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Pallvi Sharma
Lecturer, Child Health
Nursing, Rajiv Gandhi College
of Nursing, UT of Jammu and
Kashmir, India

Suicide: A major mental health issue

Pallvi Sharma

Abstract
Statement of the Problem: A Pre-Experimental Study to Assess the Effectiveness of Structured Teaching Program Regarding Suicidal Prevention among Nursing Students in Selected Nursing Colleges of Jammu.
Aim of the Study: The aim of the study is to assess the effectiveness of structured teaching program regarding suicidal prevention among nursing students in selected nursing colleges of Jammu.
Objectives:
- To assess pre-test knowledge regarding suicidal prevention among nursing students in selected nursing colleges of Jammu.
- To assess post-test knowledge regarding suicidal prevention among nursing students in selected nursing colleges of Jammu.
- To compare pre-test and post-test knowledge regarding suicidal prevention among nursing students in selected nursing colleges of Jammu.
- To find out the association of pre-test knowledge with selected socio-demographic variables in selected nursing colleges of Jammu.

Methodology: A quantitative research approach was used and pre-experimental (one group pre-test post-test) research design was adopted for the study. The target population of the study was nursing students in selected nursing colleges of Jammu. Sample size was 60 nursing students. Data analysis was done based on objectives and hypothesis of the study.
Result: The study result revealed that out of 60 nursing students as per pre-test knowledge, maximum 43(72%) nursing students were having inadequate knowledge, followed by 12(20%) nursing students were having moderate knowledge and minimum 5(8%) nursing students were having adequate knowledge whereas in post-test knowledge, maximum 35(58%) nursing students were having adequate knowledge, followed by 24(40%) nursing students were having moderate knowledge and minimum 1(2%) nursing students were having moderate knowledge. The mean score of pre-test knowledge was 9 and S.D score was 2.139 whereas the mean score of post-test knowledge was 9.81 and S.D was 1.78. Paired t-test was applied. The calculated value was found to be 5.595 which was more than table value at 0.05 level of significance. There was no significant association of pre-test knowledge with selected socio-demographic variables in selected nursing colleges of Jammu.

Keywords: Assess, effectiveness, video assisted teaching programme, knowledge, school going children, child sexual abuse

Introduction

"When you feel like giving up, just remember why you held on for so long." (Haley Williams).

The World Health Organization (WHO) defines health is a state of complete physical, mental, and social well-being and not just the absence of disease or infirmity. The WHO also states that mental health is an essential part of health. The WHO also states that the highest attainable standard of health is a fundamental right for every human being, regardless of race, religion, and political belief, economic or social condition. The state of one's health is reflective of an individual's ability to meet life's challenge and maintain his or her capacity for optimal functioning.

The term "Adolescents" indicates the "process of growing up" or "the time period of life from puberty to maturity". Adolescents is a period in-between beginning with the achievement of physiological maturity and ending with the assumption of social maturity that is with the assumption of social, sexual, economic and legal rights and duties of the adult.

Corresponding Author:
Pallvi Sharma
Lecturer, Child Health
Nursing, Rajiv Gandhi College
of Nursing, UT of Jammu and
Kashmir, India

Suicide is the process of killing oneself: or the act of intentionally causing one's own death. Suicide is a fatal outcome of long-term process shaped by a number of interacting cultural, social, situational, psychological and biological factors. Some suicides are impulsive acts which occurs due to stress (such as from financial or academic difficulties), relationship problems (such as breakups or divorces) or harassment and bullying. Those persons who have previously attempted suicide are at a higher risk for future attempts. Effective efforts for preventing or reducing the risk of suicide include limiting the access to methods of suicide such as fire-arms, drugs, and poisons; treating mental disorders and substance abuse.

Need of the study
A Worldwide report estimated that more than 7,20,000 people die due to suicide every year. It is the third common cause of death. About 73% of global suicides occur in low and middle-income countries. Every year 7,26,000 people take their own life and there are many more people who make suicidal attempts.
WHO estimated that about one million people die by suicide every year. This represents a global mortality rate of 16 per 1,00,000 during 2010. One death occurs in every 40 seconds. Suicide is a most common leading cause of death in the age group of 15-29 years. The mean suicidal rate for this age group is 7.4 per 1,00,000. Suicide rate is higher in males (10.5%) than in females (4.1%). Worldwide suicidal rate is estimated to represent 1.8% of the total global burden of diseases in 1998 and the rate may get increased upto 2.4% in 2020.
The total age-adjusted suicide rate in the United States is increased 35.2% from 10.4 per 100,000 in 2000 to 14.2 per 100,000 in 2018, before declining to 13.9 per 100,000 in 2019 and declining again to 13.5 per 100,000 in 2020. The total age-adjusted suicidal rate in the United States in 2021 increased to 14.0 per 100,000. In 2021, the suicidal rate among males was 4 times higher (22.8 per 100,000) than among females (5.7 per 100,000).

Objectives
- To assess pre-test knowledge regarding suicidal prevention among nursing students in selected nursing colleges of Jammu.
- To assess post-test knowledge regarding suicidal prevention among nursing students in selected nursing colleges of Jammu.
- To compare pre-test and post-test knowledge regarding suicidal prevention among nursing students in selected nursing colleges of Jammu.
- To find out the association of pre-test knowledge with selected socio-demographic variables in selected nursing colleges of Jammu.

Methodology
Research Approach: Quantitative research approach was used.
Research design: Pre-experimental one group pre-test post-test research design was used.
Target population: GNM 1st year students.
Sampling technique: Non-randomized convenient sampling technique.
Sample size: 60 GNM 1st year students.

Setting of the study: Selected nursing colleges of Jammu. Data collection by Self-structured questionnaire.

Variables under Study
Effectiveness of Structured Teaching Program on Knowledge of Nursing Students regarding Suicidal Prevention.

Hypothesis
H_0: There was no significant difference in knowledge of nursing students regarding suicidal prevention after administration of Structured Teaching Program.

H_1: There was significant difference in knowledge of nursing students regarding suicidal prevention after administration of Structured Teaching Program.

Description of tool
The tool consists of three parts which includes:

Part I: Socio-demographic variables.
This part consists of items for obtaining information about subjects such as age in years, gender, type of family, place of accommodation, religion, educational status of father, educational status of mother, occupation of father, occupation of mother, type of family, family monthly income in rupees, previous source of information about suicidal prevention.

Part II: Self-structured questionnaire to assess knowledge regarding Suicidal Prevention.

Part III: Structured Teaching Program regarding Suicidal Prevention.

Content validity: The content of tool was validated by obtaining valuable opinion and suggestion from the experts from various fields such as psychiatrists, medical, nursing, statistics and language experts.

Analysis and interpretation of data
Both inferential and descriptive statistics were used for the analysis.

Section I: Frequency and percentage distribution of socio-demographic variables among nursing students in selected nursing colleges of Jammu.
Frequency and percentage distribution of samples according to age of nursing students (in years): Result revealed that as per age of nursing students in years, maximum 26(43%) nursing students belonged to age group 20-22 years, followed by 21(35%) nursing students belonged to age group 23-25 years and minimum 13(22%) nursing students belonged to age group 17-19 years.

Frequency and percentage distribution of samples according to gender of nursing students: Result revealed that maximum 46(77%) nursing students were female and minimum 14(23%) nursing students were male.

Frequency and percentage distribution of samples according to Type of family of nursing students: Result revealed that maximum 35(58%) nursing students were having nuclear family and minimum 25(42%) nursing students were having joint family.

Frequency and percentage distribution of samples according to place of accommodation of nursing students: Result revealed that maximum 28(47%) were residing at their own home, followed by 20(33%) were residing in paying guest and minimum 12(20%) were residing in hostel.

Frequency and percentage distribution of samples according to religion of nursing students - Result revealed that maximum 31(52%) nursing students were Muslim, 24(40%) nursing students were Hindu, followed by minimum 5(8%) nursing students belonged to religion other that Hindu, Muslim and Christian and no one was Christian.

Frequency and percentage distribution of samples according to monthly family income of nursing students - Result revealed that maximum 36(60%) nursing students were having monthly family income Rs. 10,001 and above, followed by 23(38%) nursing students were having monthly family income Rs. 5001-10,000 and minimum 1(2%) nursing students were having monthly family income Below Rs. 5000.

Frequency and percentage distribution of samples according to educational status of father of nursing students: Result revealed that maximum 33(55%) fathers were having higher education, followed by 20(33%) fathers were graduate, 6(10%) fathers were having primary education and minimum 1(2%) fathers were having no formal education.

Frequency and percentage distribution of samples according to educational status of mother of nursing students: Result revealed that maximum 27(45%) mothers were having primary education, followed by 23(38%) mothers were having higher education, 7(12%) mothers were graduate and minimum 3(5%) mothers were having no formal education.

Frequency and percentage distribution of samples according to previous information of nursing students Result revealed that maximum 36(60%) nursing students were having previous information related to suicidal prevention and minimum 24(40%) nursing students were having no previous information related to suicidal prevention.

Section II: Description of samples according to assessment of pre-test knowledge regarding suicidal prevention among nursing students in selected nursing colleges of Jammu.

Table 1: Frequency and percentage distribution of assessment of pre-test knowledge regarding suicidal prevention among nursing students in selected nursing colleges of Jammu. N=60

Criteria	Score	F	%
Inadequate knowledge	0-5	5	8%
Moderate knowledge	6-10	43	72%
Adequate knowledge	11-15	12	20%

Minimum Score= 0 Maximum Score=15

Result revealed that out of 60 nursing students, maximum 43(72%) nursing students were having moderate knowledge, followed by 12(20%) nursing students were having adequate knowledge and minimum 5(8%) nursing students were having inadequate knowledge regarding suicidal prevention.

Section III: Description of samples according to assessment of post-test knowledge regarding suicidal prevention among nursing students in selected nursing colleges of Jammu.

Table 2: Frequency and percentage distribution of assessment of post-test knowledge regarding suicidal prevention among nursing students in selected nursing colleges of Jammu. N=60

Criteria	Score	F	%
Inadequate knowledge	0-5	1	2%
Moderate knowledge	6-10	35	58%
Adequate knowledge	11-15	24	40%

Minimum Score= 0 Maximum Score=15

Result revealed that out of 60 nursing students, maximum 35(58%) nursing students were having moderate knowledge, followed by 24(40%) nursing students were having adequate knowledge and minimum 1(2%) nursing students were having inadequate knowledge regarding suicidal prevention.

Section IV: Description of samples according to assessment of pre-test and post-test knowledge regarding suicidal prevention among nursing students in selected nursing colleges of Jammu.

Table 3: Frequency and percentage distribution of assessment of pre-test and post-test knowledge regarding suicidal prevention among nursing students in selected nursing colleges of Jammu. N=60

Criteria	Score	Pre-test		Post-Test	
		F	%	F	%
Inadequate knowledge	0-5	5	8%	1	2%
Moderate knowledge	6-10	43	72%	35	58%
Adequate knowledge	11-15	12	20%	24	40%

Minimum Score= 0 Maximum Score=15

Result revealed that out of 60 nursing students, as per pre-test knowledge, maximum 43(72%) nursing students were having moderate knowledge, followed by 12(20%) nursing students were having adequate knowledge and minimum 5(8%) nursing students were having inadequate knowledge regarding suicidal prevention while as per post-test knowledge, maximum 35(58%) nursing students were having moderate knowledge, followed by 24(40%) nursing students were having adequate knowledge and minimum 1(2%) nursing students were having inadequate knowledge regarding suicidal prevention.

Table 4: Comparison of mean and SD score of pre-test and post-test knowledge regarding suicidal prevention among nursing students in selected nursing colleges of Jammu. N=60

Criteria	Mean	S.D	Paired T-Test	P Value	df	Table Value at 0.05
Pre-test Knowledge	9	2.139	5.595	0.001	59	2.00*
Post-test Knowledge	9.81	1.78				

NS= Not significant *= Significant at 0.005 level Minimum Score= 0 Maximum Score=15

Result revealed the comparison of mean and SD score of pre-test and post-test knowledge regarding suicidal prevention among nursing students in selected nursing colleges of Jammu in which the mean score was 9 and SD score was 2.139 of pre-test knowledge whereas the mean score was 9.81 and SD score was 1.78 of post-test knowledge. Paired t-test was applied. The calculated value was found to be 5.595 which was more than table value at 0.005 level of significance. Hence, it was concluded that there was statistically significant association between knowledge levels of nursing students.

Section-V: Findings related to association of pre-test knowledge regarding suicidal prevention among nursing students with their selected socio-demographic variables in selected nursing colleges of Jammu.

Table 5: Knowledge assessment based on demographic variables and chi-square test

Variables	Options	Adequate Knowledge	Moderate Knowledge	Inadequate Knowledge	Chi Square Test Value	P Value	df	Table Value
1. Age(in years)	a) 17-19	5	7	1	3.769	0.438	4	9.488[NS]
	b) 20-22	11	15	0				
	c) 23-25	8	13	0				
2. Gender	a) Male	6	8	0	0.346	0.841	3	5.991[NS]
	b) Female	18	27	1				
3. Type of Family	a) Nuclear family	14	20	1	0.735	0.693	3	5.991[NS]
	b) Joint family	10	15	0				
4. Place of accommodation	a) Home	16	15	6	0.880	0.644	4	9.488[NS]
	b) Hostel	5	7	1				
	c) Paying Guest	3	7	0				
5. Religion	a) Hindu	4	19	1	3.183	0.528	6	12.592[NS]
	b) Christian	0	0	0				
	c) Muslim	6	21	4				
	d) Others	2	3	0				
6. Monthly family income (in rupees)	a) Below Rs.5000	0	0	1	16.753	0.002	4	9.488*
	b) Rs. 5001-10,000	4	15	4				
	c) Rs.10001 and above	8	28	0				
7. Educational status of father	a) No formal education	0	1	0	6.993	0.327	6	12.592[NS]
	b) Primary education	0	4	2				
	c) Higher secondary education	8	23	2				
	d) Graduate and above	4	15	1				
8. Educational status of mother	a) No formal education	1	1	1	8.072	0.233	6	12.592[NS]
	b) Primary education	4	22	1				
	c) Higher secondary education	7	14	2				
	d) Graduate and above	0	6	1				
9. Previous information	a) Yes	6	26	4	1.337	0.512	3	5.991[NS]
	b) No	6	17	1				

*Significant at *p*<0.05 level NS=Not Significant * = Significant

Conclusion
The result of the present study revealed that out of 60 nursing students, as per pre-test knowledge, maximum 43(72%) nursing students were having moderate knowledge, followed by 12(20%) nursing students were having adequate knowledge and minimum 5(8%) nursing students were having inadequate knowledge regarding suicidal prevention while as per post-test knowledge, maximum 35(58%) nursing students were having moderate knowledge, followed by 24(40%) nursing students were having adequate

knowledge and minimum 1(2%) nursing students were having inadequate knowledge regarding suicidal prevention.

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