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RESEARCH ARTICLE

LEVEL OF AGGRESSION AND THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON AGGRESSION MANAGEMENT IN TERMS OF KNOWLEDGE AMONG ADOLESCENTS.

Tanishka Pathak¹, Rajwant Kaur.

M. sc (N) Mental Health Nursing Nightingale Institute Of Nursing, Noida.

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Abstract

A study to assess the level of Aggression and the effectiveness of Planned Teaching Program on Aggression Management in terms of Knowledge among adolescents at selected school of Delhi. The research approach adopted was Experimental and the design adopted was Pre experimental One group Pre – Test and Post – Test design. The independent variable of the study was Level of Aggression and Planned Teaching Program on Aggression Management among Adolescents and dependant variable was Knowledge of the Adolescents on Aggression Management. 40 Adolescents with the age group of 13-19 years studying in 9th standard in Shashi Public Secondary School, Delhi were selected using Purposive Sampling technique. The major findings of the study were: Majority of adolescents i.e. 65% had mild aggression, 17.5% had moderate aggression, 12.5 % had no aggression and 5% had severe aggression, The mean post – test Knowledge score of the adolescents were significantly higher than the mean pre – test knowledge score, Planned Teaching Program was found to be effective strategy in enhancing the knowledge scores of adolescents. There was no significant association between the mean Aggression Scores and Mean Post – Test Knowledge Scores with the selected demographic variables i.e. Age, Gender, Order of Birth, Types of Family, Education of Father, Education of Mother Family income per month in rupees, No. of Siblings, Occupation of Father, and Occupation of mother.

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Introduction:-

Aggression is a behavior intended to threaten or injure the victim's security or self-esteem. It means "to go against, "to assault" or "to attack". It is a response that aims at inflicting pain or injury on objects or persons. Whether the damage is caused by words, fists, or weapons, the behavior is virtually always designed to punish. It is frequently accompanied by bitterness, meanness and ridicule. An aggressive person is always vengeful. Expression of anger may take many forms including violence, self-harm and more commonly, physical and verbal aggression. Anger expression may also present differently according to the developmental age of the child. In early childhood, aggressive behavior in mild to moderate forms is fairly common. As children develop, however they learn skills to control their aggression before it becomes problematic.

Corresponding Author:- Tanishka Pathak¹Rajwant Kaur.

Address:- M. sc (N) Mental Health Nursing Nightingale Institute of Nursing, Noida.

Aggressive behavior becomes concerning and more clinically significant when it occurs frequently. It is higher, intense and violent and causes harm to others. Anger and its expression represent a major public health problem for school-age children and adolescents. Prevalence reports show that anger related problem such as oppositional deviant behavior, verbal and physical aggression, and are the more common reasons children are referred for mental health services.

India is also facing problems due to increased violence in schools. In 2011, 18% of students ages 12–18 reported that gangs were present in their schools during school year. In 2012, there were about 749,200 nonfatal violent victimizations at school among students 12 to 18 years of age. Approximately 9% of teachers reported that they have been threatened with injury by a student from their school; 5% of school teachers reported that they had been physically attacked by a student from their school. In 2013 nationally representative sample of youth in grades 9-12, 8.1% reported being in a physical fight on school property in the 12 months before the survey. 5.2% reported carrying a weapon (gun, knife or club) on school property on one or more days in the 30 days before the survey. 6.9% reported being threatened or injured with a weapon on school property one or more times in the 12 months before the survey.

Statement of The Problem:-

A Study to Assess the Level of Aggression and the Effectiveness of Planned Teaching Program on Aggression Management in terms of Knowledge among Adolescents at Selected School of Delhi

Objectives:-

1. To assess the Level of Aggression among Adolescents.
2. To assess the effectiveness of Planned Teaching Program on Aggression Management before and after the Administration of Planned Teaching Program in terms of Knowledge.
3. To find out the association between the mean Aggression scores with the selected Demographic Variable.
4. To find out the association between the mean Post-test Knowledge Scores with the selected Demographic Variables.

Hypothesis:-

H₁:-The mean Post-Test Knowledge Scores among the Adolescents on Aggression Management will be significantly higher than the mean Pre-Test Knowledge Scores as evident from Structured Knowledge Questionnaire at 0.05 level of significance.

H₂:-There will be significant association between mean Aggression Scores among Adolescents with the selected Demographic Variables at 0.05 level of significance.

H₃:- There will significant association between mean Post-test Knowledge Scores among Adolescents with the selected Demographic Variables at 0.05 level of significance.

Methodology:-

Experimental research approach and Pre experimental One group Pre – Test and Post – Test design was used for conducting the study on 40 Adolescents with the age group of 13-19 years studying in 9th standard in Shashi Public Secondary School, Delhi were selected using Purposive Sampling technique. Tools used for the study was Aggression scale to assess the Level of Aggression and Structured Knowledge Questionnaire to assess the Knowledge among Adolescents on Aggression Management. The technique adapted to collect the data was paper and pencil technique.

Results:-

Section–1:-Findings related to Demographic characteristics of adolescents.

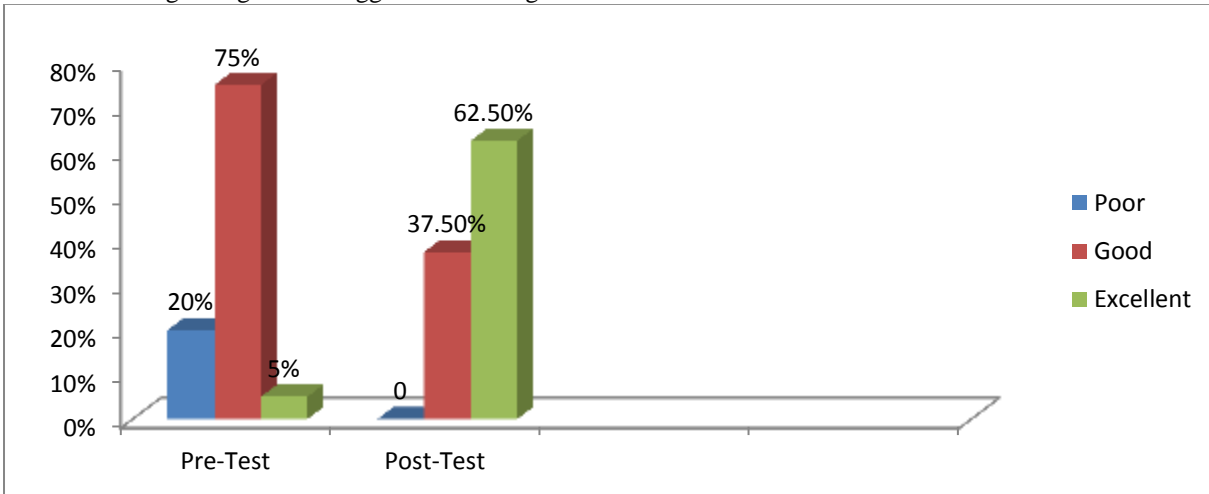
Majority of adolescents (70%) were in 13-15 years, Birth order wise majority of them (37.5%) were youngest, As per type of family (50%) adolescents were living in nuclear family, (50%) were living in joint family and none of them were from broken family, As per education of father, majority of them (35 %) were educated up to secondary, As per education of mother most of them (27.5%) were graduates, In terms of family income majority of them (42.5%) had income more than Rs 20,001per month, Most of the adolescents (60%) had two siblings, As per occupation of father majority (57.5%) had business, Majority of mothers (96%) were housewife.

Section 2:-Findings related to Level of Aggression among Adolescents.

| S. No. | Level of Aggression | Score | Frequency (f) | Percentage (%) |
|--------|---------------------|-------|---------------|----------------|
| 1. | No aggression | 0 | 5 | 12.5 |
| 2. | Mild aggression | 1-5 | 26 | 65 |
| 3. | Moderate aggression | 6-10 | 7 | 17.5 |
| 4. | Severe aggression | 11-15 | 2 | 5 |

Above Table showed that majority of the adolescents i.e. **26 (65%)** had mild aggression, **7 (17.5%)** had moderate aggression, **5 (12.5%)** had no aggression and **2 (5%)** had severe aggression.

Section 3:-Findings Related To Level Of Knowledge Of Adolescents Before And After The Administration Of Planned Teaching Program On Aggression Management



Above diagram revealed that in pre-test majority of adolescents i.e. **(75%)** had good knowledge, whereas **(20%)** had poor knowledge and **(5%)** had excellent knowledge. In post-test majority of adolescents i.e. **(62.5%)** had excellent knowledge whereas **(37.5%)** had good knowledge and none of them had poor knowledge.

| Knowledge Score | Mean | Median | Standard Deviation |
|-----------------|-------|--------|--------------------|
| Pre – Test | 11.03 | 11 | 3.62 |
| Post – Test | 17.33 | 17 | 2.68 |

The data revealed that mean Post – Test knowledge score i.e. **17.33** of adolescents after the administration Planned Teaching Program was significantly higher than their mean Pre – Test knowledge score i.e. **11.03**.

| Knowledge Score | Mean | MD | SDmd | “t” Value |
|-----------------|-------|------|------|-----------|
| Pre – Test | 11.03 | | | |
| Post – Test | 17.33 | 6.30 | 0.94 | 13.22* |

From the Table, it is evident that the mean post – test knowledge score **(17.33)** of the adolescents was significantly higher than the mean pre – test knowledge scores **(11.03)** with the mean difference **(6.30)**. The obtained mean difference is found to be statistically significant as evident from “t” value **(13.22)** df (39) which is greater than the table value **(2.02)** for df **(39)** at **0.05** level of significance.

Section 4:-Findings Related To Association Between Mean Aggression Scores With Selected Demographic Variables

There was no significant association between the Aggression Scores with the selected Demographic Variables i.e. Age, Gender, Order of Birth, Types of Family, Education of Father, Education of Mother, Family income per month in rupees, No. of Siblings, Occupation of Father, and Occupation of mother.

Section 5:-Findings Related To Association Between Mean Post Test Knowledge Scores With Selected Demographic Variables

There was no significant association between the mean Post-Test Knowledge Scores with the selected Demographic Variables i.e. Age, Gender, Order of Birth, Types of Family, Education of Father, Education of Mother Family income per month in rupees, No. of Siblings, Occupation of Father, and Occupation of Mother.

Discussion:-

The study was conducted on 40 adolescents of Shashi Public Secondary School, Delhi. In this section the investigator discuss the result of the study. The findings of the study have been discussed according to objectives of research study i.e. To assess Levels of Aggression among Adolescents. The findings are in consistence with the study done by **Kruti I. and Melonashi E. 2015** to assess the levels of aggression in a sample of Albanian adolescents. The study involved 250, 17-years old students, 108 males and 142 females. Results showed high prevalence of aggression (both direct and indirect) among adolescents (Direct i.e. boys 61%, girls 39% and Indirect 56%, girls 54%). The findings were similar to the present study that aggression level was more in boys than girls at Shashi Public Secondary School.

Shilpa G.S, Mathias J, Babu L, Abraham L, Mathew LS, George LA et al 2014 conducted an evaluative study to determine the effectiveness of planned teaching program in terms of gain in knowledge of mothers regarding effects of family conflicts on children. A sample of 50 mothers was selected by non-probability purposive sampling technique in the Talapady area. Results revealed that the overall mean percentage of knowledge score was 46.25% in the pre-test and 80% in the post-test. The findings were in consistent with the findings of present study which revealed that Planned Teaching Program was an effective tool to enhance the Knowledge of Adolescents on Aggression Management.

Conclusion:-

Planned Teaching Program was found to be effective strategy in enhancing the Knowledge Scores of Adolescents on Aggression Management. There was no significant association between the mean Aggression Scores and Mean Post – Test Knowledge Scores with the selected demographic variables i.e. Age, Gender, Order of Birth, Types of Family, Education of Father, Education of Mother Family income per month in rupees, No. of Siblings, Occupation of Father, and Occupation of mother.

Nursing Implications:-

Nursing syllabus should provide a specific detail about the topic on aggression management. Nursing students must learn about detection, prevention and home management of aggression. Post graduate courses should prepare psychiatric clinical nurse specialist and nurse practitioner. They can serve as resource persons for other nurses, nursing students, clients and their families for determining appropriate interventions. Nurses should have better knowledge regarding dealing with aggressive clients. Nurses should teach aggression management techniques to the clients so that they can manage aggression more constructively in hospitals as well as home. Involve family members also for regular teachings sessions or group discussion on management of aggressive children in Psychiatric OPD, Pediatric OPD and child guidance clinics. Nurse administrator should organize conferences to update the knowledge of their nurses regarding aggression management techniques so that they can manage their aggressive clients in a better way as well as their own aggression. Research studies conducted by Indian nurses in this area are few. So more nursing research should be conducted to prepare various educational materials for health care workers and evaluate health care workers. Nursing research should be directed to further explore and update knowledge and practice of nurses regarding care of aggressive clients and various aggressive management techniques.

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