



# **“A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM REGARDING PSYCHOLOGICAL FIRST AID IN TERMS OF KNOWLEDGE AMONG FIRST YEAR B.SC NURSING STUDENTS OF SELECTED NURSING COLLEGES OF AHMEDABAD CITY.”**

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Students of final year B.Sc. Nursing.

## **ABSTRACT**

**STATEMENT:** A study to assess the effectiveness of planned teaching program regarding Psychological First Aid in terms of knowledge among First year B.Sc nursing students of selected nursing colleges of Ahmedabad City.

## **OBJECTIVES OF THE STUDY**

1. To assess the pre-test knowledge score regarding Psychological First Aid among First year B.Sc nursing students of selected nursing colleges of Ahmedabad City.
2. To assess the post-test knowledge score regarding Psychological First Aid among First year B.Sc nursing students of selected nursing colleges of Ahmedabad City.
3. To evaluate the effectiveness of planned teaching program in terms of knowledge regarding Psychological First Aid among First year B.Sc nursing students of selected nursing colleges of Ahmedabad City.
4. To find out the association between pre-test knowledge score with selected demographic variables regarding Psychological First Aid among First year B.Sc nursing students of selected nursing colleges of Ahmedabad City.

## **HYPOTHESIS**

**H0** - There will be no significant change in pre-test and post-test knowledge score regarding Psychological First Aid among First year B.Sc nursing students of selected nursing colleges of Ahmedabad City.

**H1** - There will be significant change in pre-test and post-test knowledge score regarding Psychological First Aid among First year B.Sc nursing students of selected nursing colleges of Ahmedabad City.

**H2** - There will be a significant association between pre-test knowledge score with selected demographical variables among First year B.Sc nursing students of selected nursing colleges of Ahmedabad City.

### **RESEARCH METHODOLOGY:**

**RESEARCH APPROACH:** A Quantitative Approach

**RESEARCH DESIGN:** Pre-experimental study on one group pre-test and post-test design

**RESEARCH SETTING:** JG College of Nursing Ahmedabad

### **POPULATION:**

**Target Population:** First year B.Sc nursing students

**Accessible Population:** First year B.Sc nursing students those who were present at the time of data collection and those who meets the age criteria as per Gujarat University Admission rules. (Age: 17-20 years)

### **VARIABLE:**

#### **Demographic Variables:**

Age, gender, coping style, social support network, previous exposure to mental health issues and previous knowledge about Psychological First Aid.

#### **Independent Variables:**

Planned teaching program regarding Psychological First Aid.

#### **Dependent variables:**

Knowledge regarding Psychological First Aid in First year B.Sc nursing students of selected nursing colleges of Ahmedabad City.

**SAMPLING TECHNIQUE:** Non-probability convenient sampling technique

**SAMPLE SIZE:** 60

**METHOD OF DATA COLLECTION:** Questioning

**TOOL:** Structure knowledge questionnaire [Multiple choice questions]

**DATA ANALYSIS AND INTERPRETATION:** Inferential and Descriptive Statistics

### **MAJOR FINDINGS:**

Out of 60 samples, maximum 42(70%) samples were in the age group of 17-18 years and minimum 18(30%) samples were in the age group of 19-20 years. In gender 10(17%) samples were male and 50(83%) samples were females. In coping style 32(67%) samples were problem focused and 23(38%) samples were emotion focused. In social support network maximum 27(45%) samples were receiving family support, 25(42.4%) samples were receiving support from friends and minimum 7(12%) samples were receiving support from other support networks. In previous mental health issue experience maximum 37(62%) samples experienced stressed in their life and 10(17%) samples were not having any previous exposure to mental health issues in their life. 12(20%) samples were having previous knowledge whereas maximum 48(80%) samples were not having any previous knowledge regarding Psychological First Aid.

The mean Pre-test score was 16.95 and the mean post test score was 22.38. The mean difference between Pre-test and post-test knowledge score was 5.43. The table also shows that the standard deviation of pre-test score of knowledge was 5.18 and standard deviation of post-test score of knowledge was 3.42. The calculated 't' value was 10.59 and the tabulated 't' value was 2.0 at 0.05 level of significance. The association between the Pre-test score and demographic variables was tested using Chi-square test. There was significant association found with age and social support network.

### **INTRODUCTION**

Psychological First Aid is a proven approach to help people affected by an emergency, disaster or traumatic event. Psychological First Aid is based on the principle of "do no harm". It includes basic common-sense principles of support to promote normal recovery, such as helping people to feel safe connected to others, calm and hopeful, to assess physical, emotional and social support, and able to help themselves. Psychological First Aid aims to reduce initial distress, meet current needs, promote flexible coping and encourage adjustment. Psychological First Aid has been used by the National Center for Post-Traumatic Stress Disorder, the Disaster Mental Health Institute of the University of South Dakota, the International Federation of Red Cross and Red Crescent Societies, and the American Psychological Association to denote programs that provide psychological care in the aftermath of traumatic events. When it comes to physical health, people are so conscious and aware these days. But when it comes to mental health, the awareness just isn't there, so many people aren't even aware that they may be suffering from a mental health concern. Educating people about mental wellbeing, however, is a battle in itself. In our country, the discovery of a mental illness is often followed by denial and hesitation to seek help despite its enormous social burden, mental health remains a taboo subject that is susceptible to age-old stigmas, prejudices and fears. Even though mental disorders can be cured or controlled, most people tend to sweep their issues under the carpet and suffer in silence.

### **Objectives**

1. To assess the pre-test knowledge score regarding Psychological First Aid among First year B.Sc nursing students of selected nursing colleges of Ahmedabad City.

2. To assess the post-test knowledge score regarding Psychological First Aid among First year B.Sc nursing students of selected nursing colleges of Ahmedabad City.
3. To evaluate the effectiveness of planned teaching program in terms of knowledge regarding Psychological First Aid among First year B.Sc nursing students of selected nursing colleges of Ahmedabad City.
4. To find out the association between pre-test knowledge score with selected demographic variables regarding Psychological First Aid among First year B.Sc nursing students of selected nursing colleges of Ahmedabad City.

## METHODOLOGY FOR RESEARCH

Quantitative research approach was used with pre-experimental (one group pre-test and post-test) research design. 60 Samples were selected by Non -probability convenience sampling technique and structured knowledge questionnaire was developed.

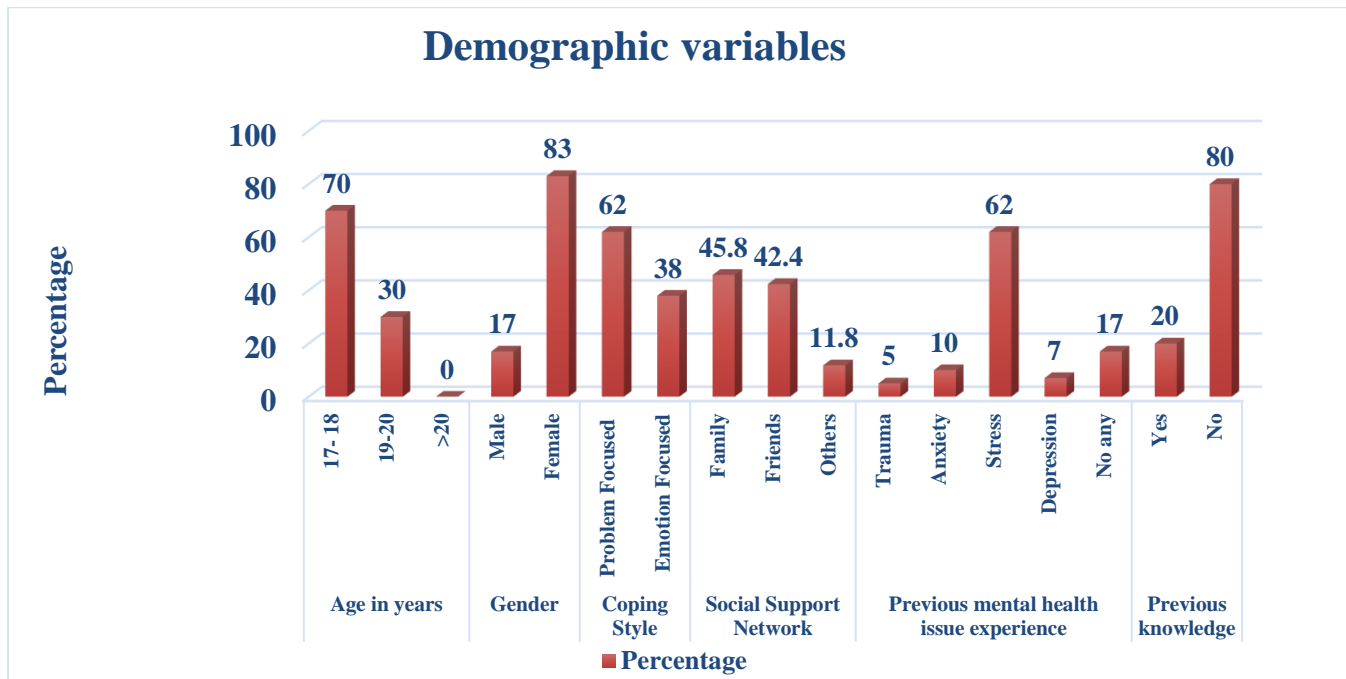
## RESULT

### 1. ANALYSIS AND INTERPRETATION OF THE DEMOGRAPHIC VARIABLES OF THE SAMPLES.

**Table-1** Frequency and percentage wise distribution of samples based on Demographic Variables .[N=60]

Code No	Demographic Variables	Frequency	Percentage
1	<b>Age in years</b>		
	17- 18	42	70%
	19-20	18	30%
	>20	0	0%
2	<b>Gender</b>		
	Male	10	17%
	Female	50	83%
3	<b>Coping Style</b>		
	Problem Focused	37	62%
	Emotion Focused	23	38%
4	<b>Social Support Network</b>		
	Family	27	45.8%
	Friends	25	42.4%
	Others	7	11.8%
5	<b>Previous mental health issue experience</b>		
	Trauma	3	5%
	Anxiety	6	10%
	Stress	37	62%
	Depression	4	7%
	No any	10	17%
6	<b>Previous knowledge</b>		
	Yes	12	20%
	No	48	80%

**Table 1** Shows that out of 60 samples, maximum 42(70%) samples were in the age group of 17-18 years and minimum 18(30%) samples were in the age group of 19-20 years. In gender 10(17%) samples were male and 50(83%) samples were females. In coping style 32(67%) samples were problem focused and 23(38%) samples were emotion focused. In social support network maximum 27(45%) samples were receiving family support, 25(42.4%) samples were receiving support from friends and minimum 7(12%) samples were receiving support from other support networks. In previous mental health issue experience maximum 37(62%) samples experienced stressed in their life and 10(17%) samples were not having any previous exposure to mental health issues in their life. 12(20%) samples were having previous knowledge whereas maximum 48(80%) samples were not having any previous knowledge regarding Psychological First Aid.



**Figure 1** Frequency and percentage wise distribution of the sample based on Demographic Variables.

## 2.ANALYSIS AND INTERPRETATION OF THE DATA COLLECTED ON STRUCTURED KNOWLEDGE QUESTIONNAIRE OF THE SAMPLES BEFORE AND AFTER ADMINISTRATION OF PLANNED TEACHING PROGRAM

**Table 2.1** Area wise mean, mean percentage, percentage gain and mean difference of pre-test and post-test knowledge scores of the samples on Psychological First Aid [N=60]

Sr. No	Area of Content	Maximum Score	Pre Test Knowledge Score		Post Test Knowledge Score		% Gain	Mean Difference
			Mean Score	Mean %	Mean Score	Mean %		
1	Introduction	1	0.82	82.00	0.85	85.00	3.00	0.03
2	Definition	1	0.50	50.00	0.70	70.00	20.00	0.20
3	Objectives	1	0.73	73.00	0.98	98.00	25.00	0.25
4	Principles	1	0.45	45.00	0.87	87.00	42.00	0.42
5	Action	2	1.10	55.00	1.55	77.50	22.50	0.45
6	Goal	1	0.60	60.00	0.85	85.00	25.00	0.25
7	Need	3	1.85	61.67	2.60	86.67	25.00	0.75
8	Benefits	2	1.00	50.00	1.43	71.50	21.50	0.43
9	Guidelines	4	2.28	57.00	3.00	75.00	18.00	0.72
10	Techniques	2	0.47	23.50	0.83	41.50	18.00	0.36
11	Barriers	1	0.28	28.00	0.55	55.00	27.00	0.27
12	Methods	7	4.03	57.57	5.05	72.14	14.57	1.02
13	Treatment	4	2.72	68.00	3.25	81.25	13.25	0.53
	Total	30	16.95	56.50	22.38	74.60	18.10	5.43

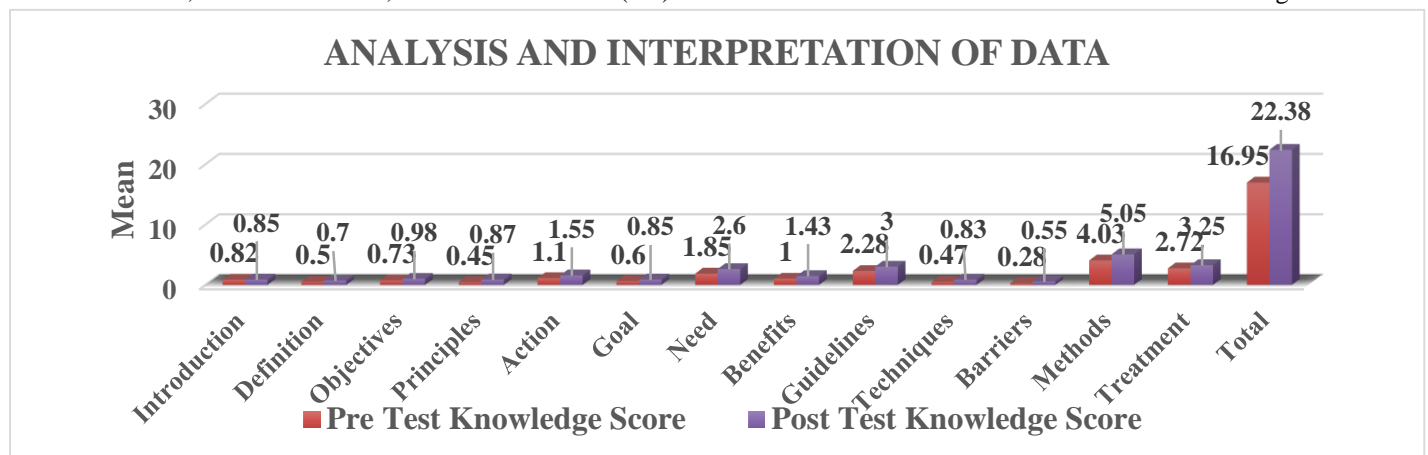
**Table 2.1** Shows pre-test and post-test knowledge score obtained by the samples on Psychological First Aid. The area wise result related to Introduction of Psychological First Aid, pre-test mean score was 0.82(82%) and post-test mean score 0.85(85%). Hence, the difference noted was 0.03 and percentage gain in this area was 3%. The area wise result related to Definition of Psychological First Aid, pre-test mean score was 0.5(50%) and post-test mean score was 0.7(70%). Hence, the difference noted was 0.20 and percentage gain in this area was 20%. The area wise result related to Objectives of Psychological First Aid, pre-test mean score was 0.73(73.33%) and post test mean score 0.98(98%). Hence, the difference noted was 0.25 and percentage gain in this area was 25%. The area wise result related to Principles of Psychological First Aid, pre-test mean score was 0.45(45%) and post-test mean score 0.87(87%). Hence, the difference noted was 0.42 and percentage gain in this area was 42%. The area wise result related to Action of Psychological First Aid, pre-test mean score was 1.10(55%) and post-test mean score 1.55(77.50%). Hence, the difference noted was 0.45 and percentage gain in this area was 22.50%. The area wise result related to Goal of Psychological First Aid, pre-test mean score was 0.6(60%) and post-test mean score 0.85(85%). Hence, the difference noted was 0.25 and percentage gain in this area was 25%. The area wise result related to Need of Psychological First Aid, pre-test mean score was 1.85(61.67%) and post-test mean

score 2.60(86.67%). Hence, the difference noted was 0.75 and percentage gain in this area was 25%. The area wise result related to Benefits of Psychological First Aid, pre-test mean score was 1.00(50%) and post-test mean score 1.43(71.50%). Hence, the difference noted was 0.43 and percentage gain in this area was 21.50%. The area wise result related to Guidelines of Psychological First Aid, pre-test mean score was 2.28(57.00%) and post-test mean score 3.00(75%). Hence, the difference noted was 0.36 and percentage gain in this area was 18%. The area wise result related to Techniques of Psychological First Aid, pre-test mean score was 0.47(23.50%) and post-test mean score 0.83(41.50%). Hence, the difference noted was 0.36 and percentage gain in this area was 18%. The area wise result related to Barriers of Psychological First Aid, pre-test mean score was 0.28(28%) and post-test mean score 0.55(55%). Hence, the difference noted was 0.27 and percentage gain in this area was 27%. The area wise result related to Methods of Psychological First Aid, pre-test mean score was 4.03(57.57%) and post-test mean score 5.05(72.14%). Hence, the difference noted was 1.02 and percentage gain in this area was 14.57%. The area wise result related to Treatment of Psychological First Aid, pre-test mean score was 2.72(68%) and post-test mean score 3.25(81.25%). Hence, the difference noted was 0.53 and percentage gain in this area was 13.25%.

Thus, it was concluded that there was increase in the mean post-test knowledge score after administration of planned teaching program regarding Psychological First Aid.

**Figure 2.1** Area wise mean, mean percentage, percentage gain and mean difference of pre-test and post-test knowledge scores of the samples on Psychological First Aid

**Table 2.2** Mean, Mean Difference, Standard Deviation (SD) and 't' test value of the Pre-test and Post-test Knowledge scores of

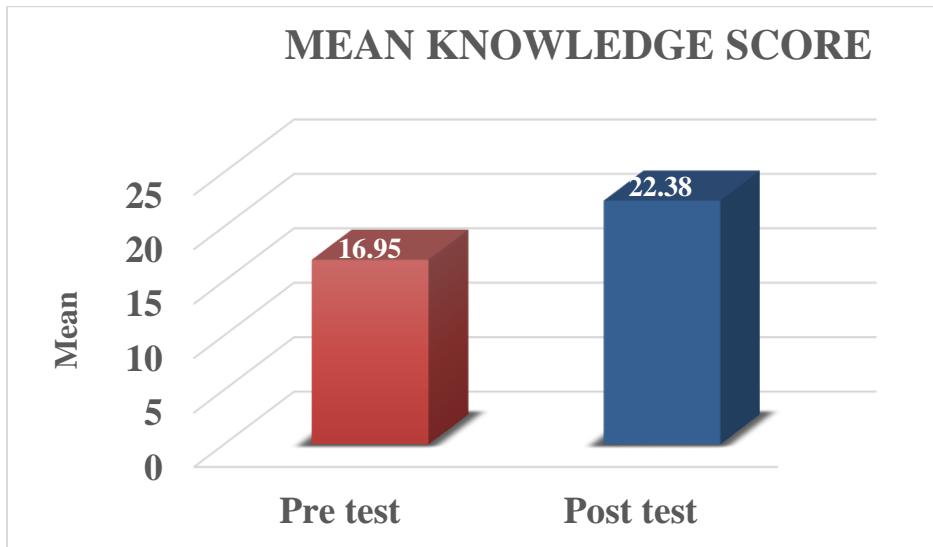


samples

[N=60]

Knowledge test	Mean Score	Mean Difference	SD	Calculated "t" value	table "t" value	DF	Level of significance
Pre test	16.95	5.43	5.18	10.59	2.0	59	0.05
Post test	22.38		3.82				

**Table 2.2** Shows the Pre-test and Post-test knowledge scores obtained by the respondents on Psychological First Aid. The mean Pre-test score was 16.95 and the mean post test score was 22.38. The mean difference between Pre-test and post-test knowledge score was 5.43. The table also shows that the standard deviation of pre-test score of knowledge was 5.18 and standard deviation of post-test score of knowledge was 3.42. The calculated 't' value was 10.59 and the tabulated 't' value was 2.0 at 0.05 level of significance. Above table reveals that the mean post-test knowledge score was significantly higher than the mean pre-test knowledge scores. The calculated 't' value ( $t=10.59$ ) was greater than the tabulated 't' ( $t=2.0$ ). Therefore, the null hypothesis  $H_0$  was rejected and research hypothesis  $H_1$ , was accepted and it reveals that the planned teaching program was effective in gaining the knowledge among the samples. Investigators concluded that there was significant increase in the mean post-test knowledge score as compared to the mean pre-test knowledge score after administration of planned teaching program on Psychological First Aid.



**Figure 2.2** Mean, Mean Difference, Standard Deviation (SD) and 't' test value of the Pre-test and Post-test Knowledge scores of samples

#### ASSESSMENT OF KNOWLEDGE SCORES BEFORE AND AFTER ADMINISTRATION OF PLANNED TEACHING PROGRAM

**Table 2.3** Scores of knowledge before and after administration of planned teaching program  
[N=60]

Score of Knowledge	Pre Test		Post Test	
	Frequency	Percentage	Frequency	Percentage
Poor (0-10)	8	13.33%	0	0%
Average (11-20)	36	60%	21	35%
Good (21-30)	16	26.6%	39	65%
<b>Total</b>	60	100%	60	100%

**Table 2.3** Shows that 8(13.33%) samples have poor, 36(60%) samples have average and 16(26.6%) samples have good knowledge as per their pre-test knowledge scores whereas 21(35%) samples have average, 39(65%) samples have good knowledge as per their post-test knowledge scores.



### 3 ANALYSIS AND INTERPRETATION OF THE DATA RELATED TO ASSOCIATION BETWEEN PRE-TEST KNOWLEDGE SCORES WITH DEMOGRAPHIC VARIABLES OF THE SAMPLES

**Table 3 Association of Pre-test knowledge score with selected Demographic Variables**

Sr. No	Demographic Variables	Frequency	Chi square/Fishers Chi Square		df	Association
			Calculated value	Table value		
1	<b>Age</b>		7.772	5.99	2	Significant
	17- 18	42				
	19-20	18				
	>20	0				
2	<b>Gender</b>		0.600	5.99	2	Non Significant
	Male	10				
	Female	50				
3	<b>Coping Style</b>		1.833	5.99	2	Non Significant
	Problem Focused	37				
	Emotion Focused	23				
4	<b>Social Support Network</b>		13.207	9.48	4	Significant
	Family	27				
	Friends	25				
	Others	7				
5	<b>Previous mental health issue experience</b>		6.147	15.51	8	Non Significant
	Trauma	3				
	Anxiety	6				
	Stress	37				
	Depression	4				
	No any	10				
6	<b>Previous knowledge</b>		0.625	5.99	2	Non Significant
	Yes	12				
	No	48				

**Table 3** Shows the association of the Demographic Variables of the samples For Age with the pre-test knowledge scores, the calculated value of chi square ( $\chi^2$ ) 7.772 is greater than 5.99, the table value of chi square ( $\chi^2$ ) at the 2 degree of freedom and 0.05 level of significance. Therefore, Age has significant association with the knowledge of the samples.

For Gender with the pre-test knowledge scores, the calculated value of chi square ( $\chi^2$ ) 0.600 is less than 5.99, the table value of chi square ( $\chi^2$ ) at the 2 degree of freedom and 0.05 level of significance. Therefore, Gender has no significant association with the knowledge of the samples.

For Coping Style of the samples with the pre-test knowledge scores, the calculated value of chi square ( $\chi^2$ ) 1.833 is less than 5.99, the table value of chi

square ( $\chi^2$ ) at the 2 degree of freedom and 0.05 level of significance. Therefore, Coping Style has no significant association with the knowledge of the samples.

For Social Support Network with the pre-test knowledge scores, the calculated value of chi square ( $\chi^2$ ) 1.207 is greater than 9.48, the table value of chi square ( $\chi^2$ ) at the 4 degree of freedom and 0.05 level of significance. Therefore, Social Support has significant association with the knowledge of the samples.

For Previous mental health issue experience with the pre-test knowledge scores, the calculated value of chi square ( $\chi^2$ ) 6.147 is less than 15.51, the table value of chi square ( $\chi^2$ ) at the 8 degree of freedom and 0.05 level of significance. Therefore, Previous mental health issue experience has no significant association with the knowledge of the samples.

For Previous knowledge with the pre-test knowledge scores, the calculated value of chi square ( $\chi^2$ ) 0.625 is less than 5.99, the table value of chi square ( $\chi^2$ ) at the 2 degree of freedom and 0.05 level of significance. Therefore, Previous knowledge has no significant association with the knowledge of the samples.

## DISCUSSION

The present study was conducted to assess the effectiveness of planned teaching program on Psychological First Aid in terms of knowledge among First year B.Sc nursing students of selected nursing colleges of Ahmedabad City. In order to achieve the objectives of the study, quantitative research approach is pre- experimental method with one group pre-test post-test research design. Variables under study were planned teaching program as independent variable; knowledge of First year B.Sc nursing students as dependent variable, selected college of nursing of Ahmedabad City as setting, total 60 samples for data collection were selected by convenient sampling technique. The instrument used for generating necessary data was a structured knowledge questionnaire [Multiple choice questions].

## CONCLUSION

The conclusion can be drawn from the study findings.

The planned teaching program was found to be effective in terms of knowledge of First year B.Sc nursing students regarding Psychological First Aid. There is association found in two areas that are age and social support network.

**Conflict of interest:** The authors declare that they have no competing interests.

## Ethics declarations

Ethics approval and consent to participate. JG College of Nursing, Institute Ethics Committee reviewed this study and granted ethical approval. Informed consents has been obtained from participants.

## Consent for publication

Written consent for publication was obtained from each participants.

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