



International Journal of Advanced Psychiatric Nursing

E-ISSN: 2664-1356
P-ISSN: 2664-1348
www.psychiatricjournal.net
IJAPN 2021; 3(1): 21-22
Received: 14-11-2020
Accepted: 24-12-2020

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A study to assess the knowledge of teachers regarding early identification of risk factors and management of suicide

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Abstract

Background and objectives: The aim of the study was to assess the knowledge of teachers regarding early identification of risk factors in prevention and management of suicide.

Methods: In this study a descriptive design was used. 72 teachers were selected by using convenience sampling technique. Online data was collected by administering a checklist through google form. Data collected was analyzed using descriptive statistics.

Result: Study result reveals that majority of the teachers had inadequate knowledge regarding early identification of risk factors in prevention and management of suicide.

Conclusion: Study concluded that educational programs have to be organized to sensitize the teachers regarding prevention and management of suicide.

Keywords: Assess, teachers regarding, identification, management

Introduction

Mental health issues are common in the age group of 10- 24 years. Students are prone to develop stress, anxiety, depression due to the academic overload. Students tend to develop changes in their eating, sleeping and behavior pattern. One of the leading causes of death in children is Suicide ^[1].

Majority of the suicide can be prevented if the child is observed by the family members, teachers and friends. As majority of the suicidal attempted children, tends to show the warning symptoms and behavioral changes ^[4].

As children spend most of their time in school, teachers play a crucial role in prevention of suicide. Teachers need to be educated and trained regarding warning signs of suicide. This education program may help the teachers to rule out the children who are at risk for suicide. School management have to plan the strategies to strengthen the mental health of the students ^[4].

Statement of the problem

A study to assess the knowledge of teachers regarding early identification of risk factors in prevention and management of suicide.

Objectives

1. To assess the knowledge of teachers regarding early identification of risk factors in prevention and management of suicide.

Need for the study

According to CDC, 2007 it has been reported that 4,300 children die due to suicide ^[1]. CDC, 2009 report shows that 13.8% of students have attempted for suicide. Among them 6.3% of the students had planned to commit suicide more than 1 time ^[2].

In all age groups suicide is the 10th leading cause of death (WHO 1998). Around the World 4, 00,000 people commit suicide (Brent 1997). 40 seconds on an average 1 death and attempt is made for every 3 seconds ^[4].

Death rates state wise shows that Kerala (29per 1, 00,000), Karnataka (21 per 1, 00,000) and Tripura as well as west Bengal (19 per 1, 00,000) had the highest rates of suicide (Kanthan, 2001) ^[5].

Among the cities Bangalore (17%) Mumbai (14%) Chennai (11%) and Delhi (7%) accounted for nearly 50% of total suicides in the country (Gupta, 2002) ^[6].

In India, the commonest mode of committing suicide is by ingesting Poisons (about 35%) Followed by hanging (about 25%), drowning (about 9%), jumping in front of a train (4%) and burning (12%)^[7].

Methodology

Research design: Descriptive design

Variables of the study: Knowledge of teachers regarding early identification of risk factors in prevention and management of suicide.

Sample and sampling technique: 72 teachers were selected by convenience sampling technique.

Data collection procedure: Online data was collected from teachers by sending the Google forms. Their responses were coded and calculated.

Results

Section-A

Table 1: Demographic characteristics of respondents n=72

SL. NO	Demographic characteristics	Frequency	%
1	Age (in years)		
1.1	25-30	11	15.2
1.2	31-35	08	11.1
1.3	Above 36	53	73.6
2	Gender		
2.1	Male	11	15.2
2.2	Female	61	84.7
3	Education		
3.1	Undergraduate	25	34.7
3.2	Post graduate	47	65.3
4	Years of experience		
4.1	Less than 10	24	33.3
4.2	More than 10	48	66.6
5	Have you attended any previous program on suicide prevention?		
5.1	Yes	13	18.1
5.2	No	59	81.9

Section B

Table 2: Knowledge of teachers regarding early identification of risk factors in prevention and management of suicide. n=72

Level of knowledge	Frequency	%
Adequate (0-10)	25	34.7
Inadequate (11-20)	47	65.3

25(34.7%) of teachers had adequate knowledge and 47(65.3%) had inadequate knowledge regarding early identification of risk factors in prevention and management of suicide.

Section C

Table 3: Mean, median, standard deviation knowledge scores of teachers regarding early identification of risk factors in prevention and management of suicide. n=72

Group	Mean	Median	SD
Teachers	19.7	9	±3.91

The mean knowledge score of teachers regarding early identification of risk factors in prevention and management of suicide is 19.7 with the SD of ±3.91.

Recommendations

1. Similar study can be conducted on large samples.
2. Comparative study can be conducted among teachers of government and private school regarding early identification of risk factors in prevention and management of suicide.
3. Structured teaching program can be conducted for teachers regarding early identification of risk factors in prevention and management of suicide.

Conclusion

Study concluded that teachers had inadequate knowledge regarding early identification of risk factors in prevention and management of suicide. School authorities have to plan and organize workshops/conferences to teachers regarding prevention and management of suicide.

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