

“A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING WARNING SIGN AND PREVENTION OF DEPRESSION AMONG ADULTS IN SELECTED NON-MEDICAL COLLEGES IN NADIAD CITY.”

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ABSTRACT

According to DSM-IV criteria, 5.66 billion of people met the criteria of a major depressive disorder. A pre experimental non-randomized pre-test post-test design was used to evaluate effectiveness of video assisted teaching programme on knowledge regarding warning sign and prevention of depression among adults. 40 adults were selected non probability convenient sampling technique. The structure knowledge questionnaire used to check the level of knowledge regarding depression. Validity was checked by 7 experts. Video teaching programme was assisted on the day of pre test. Post test was assessed on 8th day by using same tool. The data will be analyzed by descriptive statistics such as mean, SD, frequency and percentage. The mean post test level of knowledge regarding depression score is significant higher than the mean pre test level of knowledge regarding depression. The calculated test value was 3.82 less than tabulated test value. There for the research hypothesis H1 was accepted.

KEY WORDS

Video assisted teaching programme, effectiveness, knowledge, depression, adults, non-medical colleges.

INTRODUCTION

In many ways, mental health is just like physical health everybody has it and we need to take care of it. Good mental health means being generally able to think, feel and react in the ways that you need and want to live in life. According to the world health organization (W.H.O.) “Depression is the common mental disorder that present with

depressed mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturb sleep or appetite, low energy, and poor concentration.” Depression is common factor of human being. But this question has been arisen that how you know that you are depressed. According to the DSM-V, a manual used to diagnose mental disorder, depression occurs when you have at least five of

following symptoms for at least two weeks a depressed mood during most of the day, particularly in the morning, fatigue or loss of energy almost every day, feelings of worthlessness or guilt almost every day, impaired concentration, indecisiveness, insomnia (an inability to sleep) or hypersomnia (excessive sleeping), markedly diminished interest or pleasure in all activity, recurring thoughts of death or suicide, a sense of restlessness or being slowed down, significant weight gain. Today depression is known as a universal and devastating problem amongst students affecting motivation level, concentration, mood and feelings of sense worth the occurrence rate of depressive symptoms among university students ranges from 10.2% to 71.2%.

OBJECTIVES

1. To assess the pre-test knowledge of adults regarding warning sign and prevention of depression with selected demographic variables.
2. To assess the effectiveness of video assisted teaching programme on knowledge regarding warning sign and prevention of depression of adults in selected non-medical colleges of Nadiad city.
3. To assess the knowledge before and after administration of video assisted teaching programme regarding warning sign and prevention of depression.
4. To find out association of post-test level of video assisted teaching programme

regarding warning signs and prevention of depression.

HYPOTHESIS

- **H1:** The mean post-test knowledge score of adults will be significantly higher than the mean pre-test knowledge score regarding warning sign and prevention of depression at 0.05 level significance after administration of video assisted teaching programme.
- **H2:** There will be significant association between pre-test knowledge score of selected demographic variables at 0.05 level of significant.

METHODOLOGY

Research approach: A quantitative research approach was used for this study.

Research design: A pre experimental non randomized one group pre test post test design was used.

Variable:

- **Independent variables:** video assisted teaching programme.
- **Dependent variables:** knowledge on warning sign and prevention of depression.
- **Socio demographic variables:** Age, gender, education of mother, occupation of father, caste, economic status.

Setting of study: the study was conducted I.V PATEL COMMERCE COLLEGE, NADIAD.

Population: Target population of the study was adults in selected non- medical college.

Sample:In this study, the sample was adults of non medical college.

Sample size:40 subjects who fulfilled inclusion criteria.

Criteria for sample selection:

• **Inclusive criteria:**

1. Who are study in non-medical colleges.
2. Who are selecting and willing to participate in lottery method in this study.
3. Who are present during the data collection.

• **Exclusive criteria:**

1. Who are not selecting and willing to participate in the study.
2. Who are not available during data collection
3. Who are not studying in non-medical colleges

Sampling technique:

Non-probability convenient sampling technique was used to select sample.

Description of tool:

Section A: demographic data

Section B: structure knowledge questionnaire.

Table 1 scoring procedure

Knowledge Of Depression	Score
Poor	1 to 8
Average	9 to 16
Good	17 to 24
Total	24

Video assisted teaching programme: video teaching programme was assisted on the day of pre test. Post test was assessed on 8th day by using same tool.

Reliability: reliability was established through test re-test method by split half. In that $r = 0.92$ and hence the tool was reliable.

Validity: content validity of the tool was evaluated by 7 experts. In that 1psychiatrist, 5 M.Sc. in mental health nursing and 1 social worker.

Pilot study: pilot study was conducted among 4 adults in C.B. PATEL ARTS COLLEGE, NADIAD.

Data collection procedure: the subject was non randomly selected. On 1st day pre test assessment of level of knowledge regarding depression was assessed then given video assisted teaching programme. On 8th day post test assessment of level of knowledge regarding depression was assessed by same tool.

Plan for data analysis: demographic data were analyzed by using descriptive statistics. Effectiveness of video assisted teaching programme was analyzed by using t-test. Association between post test level of knowledge regarding depression and selected demographic data were analyzed by using chi-square analysis.

Results:

Table 2: analysis of data related to find out effectiveness of video assisted teaching programme on knowledge regarding depression among adults in selected non-medical colleges of Nadiad city.

Knowledge Test	Mean	SD	T test	TV
Pre-test	15.67	2.45	3.7	2.23
Post-test	17.57	2.06	7	

Researcher applied paired T-test for the comparison of pre assessment and post assessment of effectiveness of video assisted teaching programme on depression among adults. Calculated value corresponding to this comparison were 3.77 and corresponding table value were 2.23. ($p < 0.05$). T-table value is less than T calculated value hence the research hypothesis is accepted. Means there is significant effectiveness of video assisted teaching programme on knowledge of depression. That means the people who are received video assisted teaching programme their knowledge of depression will be increase.

CONCLUSION:

The study findings brought out the following conclusion.

There was a significant difference between mean pre-test and mean post-test level of knowledge regarding depression among adults in the selected non-medical college at $P < (0.05)$ level of significance.

There was no significant association between the post-test level of knowledge regarding depression and the other demographic variables such as age, sex, religion at $P < 0.05$ level of significance in group.

The video teaching programme had shown statistically significant difference in pre-test level of knowledge regarding depression. Thus video assisted teaching programme was effective in terms of improving knowledge regarding depression among adults in selected non-medical colleges. It indicates that video teaching programme can be used to all groups of adults in terms of improving their mentality regarding depression. The researcher concluded that it can use an effective intervention to improve knowledge regarding depression among adults. The findings of the study have several implications on nursing practice, nursing administration, nursing education and nursing research.

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