100%</b>	<b>30</b>	<b>100%</b>

The data from the above table shows that scoring difference between pre-test and post-test. It shows that in pre-test among all staff nurses majority of 17(56.7%) moderate knowledge, 13(43.3%) scored low knowledge.

In the post-test there was marked improvement in the knowledge of staff nurses. In post-test score maximum 2(6.7%) staff nurses scored high knowledge and 28(93.3%) scored moderate knowledge.

## **V. Conclusion**

There was significant increase in post test knowledge scores through planned teaching programme. The gain in knowledge score was significant at 0.05 level of significant and calculated paired t test value is 8.483 which is greater than table paired t value **2.75**. Findings revealed that video assisted teaching programme on knowledge regarding screening of mental illness was an effective teaching strategy in gain in knowledge of the staff nurses.

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