



# A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING *SELF- AWARENESS AMONG NURSES OF PSYCHIATRIC HOSPITAL IN GOA.*

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**Abstract :** A study to assess the effectiveness of planned teaching program (PTP) on knowledge regarding self-awareness among nurses was conducted in selected psychiatric hospital in Goa with the objectives, to assess the level of knowledge regarding self-awareness among nurses using a structured knowledge questionnaire, to find out association between knowledge score of nurses with socio demographic variables and to develop and validate planned teaching program on self-awareness and to assess the effectiveness of Planned Teaching Program (PTP) regarding self-awareness among nurses by comparing the mean pre and post test knowledge scores. One group Pre Test Post test pre-experimental research design was used. Convenience sampling technique was used for obtaining 30 nurses. The tools used for the study were self-structured questionnaire consisting of 36 items. Data was analyzed using inferential and descriptive statistics. The major findings of the study were: Majority of nurses were in the age group of 51-60 years (36%), 1 male and 29 females, majority were from Hindu community 20 (66%), In relation to qualification, majority were GNM 21(70%), 30% BSc./PBBS, majority of the nurses were permanent (28) 93.3%, around 9(30%) had 21 years of experience. Majority of the nurses 29(96.7%) had not attended any in-service education program. In the pre test majority of the nurses had average knowledge scores 25(83%) whereas 5(16.6%) had poor knowledge and none had good knowledge. While in post-test there was increase the level of knowledge. Around 83% (25) had good knowledge scores and 5(16.6%) had average knowledge scores. It was found that the planned teaching program effective as there was significant difference in knowledge scores of nurses pre and post- test. The study has implication for mental health nurses as self awareness is an important aspect of psychiatric nursing.

**KEY WORDS:** psychiatry, self-awareness, nurses, planned teaching program, therapeutic relationship.

## **Introduction:**

The primary needs of human beings are food, clothing, and shelter. However, Maslow's hierarchy emphasizes that humans are social beings who interact with nature and those around them. A nurse, as an individual, must be aware of how they function in various situations. The work environment significantly influences behavior, making it essential for nurses to cultivate healthy relationships with colleagues and the healthcare team. In our fast-paced, multitasking world, individuals often neglect self-reflection. Both professionals and non-professionals are increasingly focusing on promoting self-awareness. Healthcare professionals, especially those working with mentally ill patients, must understand their responsibilities and client expectations, enhancing their communication processes. Interacting with mentally ill patients necessitates recognizing one's own needs, thoughts, interests, feelings, and emotions, all of which revolve around self-awareness. Identity crises emerge when individuals pretend to be something they are not.

Nursing professionals significantly impact their patients, and developing good interpersonal relationships requires nurses to cultivate self-insight. Nurses, like all humans, have strengths and weaknesses. Examining one's consciousness and behavior is crucial for improvement. Nurses interact directly with clients' emotions, and recognizing and modifying underdeveloped areas is essential. Fear stems from the unknown; understanding oneself involves more than external appearance—it requires a deep examination of consciousness and feelings.

Being self-aware allows for constructive criticism and feedback. In psychiatric settings, nurses must exercise patience and empathy, listening effectively and maintaining control in all situations to provide quality care. Self-awareness involves understanding why we act as we do and controlling our behavior in certain situations. For example, a senior nurse with a quick temper can manage her emotions and fears by recognizing and addressing her weaknesses.

Self-awareness means reflecting on actions, feelings, interactions, and thoughts. It is vital to remain calm and logical, especially in challenging situations, for the benefit of clients and the healthcare team. Society's growing interest in self-awareness highlights its importance. Awareness begins with recognizing strengths, weaknesses, and areas needing improvement. Self-awareness empowers individuals to welcome feedback and criticism, enhancing self-confidence and professional performance. Nurses, particularly in psychiatric settings, must establish therapeutic relationships by understanding themselves and adhering to professional standards. Self-awareness not only aids in personal understanding but also in comprehending others. A planned teaching program emphasizing self-awareness can foster therapeutic nurse-patient relationships, enabling nurses to engage creatively and effectively with clients.

### **Background of the study**

Across the globe, worldwide studies have been conducted in different settings from sociology, educators, management, spirituality and psychology to psychiatry about the importance of knowing oneself. There is diversity all over the nations, no matter whatever may be the differences but the fact remains each one interacts with other. There is tremendous ever-growing interest in knowing the importance of Self-awareness. In psychiatric settings its importance is increased manifold as therapeutic nurse patient relationships are an imperative part.

According to (Willett&Leff, 2003) working with people with mental illness in a psychiatric set up is extremely challenging. Interactions with families, client care, intra-professionals harmony, may not be the same in comparison to general hospitals. Nurses who work for a long time or a short period, in a psychiatric setting can have a significant impact on the mental status of their patients. In a psychiatric setting, the quality of care nurses provide is related to their skill of using themselves therapeutically in the setting and their ability to show empathy and listen effectively.

In a study conducted by Macalum& Melrose, (2002) revealed, that it is very essential that the psychiatry clinics should meet the professional standards of self-efficacy and autonomy as determined by the councils to execute an effective nursing practice. These standards can possibly be achieved by improving several individual characteristics, such as self-awareness and ability to give and accept feedback to and from others, as claimed essential for psychiatry nurses.

In another study conducted by Rohrer, (2002) stated that Self-awareness means the discovery of different paths in relationships and life. Forming and maintaining healthy relationships can be promoted as long as individuals are mutually aware of their thoughts, feelings, and behaviors.

In a study conducted by Taylor, (1990) Self-awareness education can be given to health professionals with clinical supervision. The most commonly used method to increase self-awareness in a clinical setting is group discussion Jack & Smith, (2007). The professional psychiatric nurse is aware of the need for ongoing mentorship to achieve increasing levels of mastery of psychiatric nursing practice. Clinical supervision not only reviews one's clinical care but also functions as a support system for the professional psychiatric nurse.

The development of professional standards of psychiatric nursing also includes participants Self-awareness of the use of professional autonomy. For psychiatric nursing, attaining autonomy means being able to define the domain of nursing and being able to exercise control over psychiatric nursing practice. This idea of shaping destiny, rather than letting outside forces be in control, views power as a positive force that allows nurses to attain goals. (Babadag, 2001).

### **Research Problem**

The Self-awareness is an important aspect for nurses working in mental health/ psychiatric set-up. The nurses lack adequate knowledge on self-awareness which will deter them to function as full fledged psychiatric nurses. There is need to plan and develop a valid program to self-awareness to bring change in nurses knowledge.

Also there is a need to establish association between knowledge score of nurses on self-awareness and selected demographic variables of nurses. This study attempts to plan and develop a valid Planned Teaching Program on self-awareness and evaluate its effectiveness among nurses working in psychiatric hospital.

### **Problem statement**

A study to evaluate the effectiveness of planned teaching program on the knowledge regarding self-awareness among nurses of Psychiatric Hospital, Goa.

### **Purpose of the study**

One of the main purpose of this study is to develop and validate a planned teaching program on self-awareness in order to help nurses to gain knowledge so that they apply in their professional nursing practice.

### **Objectives of the study**

- i. To assess the level of knowledge regarding self-awareness among nurses using a structured knowledge Questionnaire.
- ii. To find the association between pre-test knowledge score of nurses with socio demographic variables i.e. age, gender, religion and number of years of working experience, educational level, employment status and if attended in-service-education
- iii. To develop and validate planned teaching program on self-awareness.

- iv. To assess the effectiveness of Planned teaching program regarding self-awareness among nurses by comparing the mean pre and post-test knowledge scores.

### Hypotheses

$H_1$ - There will be a significant difference between mean pre-test and post- test knowledge scores regarding self-awareness.

$H_2$ - there will be a significant association between the knowledge scores with selected demographic variables.

### Variables

Variables under study are self-awareness and planned teaching program. Extraneous variables include age, gender, religion, designation, and number of years of working experience, educational level, educational qualifications, employment status.

### Assumptions

1. Nurses may have some knowledge on Self-awareness.
2. Nurses may have undergone programs on self-awareness or spiritual programs. Nurses may have been practicing some of the techniques of self-awareness.
3. Self-awareness is important for psychiatry nurses.
4. Self-awareness is essential component in living mentally healthy life for nurses

### Scope of the study

This research is designed to determine the knowledge on self-awareness of nurses working in the psychiatric hospital. The developed Planned Teaching Program on “self-awareness” will be evaluated to find its effectiveness among the nurses working in the psychiatric hospital. The pre-test assessment findings of this study will also help to find association between knowledge score and the selected socio demographic variables. Also to determine the effectiveness of PTP by comparing pre and post-test knowledge scores. The PTP will improve the staff nurses knowledge and therefore nurses will provide nurses with additional skill to manage professional as well as personal life. The planned teaching program can be reused to provide health teaching to a larger population.

### Conceptual framework

Conceptual framework is a precursor of a theory. It provides broad prospective for nursing practice, research and education. Conceptual framework plays several inter-related role in the progress of science. Their overall purpose is to make scientific and meaningful findings and also to generalize the findings.

This study is focused to assess the effectiveness of plan teaching program on knowledge regarding self-awareness. This study was based upon T. W.Kennys open system model. All living systems are open in that there is a continual exchange of matters, energy and information. Open system gave varying degree of interaction with the environment from which the system receives input and gives back output in the form of matter, energy, and information from the environment.

The main concept of the open system model is input, throughput, output and feedback. In open system theory refers to matter, energy and information that enter the system through its boundary.

Throughput is the processing where the system transfers the energy, matter and information. Output refers to the matter, energy and information that are processed. After processing the input, the system returns the output (matter, energy and information) to the environment in an altered state. Feedback refers to information of environmental responses to the system output is used by the system in adjustment, correction and accommodation to the interaction with the environment.

In this study, the input refers to background characteristics knowledge regarding self-awareness among nurses, which can be accessed through the pre test questionnaire and also the planned teaching program on knowledge regarding self-awareness.

## ANALYSIS AND INTERPRETATION OF DATA

The term analysis refers to the computation of certain measures along with searching for pattern of relationships that exists among data groups.

Analysis of data in a general way involves a number of closely related operations, which are performed with a purpose of summarizing the collected data, organizing these in such a manner that they answer the research questions.

This chapter deals with the analysis and interpretation of the information collected from 30 nurses from selected hospital of IPHB, Bambolim. The present data was designed to assess the knowledge of individuals regarding self-awareness. Collected data was tabulated, analyzed and interpreted using SPSS 21 package using descriptive and inferential statistics.

The findings of the study are organized in the following headings:

I: Description of sample characteristics.

II: Assessment of the knowledge of the nurses regarding self-awareness.

III: The association between pretest knowledge scores of nurses and selected demographic variables. age, gender, religion, number of years of working experience, educational level, employment status and if attended in-service-education.

IV: The effectiveness of planned teaching program.

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