

# Effectiveness of School Based Teaching Programme on Knowledge and Attitude of Teachers Regarding Prevention of Suicide Among Students in A Selected School at Kollam

**Silvy Abraham**

Lecturer, Holy Cross College of Nursing, Kottiyam, Kollam

## Abstract

Suicide is the most common way to get out of any hard situation that life throws at students. The present study was undertaken to assess the knowledge and attitude of teachers regarding prevention of suicide among students. The study was conducted among 50 teachers who are teaching in the 5th to 12th standards in the St. Joseph's convent High School, Kollam, Kerala, using pre-experimental one group pre-test post-test research design who were selected using purposive sampling technique. Data was collected using socio-demographic data, Knowledge questionnaire and Attitude questionnaire and were tabulated and analysed using descriptive and inferential statistics. The results revealed that there is significant improvement in the knowledge and attitude of school teachers after the school-based teaching programme.

**Keywords:** School based teaching programme; school teachers; prevention of suicide among students.

## Introduction

Suicide is the act or an instance of taking one's own life voluntarily and intentionally especially by a person of sound mind. Suicide is defined as the intentional taking of one's own life. The word for suicide translates into English as "self-murder". Students end their life so soon for number of reasons, like depression from a bad relationship, family problems, or even from being bullied in school. Suicide is the tenth leading cause of death worldwide (1).

Suicides have been proven to be one of the leading causes of death among students. An actual suicide holds different meanings such as, tragic, shocking, a relief, a cry for help, a shame, a heroic act, the right choice, punishment, revenge, protest, anger, a mistake, desperate, and hurtful feelings to students (2).

Every year almost one million people die from suicide with a global mortality rate of 16 per 100,000 population. (3) India has the highest suicide rate in the world among the students standing at 15.7 per 100,000 students in 2015. Of all the suicides in India, 6.1% are by students (4). In Kerala, the rate of suicide is 24.3, much higher than the national average of 15.7. As per the 2014 statistics, Kerala is in the fifth position in suicide rate (5).

Schools should ensure that they maintain a positive and safe school climate. All school teachers, who interact with students on a regular basis are in ideal positions to identify and refer students who are potentially at risk for suicide. The local school systems should provide annual suicide prevention education training to all teachers and to adopt a policy on student suicide prevention. Raising staff awareness about

suicide and training staff to take steps that prevent it are critical components of any comprehensive school-based suicide prevention programme (6). A teacher has a major role in preventing suicide among school students. The personnel in the school, mainly the teachers who are regularly interacting with students, are able to identify the students at risk and help them to overcome from the distress (7). Suicides are preventable. Even so, every 40 seconds a person dies by suicide in the world and many more attempted to suicide. Suicides occur in all regions of the world and throughout the lifespan (8).

Even though many suicide prevention strategies are carried out in the state, still the suicide attempts are on the higher side. The clinical experience of the investigator from suicide prevention clinic is also supporting this fact. This prompted the investigator to conduct a study to assess the knowledge and attitude of teachers regarding prevention of suicide among students.

### **Statement of the problem**

A study to assess the effectiveness of school-based teaching programme on knowledge and attitude of teachers regarding prevention of suicide among students in a selected school at Kollam.

### **Objectives**

1. To assess the knowledge and attitude of teachers regarding prevention of suicide among students.
2. To evaluate the effectiveness of school-based teaching programme on knowledge and attitude of teachers regarding prevention of suicide among students.
3. To find out the association between pre- test knowledge and attitude scores of teachers regarding prevention of suicide among students with selected socio demographic variables.

### **METHODOLOGY**

A quantitative research study was aimed to assess the effectiveness of School Based Teaching Programme on knowledge and attitude of teachers regarding prevention of suicide among students in a selected school at Kollam. The research design adopted for the present was pre-experimental one group pre-test – post-test design. In this study, the sample consists of 50 School teachers who are teaching in 5<sup>th</sup> - 12<sup>th</sup> standards of St. Joseph's Convent Girls Higher Secondary School at Kollam. Sampling technique used is non-probability -purposive sampling technique. The conceptual frame work is based on modified Imogene King's Theory of goal attainment (2001). According to Imogene King, nursing is defined as a process of action, reaction, interaction, where by the nurses and clients share information about their perception in relation to nursing care. Through perception and communication, they identify the problems based on set goals and necessary actions (9).

Data was collected from fifty teachers of St. Joseph's Convent High School Kollam for a period from 09/02/2018 to 15/02/2018 by using Modified Knowledge programme questionnaire and Modified Attitude questionnaire followed by administration of school-based teaching programme. Post-test was conducted after one week by using same Structured questionnaire. Ethical clearance has been taken after the ethics committee meeting from Holy Cross Hospital, Kollam.

### **Inclusion Criteria**

Teachers who:

- are teaching in 5th to 12th standards.
- are willing to participate in the study.

**Exclusion criteria**

Teachers who:

- have attended seminars or classes and gained knowledge regarding prevention of suicide.

**Statistics**

Data was analysed using descriptive and inferential statistics. The distributions of subjects according to demographic variables were shown using frequency, percentages, graphs and tables. Significant difference in the pre-test and post-test mean knowledge and attitude scores of fifty teachers were assessed by using Paired ‘t’ test. The association between pre-test level of knowledge and attitude scores regarding prevention of suicide among students with selected demographic variables was tested by using chi square.

**Results**

**Section 1: Description of demographic variables of school teachers.**

The description of the socio- demographic variables according to age, 36% were 51-60 years of age, 34% belongs to 41-50 years, 16% belongs to 31- 40 years and 14% belongs to 20-30 years respectively. According to educational status, 52% teachers were graduates and 48% were post-graduates, according to religion, 66% of teachers were Christians and 34% were of Hindu religion. According to marital status, 92% teachers were married, 4% were single and 4% were of widows. According to occupational status, 94% of teachers were permanent employees 6% were of temporary employees. According to years of teaching experience, 34% of teachers have 21-30 yrs, 30% have 11 -20 years; 24% have below 10 years and 12% have above 30 yrs of years of teaching experience in the school.

According to reason for choosing teaching profession, 98% of teachers have chosen teaching profession of self -interest and 2% have taken under pressure from parents. According to area of residence, 62% of teachers residing at corporation, 20% at rural and 18% were residing at urban area. According to monthly family income, 42% of the teachers have income between 10001-20000; 28% have above 30001; 22% have 20001-30000, and 8% have below 10,000 incomes. According to the source of information regarding counselling cell, 100% teachers were consented that counselling cell is present in the school. According to programmes or classes attended earlier by the teachers 66% of teachers were previously attended the programme regarding suicide and 34% had not attended any programme.

**SECTION II**

**Description of knowledge and attitude of teachers regarding prevention of suicide among students**

**Table 1: Effectiveness of school-based teaching programme on knowledge of teachers regarding prevention of suicide among students.**

| Knowledge | Mean  | SD  | N  | Mean Difference | Paired t | p     |
|-----------|-------|-----|----|-----------------|----------|-------|
| Pre-test  | 100.2 | 7.3 | 50 | 29.1            | 22.85**  | 0.000 |
| Post-test | 129.3 | 5.4 | 50 |                 |          |       |

\*\*Significant at 0.01 level

The above table 1 shows that 96% had very good knowledge and 4 % had good knowledge in the post-test. The post-test knowledge scores with a mean of 129.3 and standard deviation 5.4 demonstrated a

significant increase in post-test knowledge scores with ‘t’ value of (t =22.85) at 0.01 level of significance. The null hypothesis (H0) was rejected and research hypothesis (H1) was accepted. Hence, the School Based Teaching Programme was very effective in increasing the knowledge of school teachers.

**Section III**

**Effectiveness of School Based Teaching Programme on attitude of teachers regarding prevention of suicide among students**

| Attitude  | Mean | SD  | N  | Mean difference | Paired t | P     |
|-----------|------|-----|----|-----------------|----------|-------|
| Pre-test  | 61.6 | 4.7 | 50 | 24.4            | 35.25**  | 0.000 |
| Post-test | 86.0 | 2.9 | 50 |                 |          |       |

\*\*Significant at 0.01 level

The table 2 shows that 100 % had very good attitude in the post test. The post- test attitude scores with a mean of 86 and standard deviation 2.9. 77 The study results demonstrated a significant increase in post - test attitude scores with ‘t’ value of (t =35.25) at 0.01 level of significance. The null hypothesis (H0) was rejected and research hypothesis (H1) was accepted.

**Discussion**

The present study was focused on the effectiveness of school-based teaching programme on knowledge and attitude of teachers regarding prevention of suicide among students in a selected school at Kollam.

**Nursing implications**

**Nursing Practice**

- Suicide is a common problem in students. In order to decrease its prevalence, School Based Teaching Programmes are effective and useful.
- Study recommends that ongoing education for teachers will improve the knowledge and attitude of teachers in order to decrease the prevalence of suicide among students.
- Many school teachers were not aware about the implementation of the School Based Teaching Programme. But after the SBTP teachers were well knowledgeable to handle the suicide prevention among students.

**Nursing Administration**

- The present study findings can help the nurse administrators to plan various School Based Teaching Programmes to make the school teachers aware of their roles and responsibilities as teachers and to improve their knowledge and attitude in order to reduce the prevalence of suicide among students.
- The nurse administrator can encourage the student nurses to know the positive measures and techniques to prevent suicide and to conduct school mental health programmes to give awareness among students as well as teachers.
- The benefits of the programmes could be disseminated through media like television, radio, internet etc.

**Nursing Education**

- Nurse educators can prepare the strategies which will help to improve the knowledge and attitude of school teachers regarding prevention of suicide among students.

- Nurse educator can use various audio-visual aids in enhancing the knowledge and attitude of the teachers, students, adolescents and young adults by providing seminars or classes on suicide in different settings.
- Nurse educators can co-operate with official authority to bring awareness programmes in schools and colleges to prevent suicide among students of any age groups.

### **Nursing Research**

- The findings of this study can be a background for future research studies.
- Further studies can be conducted in this area to determine the effectiveness of School Based Teaching Programme regarding prevention of suicide among students.
- Effective suicide prevention programmes that are coordinated at the district and school levels can greatly contribute to ensure the at-risk students receive the mental health interventions.

### **Limitations**

1. The study was limited to a selected school at Kollam.
2. Generalization of the study was limited because of small sample size and Purposive sampling method was used for the study.
3. The study was conducted in a single setting which will not give true picture of knowledge and attitude regarding school-based teaching programme among teachers.
4. The sample size of the study was not adequate to derive statistically significant association between knowledge and attitude with regard to selected socio-demographic variables.
5. The study was conducted only for high school teachers from 5th to 12th standard, so that all the teachers in the schools were not able to participate in the study.
6. No follow up was done after the post test of the study.

### **Recommendations**

In the light of the findings of the above study, the following recommendations were made for further recommendations

1. A similar study can be conducted comparatively by the government teachers and private school teachers and also related to the academic aspects.
2. A self-instructional module can be developed based on learning needs of teachers.
3. An experimental study can be conducted with a control group.
4. The same study can be conducted in different settings such as mental health hospitals, orphanages, and communities for parents, staff, students and adults.

### **Conclusion**

Teachers should establish awareness on prevention of suicide programme and therefore implement this programme in schools by giving immense support to the students who are at risk for suicide. The results showed that the post-test knowledge and attitude scores were significantly higher than the pre-test scores of the school teachers. The results showed that The School Based Teaching Programme was effective in increasing knowledge and attitude of teachers regarding prevention of suicide among students.

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