A TRUE EXPERIMENTAL STUDY TO EVALUATE THE EFFECTIVENESS OF TRAINING PROGRAM ON LEVEL OF ASSERTIVE BEHAVIOUR AMONG ADOLESCENT GIRLS IN SELECTED VILLAGE SAGAR (M.P.)

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Abstract: Introduction: Assertive communication attempts to transcend these extremes by appealing to the shared interest of all parties; it "focuses on the issue, not the person". Aggressive and/or passive communication, on the other hand, may mark a relationship's end, and reduce self-respect. **Aim:** A true experimental study to evaluate the effectiveness of assertiveness training program on level of assertive behaviour among adolescent girls in selected Village Sagar (M.P.) **Objectives:** 1) To assess the pre-test and level of assertive behaviour among adolescent girls in both experimental group and control group. 2)To develop assertiveness training module. 3)To compare the effectiveness of assertiveness training module on behaviour among adolescent girls in experimental group and control group 4) To find out the association between the post-test level of assertive behaviour Among adolescent girls with their selected demographic variables in experimental group and control group. **Method:** Quantitative research approach will be used for the study. True experimental design will be adopted with pre-test post-test control group design. The study was conducted at selected village Amakhurd Sagar M.P. It is situated near to the Jhansi Road NH 26. Probability sampling; simple random sampling technique was used. **Findings:** The analysis of pre-test level of Assertive behaviour in control group, revealed that 18(72%) had non-assertive behaviour and 7(28%) had mild level of Assertive behaviour. whereas the post-test level of Assertive behaviour in control group, revealed that 16(64%) had non-Assertive behaviour and 9(36%) had mild level of Assertive behaviour. The analysis of pre-test level of Assertive behaviour in experimental group, revealed that 15(60%) had non-assertive behaviour and 12(40%) had mild level of Assertive behaviour, whereas the post-test level of Assertive behaviour in experimental group, revealed that 2(8%) had non-Assertive behaviour and 9(36%) had mild level of Assertive behaviour

and 14 (56%) had assertive behaviour. When comparing the post-test level of assertive behaviour score between the experimental and control group, the post-test mean score in the experimental group was 123.16 with 26.74 and the post-test mean score in the control group was 68.04 with S.D 27.07. The calculated unpaired t" value of t = 7.25 was found to be statistically significant at $p<0.001$ level. This clearly indicates that after the administration of assertiveness training on level of assertive behaviour. **Conclusion:** Assertiveness training is more effective intervention to improve the level of assertive behaviour. The assertiveness training helps to promote well-being of the persons. The experimental group late adolescent girls were experienced more benefit.

Key words: Assertive Behaviour, Training Programme

Introduction:

Human life is divided into five main stages namely infancy, childhood, adolescence, adulthood and old age. In each of these stages an individual find himself different situations and face different problems. Adolescence is a crucial period in development of the self-concept. Adolescence, the word from Latin: adolescence "to grow up" and is a transitional stage of physical and mental human generally occurring between puberty and legal adulthood (age of) but largely characterized as beginning and ending with the teenage stage.

If the adolescents fail to develop the assertiveness, they cannot meet the life expectancy challenges. They are facing many psychological problems, unable to cope up with their problems, leads to poor communication skills, poor academic performance, shyness, low self- esteem which leads to low self confidence among them and if it exceeds, they develop the substance abuse and alcoholism, so these can prevent through the assertiveness training.

Statement of the problem

A true experimental study to evaluate the effectiveness of assertiveness training program on level of assertive behaviour among adolescent girls in selected Village Sagar (M.P.)

Objectives of the study

➢ To assess the pre-test and level of assertive behaviour among adolescent girls in both experimental group and control group.

➢ To develop assertiveness training module.

➢ To compare the effectiveness of assertiveness training module on behaviour among adolescent girls in experimental group and control group

➢ To find out the association between the post-test level of assertive behaviour Among adolescent girls with their selected demographic variables in experimental group and control group.

Hypothesis

RH0: There will be no significant difference between the pre-test and post-test level of assertive behaviour among adolescent girls with their selected demographic variables in experimental group and control group.

RH1: There will be significant difference between the pre-test and post-test level of assertive behaviour among adolescent girls in experimental group.

RH2: There will a significant difference between the post-test level of assertive behaviour among adolescent girls between experimental group and control group.

RH3: There was a significant association between post-test level of assertive behaviour among adolescent girls with their selected demographic variables in experimental group and control group.

Assumptions

- The adolescent girls may have non-assertive behaviour.
- The assertiveness training module may enhance in the assertive skills for adolescent girls.

Delimitations

- The study is limited to six weeks of data collection.
- The study is limited to only the age group of 18-20 years of adolescent girls.
- The study is limited to 60 samples only. (30 in experimental group and 30 in control group.

Research approach

Quantitative research approach will be used for the study.

Research design

True experimental design will be adopted with pre-test post-test control group design.

Variables

Independent variable – Assertiveness training.

Dependent variable – Level of Assertive behaviour among late adolescent girls.

Setting of the study: The study will be conducted at selected village Amakhurd Sagar M.P. It is situated near to the Jhansi Road NH 26.

Population

The population of this study is the late adolescent girls in selected Village. Target population includes all the late adolescent girls in village Amakhurd. Accessible population includes the girls in the village Amakhurd Sagar M.P

Sample

Late Adolescent girls in selected village Amakhurd Sagar M.P. between the age group of 18 to 20 years.

Sample Size

Sample size for the study consists of 50 late adolescent girls. In that, 25 samples were in experimental group and 25 samples were in control group

Sampling Technique

Probability sampling; simple random sampling technique was used.

Criteria of samples selection

Inclusion criteria:

➢ Adolescents between the age group of 18 to 20 years.

➢ Adolescents available at the time of data collection.

➢ Adolescents willing to participate in this study.

Exclusion Criteria:

▪ Adolescents not willing to participate in this study.

▪ Adolescents absent at the time of data collection.

Description of tool

SECTION-I

Demographic variables (age, religion, family type, place of residence, occupation of parents, education of parents, monthly income of parents, order of birth, number of siblings, and medium of education).

SECTION-II

Rathus assertive schedule, was be used to assess the level of Assertiveness.

The questionnaire includes all aspects of Assertiveness. It consists of 30 questions the questions were on a rating scale form. Each questions had six responses very much like me – 6, rather like me – 5, slightly like me – 4, slightly unlike me – 3, rather unlike me – 2, very much unlike me – 1

VALIDITY

The validity of the tool was established by consultation with guide and four experts in the field of psychiatric nursing, psychiatrist and psychologist. The tool was modified according to the suggestions and recommendation given by them.

RELIABILITY

Reliability of the tool was estimated in the study of subjects by using the test-retest method. Was found to be r = 0.9 and the tool was found to be reliable.

DATA COLLECTION PROCEDURE

The period of data collection was conducted for one month. The investigator obtained formal permission from the management authorities of the college. Samples was selected with probability simple random sampling technique and True experimental [pre-test post-test control group] design was used. The data was collected on all seven days of the week. The timing of data collection was day timing. The nature and purpose of the study was explained to the late adolescent girls. Written consent was obtained. Assertiveness training was given to late adolescent girls in morning or else their convenient. Post test was conducted on the 21st day.

PLAN FOR THE DATA ANALYSIS

The collected data was arranged and tabulated to represent the findings of the study. Both descriptive and inferential statistics was used. Frequency, percentage distribution was used to analyse demographic variables. Mean and standard deviation was used to analyse the level of assertive behaviour. Paired t test and unpaired t test was used to find out the difference between pre-test and post-test of the group. Chi square test was used to find out the association between post test score and their selected demographic variables.

Data Analysis and Interpretation of Data

Section A: Description of demographic variables of the adolescents in experimental and control group.

In this present study, the frequency and percentage distribution of socio – demographic variables show that in the experimental group, the majority 11(44%) wherein the age group of 20 years, 9(36%) were in the age group of 18 years respectively, 5(20%) were in the age group of 19. Regarding the religion, majority 15(60%) were belongs to Hindu,4(16%) was Muslim and 6(24%) were Christian. Regarding family type the majority 14(56%) were belongs to joint family and 11(44%) were belongs to nuclear family. Regarding place of residence majority 25(100%) were in rural area. Regarding education of father majority 8(32%) were undergone primary education 5(20%) were undergone high school education 6(24%) were no formal education, 6(24%) were diploma/degree/post graduate education.

Regarding occupation of father majority 9(36%) were private employee and 7(28%) were self-employee and 8(32%) were unemployed/home maker 1(4%) were in government employee. Regarding monthly family income majority 5(20%) were earning below Rs.5000, 6(24%) were earning Rs. 5001-7000, 8(32%) were earning Rs.7001- Rs.9000, 6(24%) were earn more than 9001rs per month respectively. Regarding order of birth majority 9(36%) were belongs to first order of birth 6(24%) were belongs to second order of birth, 7(28%) were belongs to third order of birth, and 3(12%) were belongs to more than three order of birth respectively. Regarding number of siblings majority of 10(40%) have two siblings, 8(32%) were have

one sibling, and 6(24%) have above two siblings, and 1(4%) were have none number of siblings. Regarding medium of education of 25(100%) have Hindi as their medium of education.

Whereas in the control group, the majority 10(40%) wherein the age group of 20 years, 7(28%) were in the age group of 18 years respectively, 8(321%) were in the age group of 19. Regarding the religion, majority 16(64%) were belongs to Hindu,3(12%) was Muslim and 6(24%) were Christian. Regarding family type the majority 11(44%) were belongs to joint family and 13(52%) were belongs to nuclear family 1(4%) were belongs to separated family. Regarding place of residence majority 25(100%) were in rural area. Regarding education of father majority 8(32%) were undergone primary education 9(36%) were undergone high school education 4(16%) were no formal education, 4(16%) were diploma/degree/post graduate education. Regarding occupation of father majority 8(32%) were private employee and 8(32%) were self-employee and 6(24%) were unemployed/home maker 3(12%) were in

government employee. Regarding monthly family income majority 3(12%) were earning below Rs.5000, 8(32%) were earning Rs. 5001-7000, 5(20%) were earning Rs.7001- Rs.9000, 9(36%) were earn more than 9001rs per month respectively. Regarding order of birth majority 5(20%) were belongs to first order of birth 9(36%) were belongs to second order of birth, 8(32%) were belongs to third order of birth, and 3(12%) were belongs to more than three order of birth respectively. Regarding number of siblings majority of 9(36%) have two siblings, 8(32%) were have more than two sibling, and 5(20%) have above one sibling, and 3(12%) were have none number of siblings. Regarding medium of education of 25(100%) have Hindi as their medium of education.

SECTION B

ASSESSMENT OF PRETEST AND POSTTEST LEVEL OF ASSERTIVE BEHAVIOR AMONG LATE ADOLESCENT GIRLS IN EXPERIMENTAL AND CONTROL GROUP.

Table 2: Frequency and percentage distribution of pretest and posttest level of Assertive behavior among late adolescent girls in the control group

n = 25

LEVEL OF ASSERTIVE BEHAVIOR	NON-ASSERTIVE (1 – 60)		MILD ASSERTIVE (61 – 120)		ASSERTIVE (121 – 160)	
	n	%	n	%	n	%
PRE-TEST	18	72	7	28	0	0
POST-TEST	16	64	9	36	0	0

Table 3: Frequency and percentage distribution of pre-test and post-test level of Assertive behaviour among late adolescent girls in the experimental group

LEVEL OF ASSERTIVE BEHAVIOR	NON-ASSERTIVE (1 – 60)		MILD ASSERTIVE (61 – 120)		ASSERTIVE (121 – 160)	
	n	%	n	%	n	%
PRE-TEST	15	60	10	40	0	0
POST-TEST	2	8	9	36	14	56

SECTION C

COMPARISON OF PRETEST AND POSTTEST LEVEL OF ASSERTIVE BEHAVIOR AMONG LATE ADOLESCENT GIRLS IN CONTROL GROUP AND EXPERIMENTAL GROUP.

Table 4: Comparison of pre and post – test level of assertive behavior among adolescents in control group.

LEVEL OF ASSERTIVE BEHAVIOR	MEAN	S. D	Paired t-test value
PRE-TEST	60.36	27.44	Calculated t value – 0.99
POST-TEST	68.04	27.07	Table value 1.711

Table 5: Comparison of pre and post – test level of assertive behavior among late Adolescent girls in experimental group.

LEVEL OF ASSERTIVE BEHAVIOR	MEAN	S. D	Paired t-testvalue
PRE-TEST	73.24	29.40	Calculated t value – 6.28
POST-TEST	123.16	26.74	Table value 1.711

Table 6: Comparison of post – test level of assertive behaviour score among late adolescent girls between the experimental and control group.

Level of Assertive behavior	Mean	SD	Paired t-test value
Control group	68.04	27.07	Calculated t value –7.25
Experiment group	123.16	26.74	Table value 1.645

SECTION D

Association of post-test level of assertive behaviour among late adolescent girls with their selected demographic variables in the experimental group.

Table 7: Associations of pre-test level of assertive behaviour among late adolescent girls with their selected demographic variables in experimental group.

Associations of pre-test level of assertive behavior among lateadolescent girls with theirselected demographic variables in experimental group.

n = 25

	DEMOGRAPHIC VARIABLE	NON ASSERTIVE		MILD ASSERTIVE		X^2	P value
		F	%	F	%		
1	**Age (in years):** a)18 years b)19 years c.)20 years	5 8 2	20 32 8	3 5 2	12 20 8	0.198	5.99[NS]
2	**Religion:** a) Hindu b) Muslim c) Christian d) Others	7 4 4 0	28 16 16 0	5 3 2 0	20 12 8 0	0.981	7.82[NS]
3	**Family type:** a) Joint b) Nuclear family c) Separated family	6 5 4	24 20 16	3 5 2	12 20 8	2.176	5.99[NS]

4	Place of residence:						
	a) Rural	15	60	10	40	0	0
	b) urban	0	0	0	0	0	
5	Education of father:						
	a) No formal education	4	16	2	8		
	b) Primary education						
	c) High school/Higher secondary					3.723	7.82
	c) Diploma/degree /post graduate	5 4 2	20 16 8	3 4 1	12 16 4		
6	family income (per month)						
	a) Below Rs.5000	3	12	1	4	8.374	7.82^S
	b) Rs.5001-7000	6	24	3	12		
	c) Rs.7001-Rs.9000	4	16	4	16		
	d) More than Rs.9000	2	8	2	8		
7	Occupation of father:						
	a) Private employee	4	16	2	8	3.385	7.82^{NS}
	b) Self-employee	5	20	3	12		
	c) Government employee	4	16	3	12		
	d) Un employee/Home make	2	8	2	8		
8	Order of birth:						
	a. First	2	8	3	12	10.41	7.82^S
	b. Second	5	20	2	8		
	c. Third	6	24	4	16		
	d. More than three	2	8	1	4		
9	Number of siblings:						
	a) None	2	8	4	16	12.54	7.82
	b) One	5	20	2	8		
	c) Two	7	28	3	12		
	d) More than two	1	4	1	4		
10	Medium of education:						

	a) Hindi						
	b) English	15 0	60 0	10 0	40 0	0	0

***p< 0.001, *p<0.05, S – Significant, N.S – Not Significant

Table 8: Associations of post-test level of assertive behaviour among late adolescent girls with their selected demographic variables in experimental group.

n = 25

	DEMOGRAPHIC VARIABLE	NON ASSERTIVE		MILD ASSERTIVE		ASSERTIVE		X^2	P value
		F	%	F	%	F	%		
1	**Age(in years):** a.18 years b.19 years c.20 years	1 0 1	4 0 4	4 3 2	16 12 8	6 4 4	24 16 16	112.62	9.49ˢ
2	**Religion:** a .Hindu b. Muslim c. Christian d. Others	1 1 0 0	4 4 0 0	2 4 3 0	8 16 12 0	7 2 5 0	28 8 20 0	78.445	12.59ˢ
3	**3.family type :** a. Joint b.Nuclear family c.Separated family	0 1 1	0 4 4	2 5 2	8 20 8	3 8 3	12 32 12	57.663	9.49ˢ
4	**Place of residence :** a. Rural b.urban	2 0	8 0	9 0	36 0	14 0	56 0	0	0

5	**6.education of father:**								
	a.No formal education	1	4	2	8	3	12	28.911	12.59^s
	b.Primary education	1	4	4	16	4	16		
	c.High school/Higher secondary	0	0	2	8	5	20		
	d.Diploma/degree /post graduate	0	0	1	4	2	8		
6	**7.family income(per month)**								
	a.Below Rs.5000	1	4	3	12	4	16		
	b.Rs.5001-7000	1	4	2	8	3	12	52.579	12.59^s
	c.Rs.7001-Rs.9000	0	0	1	4	4	16		
	d.More than Rs.9000	0	0	3	12	3	12		
7	**Occupation of father:**								
	a.Private employee	1	4	3	12	4	16		
	b.Self employee	0	0	2	8	2	8		
	c. Government employee	1	4	2	8	5	20	59.17	12.59^s
	d. Un employee/Home maker	0	0	2	8	3	12		
8	**Order of birth :**								
	a. First	1	4	2	8	2	8		
	b. Second	1	4	1	4	3	12		
	c. Third	0	0	3	12	4	16	18.466	12.59^s
	d. More than three	0	0	3	12	5	20		
9	**Number of sibling:**								
	a.None	0	0	1	4	4	16		
	b.One	1	4	3	12	2	8	14.163	12.59^s
		0	0	2	8	5	20		
	c.Two	1	4	3	12	3	12		
	d.More than two								

10	Medium of education:								
	a.Hindi b.English	20	80	90	360	140	560	0	0

***p< 0.001, *p<0.05, S – Significant, N.S – Not Significant

IMPLICATIONS OF THE STUDY

Nursing Practice

➢ The study findings revealed the importance of Nurse's role in managing level of assertive behaviour among late adolescent girls by using assertiveness training, which is cost effective and safe.

➢ In all colleges, time should be allotted for assertiveness training, along with their daily routine activity.

➢ Nurses specialized in psychiatry need to be empowered in providing assertiveness training.

➢ Nursing administrator can enact legislation to monitor the welfare organizations in providing security to late adolescent girls.

Nursing Education

➢ Assertiveness training can be included as a intervention for level of assertive behaviour, in nursing curriculum.

➢ A considerable amount in the budget can be allocated for organizing the continuing Nursing education programme and training students to improve the level of assertive behaviour among late adolescent girls.

➢ Professional conferences, workshop or seminar can be conducted on level of assertive behaviour and significance of assertiveness training in improving level of assertive behaviour.

Nursing Research

➢ The finding of the present study has added knowledge to the already existing literature and the implications for the nursing research are given in the form of recommendation.

➢ This study can be a base line for future studies to build upon and motivate other investigators to conduct further studies.

Nursing Administration

➢ The administrator can encourage the nurses to use assertiveness training which are cost effective, safe and psychotherapeutic intervention in increasing the assertive behaviour among late adolescent girls both in community and general wards.

➢ Nursing personnel working in child psychiatric unit should be given in service education regarding significance of assertiveness training in increasing the assertive behaviour.

LIMITATIONS

* ❖ The present study had and encountered the following limitations.
* ❖ The responses were based on self-report of the study samples.
* ❖ Long-term follow up is not feasible.
* ❖ The setting of the study was selected as per the convenience of the researcher.

RECOMMENDATIONS

On the basis of the present study the following recommendations have been made for further studies.

* ❖ A comparative study can be conducted between urban and rural schools.
* ❖ A qualitative approach can be applied in studying the effects of assertiveness training on level of assertive behaviour.
* ❖ An experimental study on the effectiveness of assertiveness training on level of assertive behaviour among different age group.

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