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A study to assess the effectiveness of mirror therapy with self-affirmation technique on behavioural problems among school children in Kavignar Kannadasan high school, Seliamedu Puducherry

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Abstract

Background: School is a place where children have to spend the whole day or the maximum hours. School Children tend to develop psychological issues. UNICEF reports that children at the age group of 3 to 12 years having 45% of behavioural problem. We can change this behavioural problem with the help of several therapies. In those therapies, one of the best therapies for children is Mirror Therapy. Thus Mirror Therapy with Self-Affirmation Technique will provide a positive effect on enhancing adaptive Behavior and decrease the level of Behavioral Problem among School Children.

Objectives: To evaluate the effectiveness of Mirror Therapy with Self Affirmation Technique on behavioral problems among School Children.

Methodology: The research design used for this study was Quasi- Experimental Research Design (One group Pre- test Post-test). The study was conducted in Kavignar Vaanidhasanar High School, Seliamedu, Puducherry. 30 School Children were selected by Simple Random Sampling Technique. The data was collected and pre test was done by Achenbach Child Behavior Checklist. Mirror Therapy with Self Affirmation techniques were administered for 10 minutes daily for 7 days and the post- test was done by using same tools. The data was analyzed by descriptive and inferential statistics.

Results: The study. finding shown that the mean value of Behavioral Problems during Pre test was 67.13 which was decreased during post test was 25.63 with the $p < 0.001$.

Conclusion: Thus the study finding clearly revealed that the Mirror Therapy with Self Affirmation Technique were effective to bring positive changes in the level of Behavioral Problems among School Children.

Keywords: School children, behavioural problems, mirror therapy, self-affirmation

Introduction

Behaviour is our actions and responses to feelings, emotions and needs. The behaviour of an adult is different from the behavior of a children. Help your growing child to understand what they expected as they grows. Every children stages of development determines whether their behavior is normal or abnormal. For instance the behavioral problems are more common between 3 to 10 years. So an attention should be paid during their stages of development.' Schoolers are emerging creative persons preparing for their future role in society. The school years are a time of new achievement and new experiences. Children individual needs and preferences should be respected. A great development, changes occur during the child's preschool years where children learn, which behaviors are acceptable and which are perceived as problematic. All young children can be naughty, defiant and impulsive from time to time, which is perfectly normal. However, some children have extremely difficult and challenging behaviors that are outside the norm for their age. The behaviour of some children and adolescent are hard to change. Children do not always display their reactions to events immediately although they may emerge later. Children who suffer from behaviour problems are at a higher risk for school dropout, suicide, and mental health problems." Behavioural problems can become so trouble that they threaten normal relationships between the child and others or interfere with emotional, social and intellectual development. Behavioural problems includes eating problems, temper violence, school avoidance, stubbornness, aggressiveness, impulsiveness, stealing, lying, truancy, cruelty etc.

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Need for the study

A child's behavioral problem represent a conflict between personality and that of his her parents, teachers and siblings and of other children with whom he she Comes into contact. The neurological, mental, emotional and behavioral disorders and self-esteem contributes 12% of the global burden of disease. Around 3.5% of the children a affected with behavioral disorders, 2, 1% of Depression and 6.8% of Attention Deficits Hyperactivity Disorders.0 Children at the age group of 12-18 having 45% of behavioral problems due t unstable housing in India. 44 The number of children suffering from serious behavioral problems vary Significantly depending on the study cited ranging from 5% to 26%.* A study conducted of behavioral problems in primary school children in a rural setting in India and the result states that the prevalence rate of behavioural problem among children was 63.7%.3

Statement of Problem

A study to assess the Effectiveness of Mirror Therapy with Self Affirmation Technique OnBehavioral Problems among School Children Kavignar Vaanidhasanar High School, Seliamedu, Puducherry.

Objectives

1. To assess the behavioral problems among school children.
2. To evaluate the Effectiveness of Mirror therapy with Self Aftimation
3. Technique on behavioral problems among School Children.
4. To associate the level of behavioral problems with the selected demographic variables.

Hypotheses

H₁-Level of behavioral problems differs before and after Mirror therapy with Self Afimation Technique among school children.

H₂- Association exists between the level of behavioral problems among school children with the selected demographic variables.

Materials and Methods

- **Research Design:** Quasi-Experimental design {one

group pre test and post test}

- **Setting:** This study was conducted at kavignar vaanidhasanar high school, seliamedu, puducherry.
- **Population:** in this study the population includes the school children beteen the age group of 12-18 years.
- **Sampling and sampling technique:** In this study sample consists of 30 school children. Simple random sampling technique was used.

Data Collection tools and technique

Section I: It consists of 15 demographic variables such as age, gender, standard of children, academic performance of the student, educational qualification of father, educational qualification of mother, occupation of father, occupation of mother, family income per month, residence, numbers of member in the family, type of family, ordinal position of student in family, attendance performance of the students, number of friends the student having.

Section II: Behavior Assessement tool

It consists of 8 items to assess the behavioural problems were total ranging from less than 5 indicated mild behavior problems, 6-10 indicates moderate behavior problems, 11-14 indicated severe behavior problems.

Results & Discussion

Section A: Frequency and percentage distribution of subjects according to demographic variables

Majority of school children 12 (40.2%) belongs to the age between 9-10 years. Majority of them were females 18 (60%), majority of standard of education IV standard 12 (40%), Majority academic performance is poor 11 (36.7%), Majority of fathers qualification illiterate (43.1%), Majority of mothers qualification illiterate (37.1%), majority of father occupation private employees 15 (66.7%), majority of mother occupation is cooley 12 (50%), majority of family income per month Rs.5000-10000 is 15 (50. 0%), majority of residence urban 25 (73.2%), majority number of family members is 4 (43.3%), majority type o family is joint family 21 (70%), majority ordinal position of students in the family is second 12(44%), majority attendance performance is regular 22(74.2%), majority number of friends students having more than three 17 (56.7%).

Section B Effectiveness of mirror therapy with self affirmation technique on behavioral problems among school children

Table 1: Effectiveness of mirror therapy with self affirmation technique on behavioural problems among school children

S. No.	Level of behavioral problems	Pre test		Post test	
		Frequency -n	Percentage -%	Frequency -n	Percentage -%
1.	Mild behavioral problems	6	10%	22	80%
2.	Moderate behavioral problems	27	90%	6	15%
3.	Severe behavioral problems	3	10%	2	5%

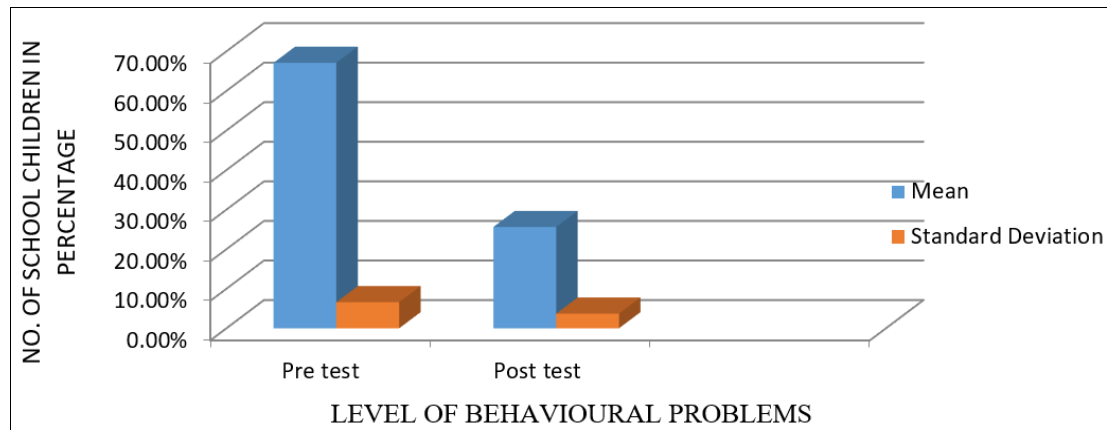


Fig 1: Effectiveness of mirror therapy with self affirmation technique on behavioral problems among school children

Section C: Comparison of the mean, standard deviation of the pre-test and post test level behavioral problems among school children

Table 2: Comparison of pre test and post test level of mean and standard deviation of level of behavioural problems.

S. No.	Level of behavioural problems	Mean	SD	Std.Error mean	Difference	T-Value	P-Value
1.	Pre test	67.1333	6.67850	1.21932	-	13.089	<0.001
2.	Post test	25.6333	3.71839	3.71839	-		

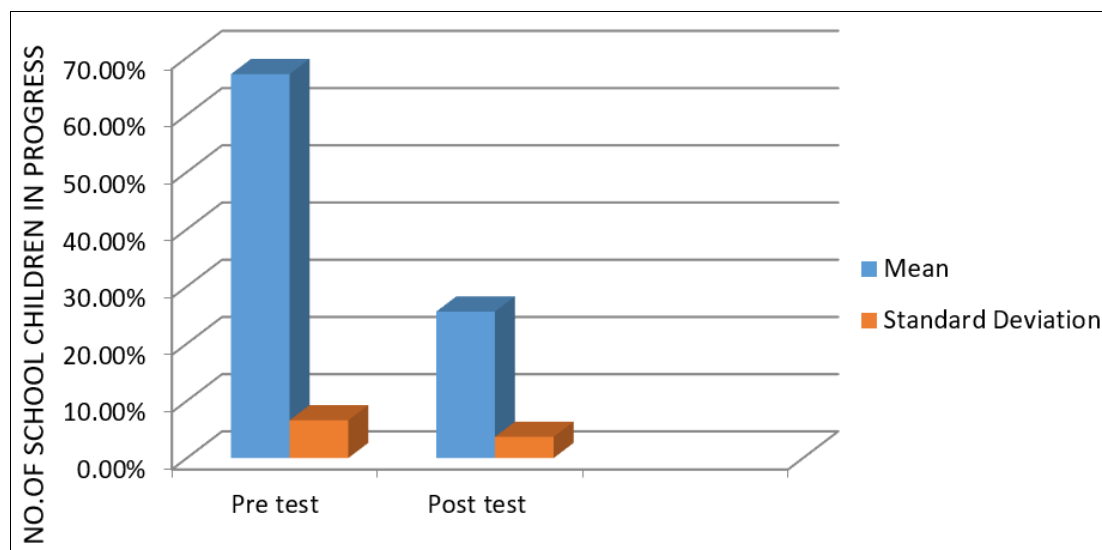


Fig 2: Comparison of pre test and post test level of mean and standard deviation of level of behavioural problems.

Section D: Association between the level of behavioral problems with the selected demographic variables

There was significant association found between demographic variables as attendance performance of students as $P < 0.001$ which is highly significant. Other demographic variables such as age, gender, standard of children, academic performance of the student, educational qualification of father, educational qualification of mother, occupation of father, occupation of mother, family income per month, residence, numbers of member in the family, type of family, ordinal position of student in family, and number of friends the student having are having not significant with > 0.001 .

Discussion and Conclusion

The main aim of the present study was to assess the effectiveness of mirror therapy with self affirmation techniques among school children was conducted at KavignarVaanihasanar High School, Seliamedu,

Puducherry. Quasi Experimental research design (one group pretest and post-test) was adopted with sample size of 30. The samples were selected by simple random sampling technique. The response was analyzed through both the study. descriptive (mean, median & standard deviation) and inferential statistics (paired t test & chi-square test). Discussion of the findings was presented based on the objective of Puducherry.

The first objective of the present study was to assess the behavior problem among school children in KavignarVaanihasanar High School, Seliamedu

In pre-test out of 30 samples 6(10%) of children having mild behavioral problem, 27(90%) of children having moderate behavior problem and 3(10%) of children having severe behavior problem. In post-test 22(80%) of children having mild behavior problem, 6(15%) of children having moderate behavioral problem and 2(5%) of children having severe behavioral problem.

The second objective of the present study was to evaluate the effectiveness of mirror therapy with self affirmation technique on behavior problem among school children

The effectiveness of mirror therapy with self affirmation techniques among school children. Pre-test mean score is 67.1333 with standard deviation 6.67850 whereas after implementation of mirror therapy with self affirmation technique, in post-test mean score is 25.6333 with standard deviation 3.71839. The improvement of behavior was statistically tested by paired t test and chi-square test and found to be highly statistically significant at $p < 0.001$. Indicates that the mirror therapy with self affirmation technique was effective in improving behavior of school children Hence the stated hypothesis (H₁) was accepted.

The third objective of the present study was to find out the association of behavior problem with the selected demographic variable

Findings showed that the association between the level of behavioral problem with selected demographic variables as attendance performance with the $p < 0.001$ and the other demographic variables as age, educational status, occupation, area of residence, types of family, source of information is not association with the p value < 0.001 . Hence the stated hypothesis (H₂) was accepted.

Major findings of the study

The following are the major findings of the study. The present study reveals that all the 30 School Children have undergone assessment in pre-test. Pre-test result reveals that 6(10%) of children having mild behavioral problem, 27(90%) of children having moderate behavioral problem and 3(10%) of children having severe behavioral problem. post-test 22(80%) of children having mild behavioral problem, 6(15%) of children having moderate behavioral problem and 2(s%) of children having severe behavioral problem. There is a highly significant difference ($p < 0.01$) found in behavioral problem among school children before and after Mirror Therapy with Self Affirmation Technique.

Implications of the study

The investigator has drawn the following implication from the study, which are the vital concern in the field of Nursing Administration. Nursing Research. Nursing Education and Nursing Practice.

Nursing practice

The findings of the study clearly states that mirror therapy with self affirmation technique was most effective intervention in reducing the behavioral problem among school children. Nursing personnel are the primary caretaker who provides physiological as well as psychological support to the client. The findings of the study will help the nurse to understand the association of various factors contributing to increased stress and anxiety level.

Nursing Education

The study will create awareness among the general population to know the benefits of mirror therapy with self affirmation technique with the level of behavioral problem among school children. Nursing professionals are in the position to promote the health and prevent the illness and to provide psychological support. Nursing students must be familiar in knowing the mirror therapy with self affirmation

technique with the interventional benefits reducing the level of behavioral problem among school children.

Nurse educators should encourage, motivate and co-ordinate the students to improve their interest and carry out various teaching programmes in creating awareness regarding the problems of school children.

Nursing research

The nurse researcher takes a survey among the schools and analyzes the behavior problem among school children, Nurse researcher can do more research in identifying the behavior problem among school children. The findings of the study can be disseminated to Clinical Nursing, student nurses through website, literature and journals. The finding of the study will help the Psychiatrist and Psychiatric Nurses to develop awareness about different types of behavior problem of children and its relevance in treatment of behaviorally ill children.

Nursing administration

The nurse administrator needs to motivate the health personnel in organizing and conducting camp for health care workers, participating in various educational programme, seminar etc... regarding the different types of behavior problem among school children that would contribute to better health promoting behavior.

Conclusion

This study reveals that the level of behavioral problems is high among school children due to various reasons like faulty parental attitude, inadequate family environment, influence of mass media etc. the post level of behavioral problem score was lower than the pretest score after administration of mirror therapy with self affirmation technique. Thus this study proves that mirror therapy with self affirmation technique was effective in education of behavioral problem among school children. Hence, the mirror therapy with self affirmation technique is an effective intervention to reduce the Behavioral problems.

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Author's Contribution

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Conflict of Interest

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