

EFFECTIVENESS OF SELF-MANAGEMENT PROGRAM ON COPING ADEQUACY AMONG 1ST YEAR NURSING STUDENTS OF SELECTED INSTITUTIONS, BENGALURU.

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ABSTRACT

This study was aimed to assess effectiveness of self-management program on coping adequacy among 1st year nursing students of selected institutions Bengaluru. **Methodology:** Quasi experimental one group pretest posttest design was. Total sample size was 100. Using simple random sampling students were selected based on inclusion and exclusion criteria. Demographic proforma and coping adequacy scale was used. Pretest was administered using the tools followed by administration of self-management program. Post test was conducted on eighth day and after three months of administering training program using same tool to. **Results:** The findings of the study revealed that almost 86 (86%) had good level of coping adequacy and 14 (14%) had moderate level of coping adequacy and it was improved during post test. There was significant difference in the in the coping adequacy score of 1st year nursing students before and after administration of the self-management program ($F= 7.904$, $p<0.05$). **Conclusion:** Self-management program was effective in improving the coping adequacy of nursing students.

Key words: effectiveness, Self-management program, coping adequacy, nursing students, nursing institutions.

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INTRODUCTION

Preparing to be a nurse doesn't happen overnight. Not only is it necessary to have good grades, but also the capability to gain experience to develop skills, acquire knowledge and have maturity to be an effective nurse. As a healthcare professional on the team, the choice made by the nurse impacts human life and well-being. ("Nursing: Preparation and Requirements | The Career Center at Illinois", 2018)

Bestowing connection with the environment students will either adapt to the environment or not. If they can adapt to the environment, they will be well adapted; otherwise, they will have mismatch problems. This mismatch can cause stress in students. Stress is an infused phenomenon in life. When a student is able to deal effectively with the difficult condition, the intensity of the stress can be reduced. It hinge on the coping strategies that individual students use to solve their problem (Neeraja, 2008). In India, young adolescents depend on their significant others to make decisions about their life or vocation. This can be a stressful situation for students, affecting their self-concept and character (Mangal,1987)

Coping methods are the tools we use to deal with difficult emotions and stress. While understanding how to handle emotions is generally expected, it is not a skill we are born with. This is why it is critical to teach and practice coping methods on a daily basis. Strong coping methods can make a major difference in a child's or teen's ability to succeed into and then out of the classroom. The teaching of managing skills is essential! One of the most crucial social emotional skills that all kids and teenagers should be able to use is this one. (*Coping Strategies*, 2020). Those who cope best have a variety of coping skills and are adaptable in their responses to different situations. Copers, on the whole, have a optimistic attitude and use their expertise to attain the best possible result. Copers aren't powerless or passive. They seek strategies to reclaim control over their lives. (Fisher, 2020)

The backbone of any health-care system is student nurses and skilled professionals. They must be emotionally stable to function effectively and make therapeutic decisions. Coping methods are the ways people employ to handle the painful or difficult emotions when they are stressed or traumatized. Coping methods can help to handle the difficult situations while also maintaining their emotional health. (*Coping Mechanisms*, 2018). The present study therefore was conducted to assess effectiveness of self-management program on coping adequacy among 1st year nursing students of selected institutions Bengaluru.

STATEMENT OF THE PROBLEM

"A study to assess the Effectiveness of self-management program on and coping adequacy among 1st year nursing students of selected institutions Bengaluru."

OBJECTIVES OF THE STUDY ARE:

1. To assess pre interventional level of coping adequacy among 1st year nursing students of selected institutions.
2. To evaluate the effectiveness of self-management program on coping adequacy among 1st year nursing students of selected institutions.
3. To find the association between coping adequacies among 1st year nursing students of selected institutions and their selected demographic variables.

HYPOTHESIS:

All Hypotheses will be tested at 0.05 level of significance.

H₁: There will be significant difference in the coping adequacy score of 1st year nursing students before and after administration of the self-management program.

H₂: There will be significant association between coping adequacies among 1st year nursing students of selected institutions and their selected demographic variables.

METHODOLOGY

Quasi experimental one group pretest posttest design was employed to evaluate the effectiveness of self-management program on coping adequacy. Using simple random sampling students were selected based on inclusion and exclusion criteria. Based on the objectives of the study, demographic proforma for baseline data and coping adequacy scale prepared by the researcher to assess the coping adequacy of the students. Total sample size was 100. The investigator conducted pilot study and found to be feasible and practical. Prior to data collection permission was obtained from the concerned authority of nursing institutions. Ethical clearance was obtained from ethical committee.

After obtaining informed consent from 1st year nursing students pretest was administered to students using demographic proforma and coping adequacy scale followed by administration of self-management program. The training was provided one session per week for four weeks. Post test was conducted on eighth day and after 3 months of administering self-management program using same tool.

RESULTS

Out of 100 students the mean age was 18.19 with standard deviation of 1.59. Ninety two of them were females and 8 were males.

Table 1: Frequency and percentage distribution according to the pre and post interventional level of coping adequacy among 1st year nursing students

Level of coping adequacy	Pretest		Post test I		Post test II	
	f	%	f	%	f	%
Poor	0	0	0	0	0	0
Moderate	14	14	5	5	4	4
Good	86	86	90	90	89	89
Excellent	0	0	5	5	7	7

During pre - intervention almost 86 (86%) had good level of coping adequacy and 14 (14%) had moderate level of coping adequacy, But there was improvement in level of coping adequacy after intervention, in posttest I and posttest II with majority 90 (90%) and 89 (89%) of the subjects had good level of coping adequacy, 5 (5%) and 7 (7%) had excellent level of coping adequacy, 5 (5%) and 4 (4%) had moderate level of coping adequacy and none had poor level of coping adequacy respectively.

There was significant difference in the in the coping adequacy score of 1st year nursing students before and after administration of the self-management program ($F= 7.904$, $p<0.05$). Therefore self-management program was effective in increasing coping adequacy among 1st year nursing students.

Table 2: Paired t test showing the depression score of 1st year nursing students across Pre and Post intervention.

Time (O ₁)	Time (O ₂)	Experimental group		
		Mean difference (O ₁ – O ₂)	t value	p Value
Pre	Post I	-8.37	7.756	0.0001*
Pre	Post II	-9.04	8.214	0.0001*
Post I	Post II	-8.37	7.756	0.0001*

$t_{99} = 1.98$ at 0.05 level of significance * Significant

Paired t test revealed that a changes in total coping adequacy score from pre to post test I with t value 7.756 ($p<0.05$) pre to post test II was 8.214 ($p<0.05$) and post test I to post test II was 7.756 ($p<0.05$). Shows that there was improvement in coping adequacy after administration of self-management program.

Regarding association between coping adequacy scores and demographic variables reveals that there was association between age in years ($\chi^2= 4.06$; $p<0.05$), gender ($p=0.024$) and education of father ($\chi^2= 13.583$; $p<0.05$) in experimental group and in control group, place of residence ($\chi^2= 3.919$; $p<0.05$) and order of sib-ship ($\chi^2= 6.921$; $p<0.05$).

NURSING IMPLICATION OF THE STUDY

The self-management program was effective in improving the coping adequacy of the students.

NURSING EDUCATION

The students' progress in developing coping mechanisms should be monitored and assisted by the nurse educators. It's important to teach the students coping mechanisms and to maintain their mental health.

NURSING PRACTICE

Training should place an emphasis on counseling skills to address students' emotional needs, self-management training programs helps nursing students examine and strengthen their positive cognitive coping skills. This will prepare clinical nurses to take on the changing and expanding roles and responsibilities demanded by professionalism

NURSING ADMINISTRATION

The hospital administration should design programmes for nurses to receive continuous nursing education and should include such subjects to improve coping strategy of the the nurses. The nurse administrator must take the initiative to lecture in college, hospitals, and other community settings, providing healthy coping strategy information to individuals and groups.

NURSING RESEARCH

The study will serve as a useful resource and a guide for next researchers.

RECOMMENDATIONS

The following recommendations have been made based on the study's findings:

- A longitudinal study can be undertaken using a large sample size, diverse settings, and different populations.

- A study can be conducted with all the year nursing students and with other courses in nursing.

CONCLUSION

Coping strategy is a positive trait that will benefit every person. It leads to a healthy personality. If student nurses are not able to use coping mechanism adequately will never be satisfied with the life leading to stress, depression and anxiety which may lead into mental and physical problems in future, so the self-management program will ensure the adolescents to lead a healthier life.

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