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Study to assess the effectiveness of instructional module regarding educational stressors leading to suicidal tendencies on knowledge among parents of adolescent residing in selected areas of Jabalpur M.P

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Abstract

More than 3,000 children in the age group of 14-18 years committed suicide in Madhya Pradesh in 2017-19, with examination failure being one of the main reasons, according to government data. The National Crime Records Bureau (NCRB) consolidated data on child suicides was recently tabled in Parliament. According to data, up to 24,568 children, of which 13,325 were girls, aged 14-18 years died by suicide in 2017-19. In 2017, up to 8,029 children in the age group of 14-18 years died by suicide. The number rose to 8,162 in 2018 and then further increased to 8,377 in 2019, the company said. The highest number of suicides among children in this age group was reported from Madhya Pradesh with 3,115, followed by West Bengal with 2,802, Maharashtra with 2,527 and Tamil Nadu with 2,035. Examination failure was cited as the reason for the suicide of 4,046 children, while a marriage-related problem was the reason for the suicide of 639 children, including 411 girls, according to the data.

It is important to deal with stress at the personal, social and institutional levels. Medications such as feedback, yoga, life skills training, mindfulness, meditation, and psychotherapy have been shown to be helpful in dealing with stress. Identifying the root cause of stress is the key to dealing with it. Professionals can develop tailored strategies to deal with stress.

Keywords: Deliberate self-harm, suicide, adolescents, secondary school, parents

Introduction

Objectives

1. To assess existing knowledge of parents related educational stressors leading to suicidal tendency in adolescents.
2. To assess the effect of planned teaching on knowledge of parents regarding educational stressors leading to suicidal tendency in adolescents.

Methodology

I. Findings regarding the demographic characteristics of the participants

- Most (55%) of the samples were in the age group of 30-40 years.
- More than half (76%) of the samples were female.
- Majority (94%) of the sample was Hindu by religion.
- Most (89%) of the samples were from an urban region.
- Half (50.4%) of the samples were from nuclear families.
- Majority (43.4%) of the sample monthly family income ranged between Rs.5001-10000.
- Almost half (47.2%) of the samples were educated up to secondary education.
- The majority (53.8%) of the sample were housewives and 35.8% had service as an occupation.

II. Findings regarding the effect of planned teaching on knowledge of parents regarding educational stressors leading to suicidal tendency in adolescents

- In the pretest, the total average knowledge score was 26.1. The highest score was achieved in the area of "suicide prevention" and the lowest score in the area of "causes and risk factors of adolescent suicide".

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- In the preliminary test, 52.2% of parents demonstrate an insufficient level of knowledge, 47.6% demonstrate an intermediate level and 0.2% demonstrate an adequate level of knowledge. III. Findings regarding the effect of planned instruction on adolescent suicidality knowledge among adolescent parents.
- After the test, the overall average knowledge score was 45.5.
- The highest score was achieved in the area of? "Suicide prevention" and the lowest score in the area of?? "Causes and risk factors of adolescent suicide".
- There was a significant difference between pre-test and post-test knowledge scores with a pre-test mean of 26.1 and a post-test mean of 45.5.
- In the post test, 95% of adolescent parents demonstrated adequate knowledge and 5% moderate knowledge regarding suicidal tendencies in adolescents.
- The t-value for the comparison of the knowledge score before and after the planned teaching about suicidal tendencies in adolescents was 110.1. Thus, the planned educational program was significantly effective in increasing the level of parents' knowledge about suicidal tendencies in adolescents.
- A significant association was found between parents' pre-test knowledge of adolescent suicidal tendencies adolescents and their demographic variables such as gender, income and parental education.
- Mothers were found to have more knowledge about adolescent suicides compared to fathers.
- Parents with higher incomes were found to have higher pre- and post-test knowledge scores on suicidal tendencies in adolescents.
- Parents with higher education were found to have higher pre- and post-test knowledge scores on suicidal tendencies in adolescents.
- Parents having service as occupation shown highest average post-test knowledge score.

Conclusions

This study was conducted to assess the effect of planned teaching on educational stressors leading to suicidal tendencies on knowledge among parents of adolescent residing in selected areas of Jabalpur

This study used a quasi-experimental one-group pre-test-post-test research design with a sample of 500 using a multistage randomized sampling technique. Data was collected using a structured questionnaire and the method of data collection was self-report. Data analysis was performed using appropriate statistical methods. Based on the findings of the study, the following conclusions were drawn

1. Most parents had an average level of knowledge about educational stressors leading to suicidal tendencies in adolescents.
2. In the pre-test, the mean knowledge was 47.6%, the inadequate knowledge score was 52.2%, and the adequate knowledge score was 0.2%, improving to 95% adequate knowledge and 5% intermediate knowledge. The parents' knowledge thus increased significantly after the planned teaching about educational stressors leading to suicidal tendencies in adolescents.

Personal Experience

The investigator is extremely pleased with the completion of the study as the participants were highly motivated and cooperative, which in turn helped the investigator to proceed further without any problems. Constant guidance and support from the guides enabled the investigator to continue with full enthusiasm. The examiner could achieve the

objectives of the study in the given period.

They found the information gained through the planned teaching to be extremely important and felt that they could use this knowledge for themselves as well as to pass it on to others for the early identification of educational stressors leading to suicidal tendencies and the prevention of adolescent suicides.

Conflict of Interest

Not available

Financial Support

Not available

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