

“Effectiveness of self-instructional module on level of knowledge on reduction of social anxiety among first year nursing students in Covid-19 Pandemic”

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Abstract

Background of the study: All over the globe anxiety was present among young adolescence. They are fear of infection and away from real education and fewer confidants to manage Covid pandemic situation.

Objectives: Study investigated to assess the pre and posttest level of knowledge on social anxiety among First year nursing students in Covid -19 pandemic.

Material and Methods: Experimental study done to assess the effectiveness of level of knowledge on reduction of social anxiety among first year nursing students in Covid-19 Pandemic among 100 Basic BSc 1st year nursing students. Self-prepared questionnaire selected as a tool for pre and post intervention which was validated by the expert .Ethical permission taken before conduction of study .samples chosen as per inclusion criteria of the study. Samples were explained well the purpose of the study .Pre taken with help of questionnaire and after seven days post taken and data analyzed as per objectives of the study.(Level of knowledge score was good 8-29 ,average 4-7 and poor 0-3)

Results: In this study pretest knowledge score was 16%, 72% and 12% as poor, average and good knowledge .post-test knowledge score was 0 % , 16% and 84% as poor, average and good knowledge. Pretest test SD 1.565 and posttest SD 1.1.69 which was extremely significant.($p < 0.0001$)

Conclusion: Finding of the study shows that self-instructional module was effective to increase the level of knowledge among the 1st year Basic B.Sc. student in covid-19 Pandemic.

Keywords: Level of knowledge, social anxiety Covid-19 Pandemic.

INTRODUCTION

During covid-19 pandemic was very crucial situation for the nursing students. Students are very frustrated because of fear to get immediate infection some students are away from their parents and they are in the hostels. During clinical time they are exposed to infected patient. They are away from real learning situation 1

In covid pandemic man had very optimistic attitude and inadequate knowledge about covid-19 infection as well as its precautionary measures. But older adults are very good about taken good precaution against covid -19 infections rather than younger adults.2

All over the world students are vary panic during covid -19 pandemic. They need long term planning to come out from mental distress because it is going to affect on academic performances so they should be well supported by parents as well as by the teachers.3

Nursing profession need more skill and practice through clinical practice and theory based knowledge. But during students are away from this all like they are away from clinical practice, face to face interaction was less because of online education method came into exist .students are much in stress because they feel less confident about clinical skill which was affecting on their carrier .4

As health care professionals all students had basic knowledge about Covid -19 pandemics but it was important to keep them up to date knowledge and updates about covid-19 guidelines as precautionary measures. Every student must undergo certain training to prevent themselves from infection.5

Home quartine period was very unpleasant experiences to the students. As they are away from friends, face to face interaction was not present during time of learning, feeling uncapable to fulfill psychological needs students were lacking their practical experience ,come down the grades and delayed startup academic colleges .students was very disturbed and feeling very sad, anger present and becomes sad in pandemic situation.11

Methods

Experimental study done on the 100 Basic B.Sc. students with convenient sampling technique .pretest post-test design was used .Data collection done with self-prepared questionnaire and self-instructional module after validation after experts.

Ethical permission taken before conducting of study .purpose of the study was explained to the samples. Samples were taken as per inclusion criteria. Data collection done with help of questionnaire as pretest and self-instructional module given to the samples to read .module explanation given by the researcher. Post taken after seven days with same questionnaire and data was tabulated and interpretation done as per objective of the study.

Description of the tool was done in two sections.

Section 1: Demographic data of the samples.

Section 2: Structured instructional module on level of knowledge level on reduction of social anxiety among first year nursing students in Covid-19 Pandemic”

Results

TABLE NO.1 – Scio-demographic Performa of the samples. n=100

Sr.No	Demographic Variable	Frequency	Percentage
1	Age group		
	18 years	56	56%
	19 years	40	40%
	20 years	04	04%
2	Gender		
	Male	25	25%
	Female	75	75%
3	Residential area		
	Urban	63	63%
	Rural	27	27%
4	Occupation of parents		
	Farmer	27	27%
	Business	10	10%
	Government employee	08	08%
	Others	55	55%

5	Family income		
	Below 20000	13	13%
	21000-40000	37	37%
	41000-60000	43	43%
	61000 & above	07	07%
6	Source of knowledge		
	Newspaper	03	03%
	T V	23	23%
	Internet	72	72%
	Others	02	02%

In above table findings reveals that maximum students are (56%) in the age group of 18Yrs.and 75% of female students.63% of students living in urban area,27% of students' parents are in other occupation .72% of students are in the income of 41000 to 60,000and 72% of students acquiring knowledge through internet.

TABLE NO.2- Comparison Level of knowledge score in relation to pretest and post-test

Sr.No	Knowledge Score in percentages			
		Poor	Average	Good
1	Pre-test score	16%	72%	12%
2	Post test Score	0%	16%	84%

In the above table finding shows that pretest knowledge score was 72% of students are in average knowledge score 12% students are in poor knowledge score. In the post-test 16% of students are in average knowledge score and 84% of students in good knowledge score.

TABLE NO.3:- Mean standard deviations among the samples

Sr No	Parameters	Pre Test	Post Test	t-value	Significant.
1	Samples	100	100	19.33	0.0001 < Extremely significant.
2	Mean	5.12	8.81		
3	Standard Deviations	1.565	1.169		

In above findings mean and SD in Pretest 5.12 and 1.565 in the post test mean 8.81 and SD 1.169 t value was extremely significant so instructional module was very effective on knowledge score.

TABLE NO.4: Association between Selected Demographic Variables and Knowledge score

Sr.No	Demographic Variables	Poor	Average	Good	CHIST Value	P Value	Results
1	Age group						NA
	18 years	12	41	03	6.543	0.1621	
	19 years	04	27	09			
	20 years	0	04	0			
2	Gender						NA
	Male	06	18	01	3.111	0.2111	
	Female	10	54	11			
3	Residential area						SA
	Urban	06	46	11	8.718	0.0128	
	Rural	10	26	01			
4	Occupation of parents						

	Farmer	07	14	04	4.276	0.00267	SA
	Business	01	05	04			
	Government employee	02	05	01			
	Others	06	46	03			
5	Family income						NA
	Below 20000	03	07	03	14.175	0.6530	
	21000-40000	03	29	02			
	41000-60000	06	31	06			
	61000 & above	01	05	01			
6	Source of knowledge						NA
	Newspaper	01	02	0	2.472	0.8715	
	T V	03	18	02			
	Internet	12	50	10			
	Others	0	02	0			

As per table association was present with residential area and occupation of parents and others demographic variables are shown no any association with knowledge score.

Discussion:

In present study as per Scio demographic variables students are in 18 yrs.(56%),living in urban area63%,female students participated in the study 75%,income of family member's 41000to 60000 was 43% most of the students are had sources of knowledge as internet (72%).

In the pretest knowledge score was 72% are in average knowledge and 16 % are in poor knowledge score.in the post-test maximum students 84% are good knowledge score and 16% are in average score.

In the pretest mean and SD was5.12 and 8.81 and in the post test mean 1.565, and SD 1.169 .t value 19.33 which was extremely significant <0.0001 with knowledge score.

Similar study done by C.Khandahale and shubhangi in (2017) to reduced social anxiety level with intervention of self-instructional module. Out of 210 samples in pretest 23 (10.95%) of adolescents are in moderate level of anxiety, and 99(47.5%) of adolescents are had mild anxiety and this was reduced after intervention which was assessed by using't' test which was significant at (P<0.001) so instructional module was very effective to reduce the anxiety level.6

Contradictory study done by Akhtarul I Sutapa D, B.et al.in 2020 survey done on 476 samples to reduced anxiety and depression 15% of students had severe depression and 18% of samples had severe anxiety .After study conclusion made that institution or government should do something for the students to reduce anxiety and depressions.7

Similar studies done in the (2021).to assess the knowledge about Covid -19 among nursing students. Total sample was 421selected with non-probability sampling technique with online survey mode and data was analyzed .Results shows all students had basic knowledge but they need period lecture session along with training programme to prevent infections.5

In India online survey done in 2020 by Grover, Sandeep, Sahoo et al.to evaluate the psychological impact among the people during time of lockdown in covid-19 pandemic. Result shows that from 1685 samples were analyzed and from that (38.5%) of samples had mild anxiety depression presents among 10.5% of samples .and remaining 40% of samples are in either in depression or anxiety.71.7% of population shows poor wellbeing in life. Finding suggest that all community people was in mental stress and reduced that stress door step mental health services are necessary to come out from stress.8

Experimental study done in 2020 Vanya Singh, Sakshi Supehia, Puneet Kumar Gupta to assess the effectiveness of video module in infection control training during covid 19 pandemic .478 study participants chosen for study from that 16% of samples shown increasein knowledge which was statistically significant at ≤ 0.0001 .video assisted module was effective to prevent infection in covid 19 pandemic.

Experimental study done on 120 adolescent girls to observe the prevalence's of social phobia and depression with convenient sampling techniques and study findings revealed that 77(64.2%) shows no phobia,54(45%) of samples shows moderate depression the chi –square value 6.386was shows previous psychiatric illness like social phobia. In correlation 0.264 shows mild positive correlation between social phobia and depression. Social phobia was present in comparison with depression in young adolescent's girls.

Conclusions:

The present survey suggests that more than two-fifths of the people are experiencing common mental disorders, due to lockdown and the prevailing COVID-19 pandemic. This finding suggests that there is a need for expanding mental health services to everyone in the society during this pandemic situation.

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