



# International Journal of Advanced Psychiatric Nursing

E-ISSN: 2664-1356  
P-ISSN: 2664-1348  
[www.psychiatricjournal.net](http://www.psychiatricjournal.net)  
IJAPN 2023; 5(1): 04-07  
Received: 08-10-2022  
Accepted: 13-11-2022

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## Effects of planned teaching programme on prevention of suicidal behavior of school students among school teachers

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DOI: <https://doi.org/10.33545/26641348.2023.v5.i1a.104>

### Abstract

A study to evaluate the effectiveness of planned teaching programme on knowledge regarding prevention of suicidal behaviour of school students among school teachers in selected school at Karur. The conceptual framework used in this study was based on J.W. Kenny's Open System Model. The study adopted a evaluative and pre experimental approach. 50 samples were selected by using non-probability convenience sampling technique in selected school at karur. The data was collected by using self-administered questionnaire to assess the level of knowledge before and after intervention. Planned teaching programme was introduced to the participants and implemented for 1 weeks. After 1 weeks, post-test was conducted to evaluate the effectiveness of planned teaching programme on knowledge regarding prevention of suicidal behaviour of school students among school teachers. The data was analyzed by using descriptive and inferential statistics. The data was tabulated by formulating frequency table. Descriptive statistics, Paired 't' test was used to assess the knowledge regarding prevention of suicidal behaviour of the school students among school teachers. There was a significant difference between the pre-test and post-test scores. The study results shows that in the pre-test, before the administration of planned teaching programme, 5 (10%) school teachers had inadequate level knowledge, 42 (84%) school teachers had moderate level of knowledge and 3 (6%) school teachers had adequate level of knowledge. In the post-test, after the administration of planned teaching programme, no school teachers had inadequate level knowledge, 7 (14%) school teachers had moderate level of knowledge and 43 (86%) school teachers had adequate level of knowledge. The calculated value of 't' is greater than the tabulated value of 't' at ( $p < 0.05$ ) level of significance. There is a significant difference between the pre-test and post-test scores on level of knowledge regarding prevention of suicidal behaviour of school students among school teachers. This implies that the planned teaching programme is statistically very high effective in improve the knowledge regarding prevention of suicidal behaviour of school students among school teachers. Chi square analysis was done to associate the post-test score of selected school teachers with selected demographic variables of school teachers. Demographic characteristics such as educational status of teacher and residential area of the teachers with post-test score of school teachers were statistically significant. There is no significant statistical relationship between the post-test score of school teachers and selected demographic characteristics such as age, gender, history of suicide, religion, marital status, total experience in teaching profession and previous knowledge about suicidal prevention. This study concluded that planned teaching programme was highly effective to increase the knowledge of the school teachers.

**Keywords:** Effects, planned teaching programme, school teachers, suicidal behavior

### Introduction

The word 'suicide' has its origin in Latin; 'sui', of one self and 'caedere', to kill: the act of intentionally destroying one's life. According to world health organization, every year, suicide is committed by at least 8 million people in the world. In Europe, suicide is committed by about 43 thousand people a year, most frequently by middle-aged and elderly males, and attempted by 700 thousand people. In Srilanka, in 2018, 28.8% people committed suicide. The number of suicide attempts is probably ten times higher. In India, rate of 11 per 100000 suicides per year, India occupies the first highest rate of suicides in youth. When corrected for underreporting, these rates are likely to be much higher. While 8,068 students committed suicide in 2014, the number increased to 8,934 in 2015 and to 9,474 in 2016, the

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last year for which such data is available. In 2016, a total of 1,350 students ended their lives in Maharashtra. In the same year, West Bengal witnessed the second highest number of student suicides (1,147), followed by Tamil Nadu (981). Puducherry (43.2%), Sikkim (37.5%) and Tamil Nadu (22.8%) had the highest rates of suicide. They were 19,120 suicides in India's 53 cities. Among the cities, Chennai (2,183), Bangalore (1,989), Chennai and Delhi (1,397) accounted for nearly 50% of the total suicides in the country. Suicide is now recognized as a public health and social problem in every country including India. In India still the causes of suicide are treated as more of a medico legal problem than a health or societal problem. Suicide is one of the commonest causes of death among young people. Due to the growing risk for suicide with increasing age, adolescents are the main target of suicide prevention. Reportedly, less than half of young people who have committed suicide had received psychiatric care, and thus broad prevention strategies are needed in healthcare and social services. Teachers are key professionals in recognizing youth at risk for suicide. School professional is in a unique position to play a strategic role in the early identification and prevention of adolescent suicidal behaviour.

The investigator feels it as a pressing need of the hour and is interested to provide planned teaching programme for the school teachers to increase or to promote their awareness about suicidal behaviour in school students and its preventive management.

### Statement of the problem

A study to evaluate the effectiveness of planned teaching programme on knowledge regarding prevention of suicidal behavior of school students among school teachers in selected school at Karur.

### Objectives of the study

- To assess the knowledge regarding prevention of suicidal behaviour of school students among school teachers in selected school at Karur.
- To evaluate the effectiveness of planned teaching programme on knowledge regarding prevention of suicidal behaviours of school students among school teachers at Karur.
- To associate the post-test level of knowledge score regarding prevention of suicidal behaviour of school students among school teachers with selected demographic variables.

### Hypothesis

- **H<sub>1</sub>:** The mean post-test knowledge score of the school teachers regarding knowledge of prevention of suicidal behaviour of school students will be significantly higher than the mean pre-test knowledge score.
- **H<sub>2</sub>:** there will be a significant association between the post-test knowledge score with their selected demographic variables.

**Delimitation:** The teachers who are working in selected higher secondary schools at Karur

The teachers who are handling 6<sup>th</sup> to 12<sup>th</sup> standard students.

### Research Methodology

The researcher adopted a quantitative approach in which a quasi-experimental one group pretest and post-test was used as a research design, Non probability convenient sampling was adopted for the study. The study was conducted as government higher secondary school at punnam in Karur district. The school teachers who are handling 6<sup>th</sup> and 12<sup>th</sup> standards selected for the study. The tool was validated by 6 experts in the field of nursing. The reliability of the tool was "0.89" based on karl-pearson co-releation co-efficient, The scores are interpreted as follows.

S. No	Level of knowledge	Score	Percentage
1	Inadequate knowledge	1-10	<34%
2	Moderately adequate knowledge	11-20	35-67%
3	Adequate knowledge	21-30	68-100%

### Methods of data collection

Phase-I Selection of school teachers

The data was collected after obtaining written permission from the principal & Institutional ethical review board of Aurobindo College of nursing and headmaster of government higher school, punnam, Karur district. The sample were selected based on sampling criteria.

### Inclusion criteria

- Teachers who are willing to participate in this study
- Who are able to communicate in Tamil and English?

### Exclusion criteria

- Teachers those who are on leave during the data collection.
- Teachers who have attended any training programme about prevention of suicide.

The researcher obtained the informed consent from each teachers and proceed with data collection

### Phase-II Pre test

Collect demographic data, assess the knowledge regarding prevention of suicidal behavior of school students of the selected sample.

### Phase-III Intervention

The planned teaching programme was given with the help of Power point presentation and flash card and it was in the same day.

### Phase-IV Post test

The post test was conducted with the same tool after 7 days at the same settings.

### Result

Frequency and percentage distribution of pre-test knowledge scores and post-test knowledge scores on prevention of suicidal behaviour of school students among school teachers. N=50

	Level of knowledge among school teachers	Pre-test	Post-test
		Frequency Percentage %	Frequency percentage
1.	Inadequate	5 10	0 0

2.	Moderately adequate	42.84	7.14
3.	Adequate	3.6	43.86

Percentage distribution of pre-test knowledge scores and post-test knowledge scores of teachers on knowledge

regarding prevention of suicidal behaviour of school students among teachers.

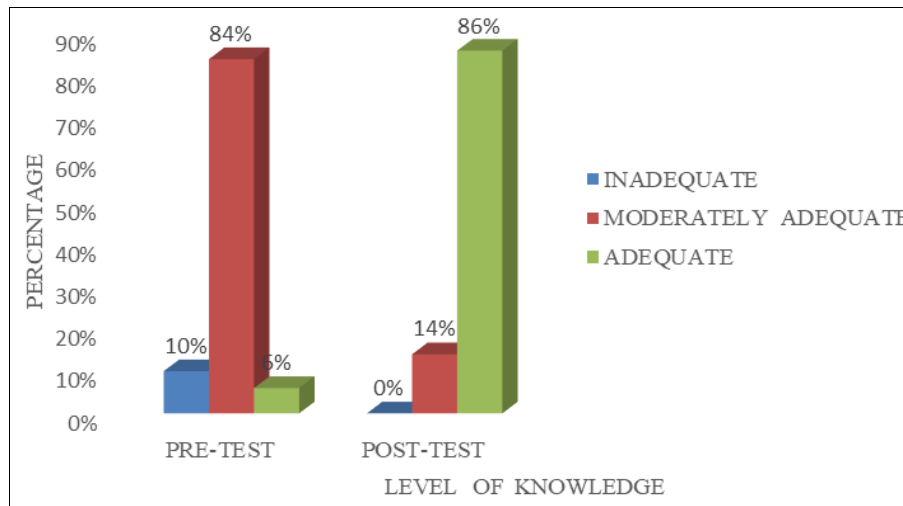


Fig 1: Pre-test & Post test score

Comparisons of pre-test and post-test scores on knowledge regarding prevention of suicidal behaviour of school students among school teachers.

Teacher’s level of knowledge regarding prevention of suicidal behaviour of school students	Mean Score	Standard deviation	Calculated value of ‘t’	Tabulated value of ‘t’ @ 0.05 level of significance
Pre-test	14.8	3.67	15.97	2.00 (p < 0.05) Significant.
Post-test	25.14	3.18		

**Discussion**

The study was conducted to evaluate the effects of planned teaching programme on knowledge regarding prevention of suicidal behavior of school students among teachers. In this study considering the pretest mean score was 14.8 and standard deviation was 3.67. Post-test mean score was 25.14 and standard deviation was 3.18. The calculated ‘t’ value was 15.97 which is significant at  $p < 0.05$  level. The result of the study showed that there was a improvement in knowledge of school teachers after planned teaching programme,

**Conclusion**

This study was done to determine the effectiveness of planned teaching programme on knowledge regarding prevention of suicidal behaviour of school students among school teachers. The result of the study showed that there was a improvement in knowledge of school teachers after planned teaching programme and it suggest the need for education for prevention of suicidal behaviour of school students.

**Acknowledgement**

I would like to thank all the participants for supporting me to conduct this study. I would like to thank my research guide who helped me throughout the study. I would like to extend my heartfelt thanks for all who has directly or indirectly helped me during my study period.

**Source of found**

Self

**Ethical clearance**

The proposed study was conducted after the approval of the dissertation committee of Sri Aurobindo College of nursing and prior permission was obtained from the headmaster of government higher secondary school at punnam karur district. Informed consent was obtained from participants before starting data collection. Assurance was given to the study participants regarding the confidentiality of the data collected.

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**How to Cite This Article**

Samuvel SS. Effects of planned teaching programme on prevention of suicidal behavior of school students among school teachers. International Journal of Advanced Psychiatric Nursing 2023; 5(1): 04-07.

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