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A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PREVENTION OF SUICIDAL BEHAVIOUR AMONG YOUNG ADULTS AT SELECTED COLLEGES IN CHENNAI

J. Leena rose [1], Dr. G. Dhanalakshmi [2], N. Deepa [3], S. P. Sangeetha [4]

[1] Professor, Vijaya college of nursing, Vadapalani, Chennai.

[2] Principal, Vijaya college of nursing, Vadapalani, Chennai.

[3] Professor, Vijaya college of nursing, Vadapalani, Chennai.

[4] Associate Professor, Vijaya college of nursing, Vadapalani, Chennai

Abstract:

Background: Suicide is one of the major global public health concerns and especially among the youth. It is usually linked to cognitive illnesses like depression and anxiety, as well as drug abuse, and social pressures such as bullying and troubled relationships. **Aim**: The study aimed to evaluate the effectiveness of a video-assisted teaching program on enhancing knowledge regarding suicide prevention among young adults. **Materials and Methods**: A quantitative research approach was adopted using a one-group pre-test post-test design. The study sample consisted of 30 first-year BSc Nursing students aged 18-21 years. **Results:** The results revealed that in the pre-test, 66.67% of students had low knowledge, 23.33% had average knowledge, and 10% had high knowledge. Post-test results showed significant improvement, with 83.33% of students demonstrating high knowledge and none having low knowledge. The mean score improved from 4.6 ± 0.212 to 12.6 ± 6.04, with a mean difference of 8. The paired t-test value was 2.26, higher than the table value of 2.756 ($p<0.05$), indicating significant improvement. **Conclusion:** The research highlighted that demographic factors significantly influenced knowledge levels, suggesting the need for targeted educational strategies in suicide prevention.

Keywords: Suicide prevention, Students, young adults.

INTRODUCTION

Suicide has become a severe worldwide community health problem, especially to young adults. It is also commonly associated with mental disorders like depression, anxiety, and drug abuse, as well as such causes as bullying, relationship issues, and school stresses. Suicide not only leaves deep emotional scars on families and communities but also represents a preventable tragedy. Efforts to prevent suicide focus on early intervention, promoting mental health, reducing stigma, and providing access to necessary support and treatment. The urgency of addressing this issue is further underscored by alarming trends among adolescents and young adults, who are particularly vulnerable during periods of developmental change and social stress.

NEED FOR THE STUDY

The need for this study arises from the growing prevalence of suicidal behavior among young people. Despite the high risk, there is limited awareness and understanding about effective suicide prevention strategies, particularly among youth, parents, and educators. Moreover, the COVID-19 pandemic has exacerbated mental health challenges, highlighting the need for timely intervention. This study aims to address the gap in knowledge regarding suicide prevention, explore the role of social media and mental health resources, and contribute to developing evidence-based programs to reduce suicidal behaviors among adolescents. The findings could significantly impact public health strategies, ensuring that young people receive the support they need to thrive and reduce the risk of suicide.

AIM OF THE STUDY:

The aim of the study to evaluate the effectiveness of video assisted teaching programme on knowledge regarding prevention of suicidal behaviour among young adults at selected colleges in Chennai.

MATERIALS AND METHODS

Study Design:

The current study is based on a quantitative research design.

Participants:

The participants of this study are young adults in the age group of 18-21 years. A total of 30 students from the BSc Nursing 1st-year course at Vijaya College of Nursing, located in Vadapalani, Chennai, were selected.

Inclusion Criteria:

The study involves students who are between 18 and 21 years of age, willing to participate, and available during the data collection process.

Exclusion Criteria:

The study excludes students who already possess prior knowledge about suicidal behavior prevention, those who face language barriers, and those with severe cognitive impairments.

Tools:

The data collection instrument is divided into three parts:

1. **Demographic Variables:** This part gathers information on age, gender, year of study, mother tongue, residence, medium of college, socioeconomic status, and type of family.

2. **Multiple Choice Questions (MCQs):** These questions assess the knowledge of suicidal behavior prevention among young adults.

Data Collection and analysis:

After obtaining institutional and participant consent, data was collected from the selected sample and analyzed statistically, with pre- and post-test results compared to evaluate the impact of the intervention.

RESULTS:

Demographic data

The majority of participants in the study were young adults aged 19-21 years, with 80% being female. The entire sample (100%) was from the B.Sc. Nursing 1st-year class. Most students spoke Tamil as their mother tongue (80%) and studied in English (100%). A significant proportion of students (80%) came from middle-class backgrounds, while 13.3% were hostellers, and the rest were day scholars. Most participants followed a normal sleep pattern (8 hours) and had a nuclear family structure (86.6%). Additionally, dietary patterns were mostly vegetarian, with very few non-vegetarians. (Table 1)

Clinical Variables

During pregnancy, 18.3% of mothers had thyroid abnormalities, while none reported smoking or alcohol use. More than half of the children (55%) were delivered normally, 28.3% by cesarean, and 16.7% assisted. Preterm birth was common (96.6%), while birth asphyxia occurred in 1.7%. None had brain injury. Most had no history of childhood illness (81.7%), while 18.3% had febrile illness. Family history of ADHD was absent in 90% of cases, with only 6.7% reporting affected relatives and 3.3% affected parents. (Table 2)

Level of Knowledge:

Table 2 revealed that during the pre-test the percentage of low knowledge students was 66.67 percent, average knowledge was 23.33 percent and high knowledge was 10 percent. Nonetheless, 83.333 percent of the students during the post-test expressed high knowledge, 16.67 percent expressed average knowledge, and none expressed low knowledge.

Table 3 revealed that the mean pre-test score was 4.6 with a standard deviation of 0.212. The mean score in the post-test was raised to 12.6 and the standard deviation was 6.04. The resulting mean difference of 8 was extremely significant and the paired t-test of 2.26 was much more than the table 2.756, which showed significant improvement ($p<0.05$ level).

Table 1: Demographic data of the young adults.

S.NO	DEMOGRAPHIC VARIABLE	STUDY GROUP	
		F	%
1	Age a) 18 years b) 19 years c) 20 years d) 21 years	6	20%
2	Gender a) Female b) Male	24	80%
3	Year of study a) B.Sc Nursing 1st year b) B.Sc Nursing 2nd year	0	0%
4	Mother tongue a) Tamil b) English c) Telugu d) Malayalam	0	0%
5	Medium of instruction at college a) Tamil b) English c) Other language	30	100%

6	Dietary pattern a) Vegetarian b) Non-vegetarian	0	0%
7	Sleep pattern a) Normal (8 hours) b) Mild (less than 7 hours) c) Moderate (5 hours) d) Severe (0 hours)	30	100%
8	Economic status a) High class b) Middle class c) Low class	24	80%
9	Residence a) Hostellers b) Day scholars Urban Rural Semi-urban	4	13.3%
10	Family type a) Nuclear family b) Joint family c) Extended family	26	86.6%

Table 2: Level of knowledge among the young adults.

S.NO	**KNOWLEDGE**	**STUDY GROUP**			
		PRE-TEST		**POST TEST**	
		f	**%**	**f**	**%**
1	High	3	10%	25	83.33%
2	Average	7	23.33%	5	16.67%
3	Low	20	66.67%	0	0%

Table-3: Pre and post-test level of knowledge score in study group

GROUP	TEST	MEAN	SD	MEAN DIFFEREFCE	PAIRED "t" TEST	df TABLE VALUE
Study group	Pre-test	4.6	0.212	8	2.26	2.756
	Post-test	12.6	6.04			

Significant p<0.05 level

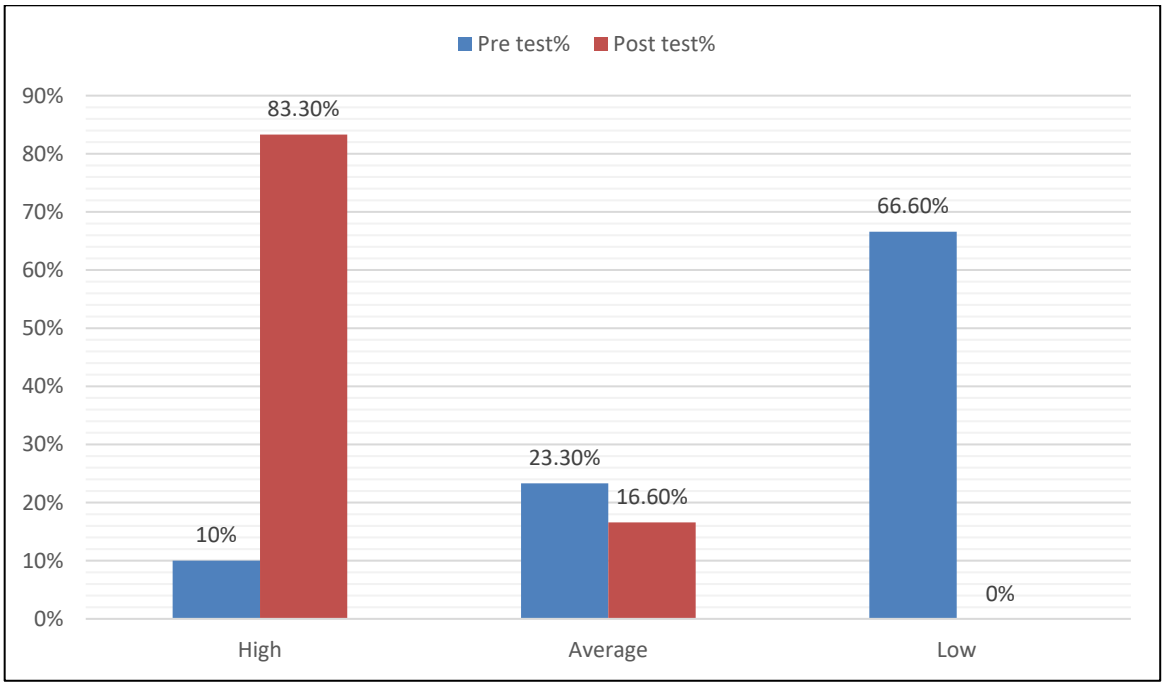

Figure 1: Level of knowledge score

The research showed that the knowledge of suicide prevention in young adults as a result of the video-assisted teaching intervention had significantly improved. During the pre-test, most of the students (66.67) were lowly knowledgeable and 23.33 and 10% were found to be average and high knowledgeable respectively. A significant improvement was also observed in post-intervention outcomes where 83.33% of the students demonstrated high knowledge and 16.67% demonstrated average knowledge with none having low knowledge.

Statistical analysis indicated that there was a significant difference between the post-test and the pre-test scores and the paired t-test was 2.26; which is higher than the table value at 2.756 ($p<0.05$).

CONCLUSION:

The study concluded that video-assisted teaching effectively enhanced young adults' knowledge of suicide prevention. It also found that demographic factors, such as age, gender, and socio-economic status, significantly influenced pre-test knowledge levels, emphasizing the need for targeted educational strategies in suicide prevention.

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