



Effectiveness Of Structured Teaching Programme On Knowledge Regarding Stress Management Among Orphanage Adolescents In Selected Orphanage Homes, Bangalore

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ABSTRACT

“I am only one, still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do the something I can do”. Adolescent is the period between puberty and the completion of physical growth, roughly from 11 to 19 years of age. An orphanage is an institution dedicated to caring for orphans and abused, abandoned, and neglected children. Stress is a conscious or unconscious psychological feeling or physical situation which comes after as a result of physical or/and mental 'positive or negative pressure' to overwhelm adaptive capacities. The common causes of stress among children or bullying, lack of attention, being ignored boredom, shouting and smacking, lack of parental authority, criticism, parents expectations high, feeling controlled – no room for self-expression, allow to escalate, made to feel guilty, to many responsibilities, sibling rivalry, divorce, problems in home, trauma, violence, sexual abuse and grief. According to world report from UNICEF and HRW, It is estimated there are between **143 million** and **210 million** orphans worldwide. The total adolescent orphans between the age of 12- 17 years are 80.5%.India has more than 18 million children living on the streets. Orphanages are filled with the abandoned.India has more than 18 million children living on the streets. Adolescent orphans in India are 31000.**Objectives:**1.To assess the existing level of knowledge regarding stress management among orphanage adolescents.2.To assess the effectiveness of structured teaching programme on knowledge regarding stress management among orphanage adolescents.3.To compare between pretest and post test scores among orphanage adolescents.4.To associate the effectiveness of structured teaching programme in stress management among orphanage adolescents with their demographic variables.**Methods:**Qualitative study, a quasi-experimental study was adopted for the study. Sample size was 60adolescent children living in orphanage. simple random sampling technique for the selection of the sample. structured questionnaire schedule, lesson plan on stress management was structuredto collect the data.**Results:**The pre-test score of the orphanage adolescents knowledge on stress management reveals that majority 59(98.3%) had inadequate knowledge and 1 (1.7%) had moderately inadequate knowledge.The post-test scores of knowledge shows that there is a high mean score for post test score when compared to pretest score. About 55(91.7%) of orphanage adolescents had adequate knowledge, and 5 (8.3 %) had moderately inadequate knowledge. **Conclusion:**The study revealed that the majority of orphanage adolescents had responded well after administering structured teaching in managing their stress.

Keywords : Structured teaching, orphanage adolescents, stress management, knowledge.

INTRODUCTION

Adolescence a time of "storm and stress" during which the individual was thrown about by opposites such as action versus inaction, excitement versus calm, elation versus depression, self-confidence versus doubts about self-esteem, and the need for authority versus the need to rebel against authority. An orphanage (historically an orphan's asylum before the asylum took on its modern insane asylum connotation) is an institution dedicated to caring for orphans (children who have lost their parents) and abused, abandoned, and neglected children. Generally, the word orphanage is used interchangeably with children's home. Largely seen as an inferior alternative to family-based childcare such as some forms of foster care, adoption and other family-based childcare, orphanages may be privately or publicly funded, and many are run by religious organizations. Stress is a conscious or unconscious psychological feeling or physical situation which comes after as a result of physical or/and mental 'positive or negative pressure' to overwhelm adaptive capacities. These are 5 core concepts which are used in the reduction of stress. Recognition of the causes and sources of the threat or distress; education and consciousness raising. Relationships identified for support, help, and reassurance. Removal from (or of) the threat or stressor; managing the stimulus. Relaxation through techniques such as meditation, massage, breathing exercises, or imagery. Re-engagement through managed re-exposure and desensitization.

OBJECTIVES

To assess the existing level of knowledge regarding stress management among orphanage adolescents.

2. To assess the effectiveness of structured teaching programme on knowledge regarding stress management among orphanage adolescents.
3. To compare between pretest and post test scores among orphanage adolescents.
4. To associate the effectiveness of structured teaching programme in stress management among orphanage adolescents with their demographic variables.

MATERIAL AND METHODS

Qualitative study, a quasi-experimental study was adopted for the study. The aim is to describe the relationship among the demographic variable.

Which helps to provide factual information about the existing phenomena. It also helps to study the current status by further exploration and understanding of the present condition.

The tool consists of two sections. The tool consists of two sections: **Section A:** It consists of items for demographic variables. **Section B:** It consists of items to assess the knowledge of orphanage adolescents regarding stress management. It is further divided into 2 subsections. **a)** Knowledge on general information regarding stress. **b)** Knowledge regarding stress management. The base line data on knowledge of stress management among orphanage adolescents collected using structured questionnaire approximately 30-35 minutes was taken by orphanage adolescent to fill the structured questionnaire.

Descriptive statistics

Frequency and percentage distribution is used to distribute the demographic variables of orphanage adolescents.

Mean and standard deviation is used to compute the knowledge regarding stress management among orphanage adolescents.

Inferential statistics

Paired “t” test is used to analyze the pretest and posttest level of knowledge on stress management among orphanage adolescents.

Chi square test is used to associate the posttest level of knowledge of orphanage adolescents with that of their selected demographic variables.

Association of knowledge with selected demographic variables of orphanage adolescents. n=60

Sl.No	Demographic variables	Categories	Sample (n=60)		Knowledge				χ^2 -value	p-value
					≤median		>median			
			No.	%	No.	%	No.	%		
1	Age	12-14yrs	30	50.0	18	60.0	12	40.0	2.40, df=1, NS	P<0.05
		15-17yrs	30	50.0	12	40.0	18	60.0		
		18 yrs	-	-	-	-	-	-		
2	Gender	Male	60	100	30	100	30	100	Not applicable	
		Female	-	-	-	-	-	-		
3	Religion	Hindu	52	86.7	26	86.7	26	86.7	0, df=2, NS	p>0.05
		Muslim	4	6.7	2	6.7	2	6.7		
		Christian	4	6.7	6	6.7	2	6.7		
		Others	-	-	-	-	-	-		
4	Education	7-9 th std	32	53.3	18	60.0	14	46.7	1.07, df=1, NS	p>0.05
		10-12 std	28	46.7	12	40.0	16	53.3		
5	Hostel facilities	Adequate	60	100	30	100	30	100	Not applicable	
		Inadequate	-	-	-	-	-	-		
6	Food facilities	Yes	60	100	30	100	30	100	Not applicable	
		No	-	-	-	-	-	-		
7	Recreational facilities	Yes	60	100	30	100	30	100	Not applicable	
		No	-	-	-	-	-	-		
8	If yes	Games	29	48.3	16	53.3	13	43.3	0.60, df=2, NS	p>0.05
		Watching television	18	30.0	8	26.7	10	33.3		
		Music	13	21.7	6	20.0	7	23.3		
		Others	-	-	-	-	-	-		
9	Visitors	Relatives	27	45.0	13	43.3	14	48.3	7.55, df=3, S	P<0.05
		Friends	6	10.0	2	6.7	4	13.8		
		Neighbors	6	10.0	1	3.3	4	13.8		
		Voluntary agencies	21	34.7	14	46.7	7	23.3		

10	Previous information about stress management	Mass media	24	40.0	11	36.7	13	43.3	0.34, df=3, NS	p>0.05
		News papers	14	23.3	7	23.3	7	23.3		
		Magazines	11	18.3	6	20.0	5	16.7		
		Text book	11	18.3	6	20.0	5	16.7		

RESULTS AND DISCUSSION

The pre-test score of the orphanage adolescents knowledge on stress management reveals that majority 59(98.3%) had inadequate knowledge and 1 (1.7%) had moderately inadequate knowledge. The post-test scores of knowledge shows that there is a high mean score for post test score when compared to pretest score. About 55(91.7%) of orphanage adolescents had adequate knowledge, and 5 (8.3 %) had moderately inadequate knowledge. There was a significant difference between pre and post-test knowledge scores of orphanage adolescents on stress management at 0.05% level $t=38.91$ ($p<0.05$). Thus the structured teaching programme regarding stress management was found to be very effective.

CONCLUSION

The orphanage adolescents had responded well after administering structured teaching in post-test. There was a significant difference between post -test knowledge scores and pre-test knowledge scores of orphanage adolescents. Structured teaching programme on knowledge of orphanage adolescents regarding stress management was found effective.

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