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# A study to assess the knowledge regarding suicide prevention among the students nurses at Kampala International University Western campus Ishaka Uganda

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### Abstract

Suicide is a major public health problem, both internationally and in the Uganda. The suicide rate in Uganda was 4.6 per 100,000 people in 2018.

**Aim and Objective:** To assess the knowledge about suicide prevention among the students nurses at Kampala International University western campus Ishaka Uganda.

**Methodology:** Quantitative research approach with descriptive research design was used. 60 sample were selected with purposive sampling to assess level of knowledge with the help of self-administered questionnaire.

**Results:** Researcher founded that out of 60 sample maximum 33 (55%) belong to 20 to 21 yrs, 42 (70%) were female and 32 (53.3%) belong to middle income group. 33 (55%) sample were lived in rural area and 39 (65%) belong to single family type. 21 (35%) sample had poor knowledge, 25 (41.67%) had average knowledge and only 14 (23.3%) sample had a good knowledge about suicide prevention. there is a significant association between knowledge score and age group, habitat, family type.

**Conclusion:** There is significant deprivation of knowledge regarding suicide prevention among the student nurses.

**Keywords:** Assess, knowledge, suicide prevention, students nurses

### Introduction

Suicide is a major public health problem, both internationally and in the Uganda (World Health Organization [WHO], 2012). Approximately one million individuals die by suicide each year and the current worldwide rate is 16 per 100,000 populations.

The African countries has a superior suicide rate (12.0 per 100,000) than the worldwide average (10.5 per 100,000), and has the third uppermost suicide rate following Europe and South-East Asia. The suicide rate in Uganda was 4.6 per 100,000 people in 2018 <sup>[1]</sup>. Suicide is the second most important reason of death between those aged 15 to 29 years, the age group wherein most undergraduate university students are originate <sup>[2]</sup>. Suicidal activities are ordinary among university pupils with collective prevalence rates of 22.3% for suicidal ideation, 6.1% for suicide plans, and 3.2% for suicide attempts <sup>[3]</sup>.

The COVID-19 epidemic and linked stressors have also been connected with an add to in suicidal behaviors between university students particularly subsequent the lockdown of academic institutes to reduce the spread of the infection <sup>[4]</sup>.

Suicidal activities in Africa were considered to be uncommon in the earlier period, but fresh studies suggest that it represents a considerable public health trouble. Studies performed in Nigeria, South Africa, Zambia, and Uganda indicate that suicidal activities is relatively common, but also differs across countries <sup>[5]</sup>.

### Objectives of the study

1. To assess the knowledge about suicide prevention among the students nurses at Kampala International University western campus Ishaka Uganda.
2. To associate knowledge score on suicidal prevention among students nurses with their selected demographic variables.

3. To develop a information booklet.

**Hypothesis**

**H<sub>0</sub>:** There will be no significant association between the knowledge among the students nurses regarding suicidal prevention with selected demographic variable.

**Review of Literature:** The Review of literature is a written summary of the state of existing knowledge on a research problem. For the present study the review of literature categorized as under follow:-

1. Studies related to prevalence of suicide and suicide attempt (15)
2. Studies related to knowledge regarding suicide prevention (15)

**Research Methodology**

**Research approach and Design:** quantitative research approach with descriptive survey design was used for this study

**Variables:** There are two types of variables were identified in the study. Research variable it refers to knowledge of student nurses regarding suicide prevention. Demographic variables selected for this study are age, gender, Family income group, Habitat, and family type.

**Settings:** This study was conducted at School of Nursing Kampala International University western campus Ishaka Uganda. The

**Sample and Sampling Technique:** Sampling refers to the process of selecting the portion of population to represent the entire population. 60 students nurses were selected a sample with the Non-Probability Convenient Sampling technique.

**Data collection tool:** Tool is the instruments used by the researcher to collect the data. A self-administered questionnaire was used by the investigator for the data collection. The tool included 5 demographic questions and 30 knowledge assessment questions The tool was tested for reliability and validity and found appropriate and suitable for study.

**Data collection method:** A formal permission was obtained from the concern officer of School of Nursing Kampala International University–WC, Uganda for conducting the data collection. The investigator took consent from students nurses. Confidentiality was maintained during the data collection. It was done by administering the questionnaire to the samples. The participants were assisted by clarifying the doubts and concerns.

**Scoring system:** Maximum Score: 30 Minimum Score: 0 For each correct answer will be given one (1) mark for each incorrect answer will be given zero (0) mark The resulting scores were ranged as follows :

1. Good knowledge- 75%
2. Average knowledge-51-75%
3. Poor knowledge-below- ≤ 50%

**Ethical considerations:** The proposed study was conducted after Permission was obtained from the Head of the

Institution. Assurance was given to the participants regarding the confidentiality.

**Data Collection:** The Data collection was done from 03-11-2023 to 9-11-2023.

**Statistical analysis**

Statistical analysis was done by descriptive and inferential statistics. Researcher used chi square and Spearman's correlation.

**Results**

The result is organized, analyzed and presented in three parts.

**Section-A:** Frequency and percentage distribution of the demographic variables.

**Section-B:** level of knowledge about suicide prevention among the students nurses.

**Section-C:** Significant relationship between demographic variable and level of knowledge.

**Section-A:** Frequency and percentage distribution of the demographic variables.

**Table 1:** Demographic Characteristics of sample N-60

Sr. No.	Sociodemographic Variables	Frequency (F)	Percentage
1	<b>Age</b>		
	16-18 yrs	5	8.333
	18-20 yrs	22	36.666
2	20-21yrs	33	55
	<b>Gender</b>		
	Male	18	30
3	Female	42	70
	<b>Family Income group</b>		
	Lower income	9	15
4	Middle income	32	53.33
	Higher income	19	31.67
5	<b>Habitat</b>		
	Urban	27	45
	Rural	33	55
6	<b>Family type</b>		
	Single parents	8	13.34
	Single family	39	65
7	Joint family	13	21.66

Table 1 showed that out of 60 sample maximum 33(55%) belong to 20 to 21 yrs, 42 (70%) were female and 32 (53.3%) belong to middle income group. 33 (55%) sample were lived in rural area and 39 (65%) belong to single family type.

**Section-B: Level of knowledge about suicide prevention among the students nurses.**

**Table 2:** Knowledge distribution among the students nurses. N-60

Level of knowledge	Frequency and percentage	
	Number	Percent %
Poor (0-50%)	21	35
Average (51-75%)	25	41.67
Good (75%)	14	23.33
Total	60	100

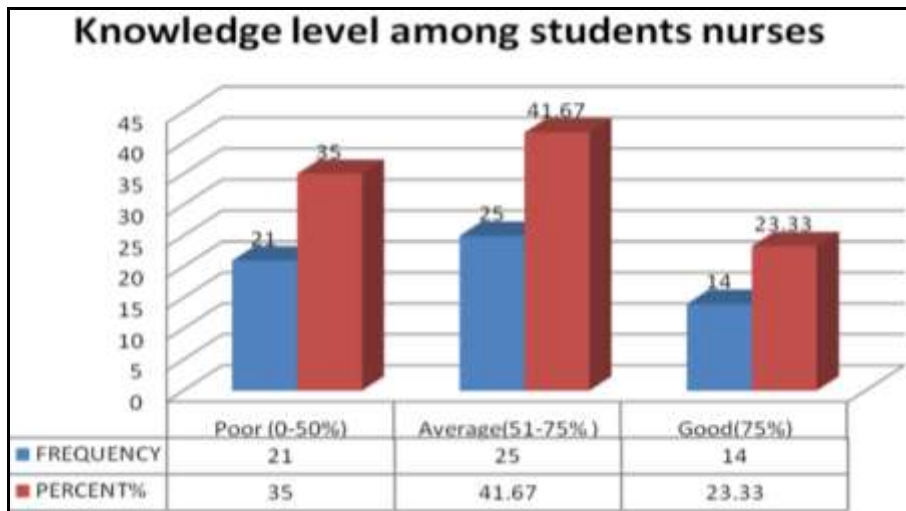


Fig 1: Column graph

Table 2 figure 1 shows that 21 (35%) sample had poor knowledge, 25 (41.67%) had average knowledge and only 14 (23.3%) sample had a good knowledge about suicide prevention. So there is a significant deprivation of knowledge about suicide prevention among students' nurses.

Table 3: Knowledge score among the students nurses.

Knowledge assessment	Score
Mean	17.95
S.D.	4.27
Range	10-26

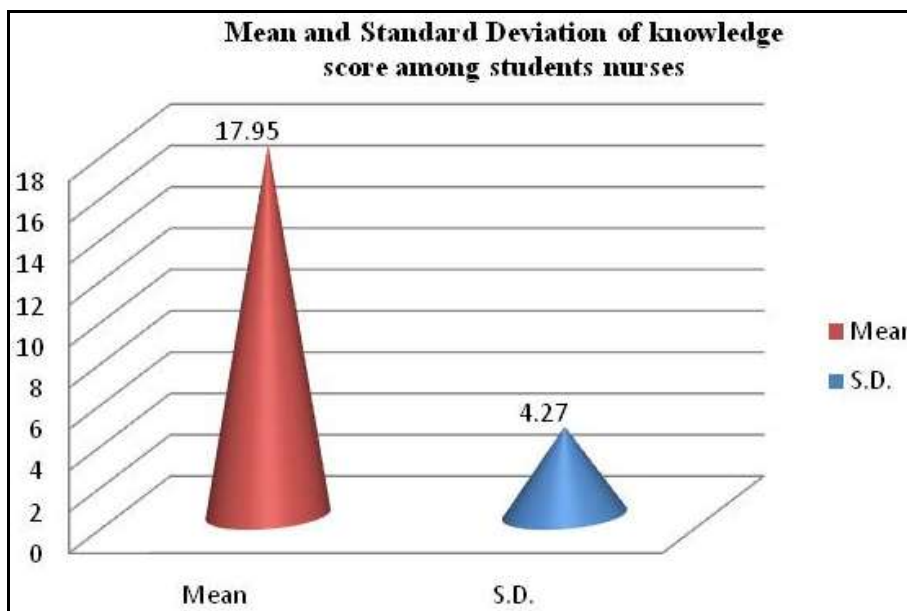


Fig 2: Knowledge score among the students nurses.

Table 3 figure 1 shows that mean knowledge score with standard deviation among students was 17.95, 4.27 which come under average knowledge score. Minimum and Maximum score secured by the students was 10 and 26

(Total score-30)

**Section-C: Significant association between demographic variable and level of knowledge.**

Table 4: Association between demographic variable and level of knowledge.

Sr. No.	Demographic Variable	Chi-Squire	D.F	Calculated "P" Value	Inference
1	Age	10.05	4	.03	Significant
2	Gender	4.2	2	.12	Not significant
3	Family Income group	1.8	4	.75	Not significant
4	Habitat	7.8	2	.01	Significant
5	Family type	9.71	4	.04	Significant

Table 4- Showed that calculated p value for age, habitat and family type is less than .05 with chi-square value subsequently 10.05, 7.8 and 9.7. so the researcher reject null

hypothesis for that variable. so that there is a significant association between knowledge score and age group, habitat, family type.

## Discussion

Out of 60 sample maximum 33 (55%) belong to 20 to 21 yrs, 42 (70%) were female and 32 (53.3%) belong to middle income group. 33 (55%) sample were lived in rural area and 39 (65%) belong to single family type. 21 (35%) sample had poor knowledge, 25 (41.67%) had average knowledge and only 14 (23.3%) sample had a good knowledge about suicide prevention. there is a significant association between knowledge score and age group, habitat, family type.

## Conclusion

Study is concluded that there is significant deprivation of knowledge regarding suicide prevention among the student nurses. Various information programs like self-instruction booklet or structure teaching programs are highly needed for the improvement of knowledge.

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**Conflicts of interest:** There are no conflicts of interest.

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### How to Cite This Article

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