RESEARCH ARTICLE

"EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE ON KNOWLEDGE REGARDING AGGRESSIVE BEHAVIOUR AND ITS PREVENTION AMONG ADOLESCENTS IN SELECTED P. U. COLLEGES AT VIJAYAPUR"

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Manuscript Info

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Abstract

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Background: Approximately 20% of the population in India consists of adolescents. Adolescence can be defined as a developmental period that serves as a bridge between childhood and maturity. The current stage of growth and development is characterized by a state of vulnerability.

Methodology: A quantitative approach with pre experimental one group pretest post test design was adopted for the study. The samples from the selected PU colleges of Vijaypura district were selected using convenient sampling technique. The sample consisted of 60 PU college students. The tools used for data collection was knowledge questionnaire.

Results: The study result reveal that, pre tests knowledge score mean was 20.4 and mean post tests score was 26.5. In pretest 8(13.3%) of Adolescents were had Inadequate Knowledge, 42(70.0%) of them were had Moderate Knowledge and 10(16.7%) of them were had Adequate Knowledge and in post test 12(20.0%) of them were had Moderate Knowledge and 48(80.0%) of them were had Adequate Knowledge. A significant difference will be found between the pre test and post test knowledge scores of the adolescents regarding Aggression behaviour and its prevention at 0.05 level of significance.

Conclusion: Self instructional module improved the knowledge level of the participants. Since a very few studies have been conducted regarding this topic in India, so the nurse researcher can take further studies on the same topic.

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Introduction:-

Approximately 20% of the population in India consists of adolescents. Adolescence can be defined as a developmental period that serves as a bridge between childhood and maturity. The current stage of growth and development is characterized by a state of vulnerability. This period is characterized by the establishment of habits that will persist throughout adulthood. The sleeping patterns exhibited by adolescents have a significant influence on their overall health.

Numerous studies have extensively documented the evident repercussions of inadequate and irregular sleep patterns among teenagers in terms of their cognitive and educational achievements, including subpar academic performance and increased rates of school absenteeism. Furthermore, insufficient sleep has been associated with an elevated risk of drowsy-driving accidents, substance misuse, and challenges in regulating emotions.

The prevalence of substance use among adolescents is a topic of considerable scholarly interest. Individuals who commence the utilization of psychoactive substances throughout their early developmental stages, commonly delineated as prior to the age of 13 or 14, exhibit an elevated susceptibility to adverse psychosocial, educational, and mental health consequences in comparison to those who began substance use at a later stage. While it is true that the adolescent brain may exhibit greater resilience against the neurotoxic impacts of substance use, the introduction of drugs into the system can still disrupt brain functioning, potentially resulting in cognitive, social, and psychological impairments. Aggression manifests itself in several manners, encompassing physical aggression, verbal aggression, antagonism, and wrath.

The study of the teenage stage is regarded as highly significant among all developmental phases. If the behaviour of adolescents is appropriately adjusted and their energy is effectively channeled, they have the potential to positively contribute to society. India is classified as a developing nation, and at present, there is a concerning trend among our younger generation to engage in various forms of anti-social behaviour, such as physical assault, acid attacks, homicide, intimidation, firearm use, suicide, and acts of terrorism.

It is evident that aggression plays a pivotal role in facilitating these activities, which poses significant implications for the overall well-being of our society. In contemporary society, it is commonplace to see media coverage pertaining to incidents of physical assault, acid attacks, menacing threats, unanticipated acts of aggression, and various other forms of assaults that frequently dominate the headlines.

Carney (2000) asserts the media plays a significant role in disseminating information about instances where adolescents engage in acts of extreme violence. These instances often involve one teenager who conducts a horribly violent act, while another adolescent simply bursts and inflicts substantial harm or causes the death of another individual without any discernible reasons or critical incidents.

The escalating crime rates and prevalence of aggressive behaviours exhibited by young individuals in India have prompted researchers to undertake studies on the phenomenon of youth aggression. Hence, it is imperative to promptly detect problematic behaviours throughout the school-age period and implement suitable preventive measures. In the Indian setting, it is imperative to conduct a thorough evaluation of aggression among young individuals and design comprehensive preventative and intervention strategies to address this issue. The primary objective of this study is to gain insight into the identification of aggression among adolescents attending school, as well as to explore the various socio-demographic aspects that may be linked to aggression in this population.

Objectives:-

1. To assess the knowledge regarding aggressive behavior and its prevention among adolescent in selected PU Colleges at Vijayapur.
2. To evaluate the effectiveness of self instructional module on knowledge regarding aggressive behavior and its prevention.
3. To find out the association between knowledge scores with socio-demographic variable.

Hypothesis:
At 0.5 level of significances.
H_1: There will be a significant difference between the knowledge score regarding aggressive behavior and its prevention among adolescent.
H_2: There will be significant association between the knowledge level and selected demographic variable among adolescent.

Methodology:-

Research Approach   :   Quantitative Research Approach
Research Design :   Pre experimental one group pretest post test design
Sampling technique   :   Non-Probability; Convenient Sampling Technique
Sample size   :   60
Setting of study   :   Selected PU Colleges of Vijaypura
Method of data collection : Self report

Tools Used:
Section I   : Socio-demographic variables of Participants
Section II   : Structured Knowledge questionnaire
Structured knowledge consisted of 30 multiple choice questions related aggressive behavior and its prevention. It is further divided into three sections such as Items on knowledge regarding introduction, meaning and definition and types of aggressive behaviour (10), Items on   Signs, symptoms, causes and Difference between aggression and abuse (14), Items on Risk factors, risk protective factors, causes, Treatment and other therapy. Disorders of aggressive behavior (5).

The levels of knowledge have been classified as follows based on the scores obtained
- Inadequate ($< 50\%$**)**
- Moderately adequate **(**50-75%**)**
- Adequate **(**≥75%**)**

Procedure Of Data Collection:
A formal letter was sent to Principal of Basaweshwar PU College, Vijayapur and approval was obtained to conduct the study.

Day 1 (pretest):
The investigator selected 60 samples through purposive sampling. In order to obtain a free and true response the subjects were explained about the purpose and usefulness of the study and assurance about the confidentiality of their responses were provided.

The participants' knowledge regarding aggressive behavior and its prevention was assessed.
Same day the Self-Instructional Modulewas administered.

Day 7:
Brainstorming Session; providing Scenarios and asking to solve the questions related to age associated aggressive behavior and its prevention. This step is aimed to improve the knowledge of adolescent related to aggressive behavior and its prevention.

Day 14 (post-test):
Investigator conducted the same set of adolescent (Evaluation and Termination - asking questions, reinforcing the good attempts and feedback). The respondents were co- operative and the data was thus collected and compiled for data analysis.

Results:-

The findings related to socio-demographic variables of participants:
Study comprised of 60 participants. The socio demographic variables are presented in following table.

Table 1:- To assess socio-demographic variables of Adolescents **n=60**

S. No	Socio-Demographic Variables	No	%
1	**Age in years**		
	a) 16	47	78.3
	b) 17	10	16.7
	c) 18	3	5.0
	d) 19	0	0
2	**Religion-**		
	a. Hindu	36	60.0
	b. Muslim	18	30.0
	c. Christian	6	10.0
	d. Others	0	0.0
3.	**Income of the family**		
	a.<10,000	48	80.0
	b.10,000-15,000	9	15.0
	c.> 15,000	3	5.0
4	**Type of family**		
	a. Nuclear family	6	10.0
	b. Joint family	54	90.0
	d. Extended family	0	0.0
5	**Place of Residence**		
	a. Rural	12	20.0
	b. Urban	20	33.3
	c. Semi Urban	28	46.7
6	**Source of Information**		
	a. Family/ relatives	14	23.3
	b. Friends	3	5.0
	c. Books	30	50.0
	d. Magazines	13	21.7

Findings Related To Knowledge on nutritional needs and prevention of iron deficiency anemia during pregnancy

Table 2:- Mean, median, mode, standard deviation and range of knowledge scores of participants. **n = 60**

Domain	Max Statement	Max Score	Range	Mean	SD	Mean%
Pretest- Knowledge	30	30	14-26	20.4	2.9	68
Posttest- Knowledge	30	30	21-29	26.5	2.2	88.3

The data presented in table 2 reveals that mean pre tests knowledge score was 20.4 and mean post tests score was 26.5 which is significant as p-value was 0.0001. So there is enough evidence that Self instructional module is effective in enhancing the knowledge of respondents regarding Aggression behaviour and its prevention.
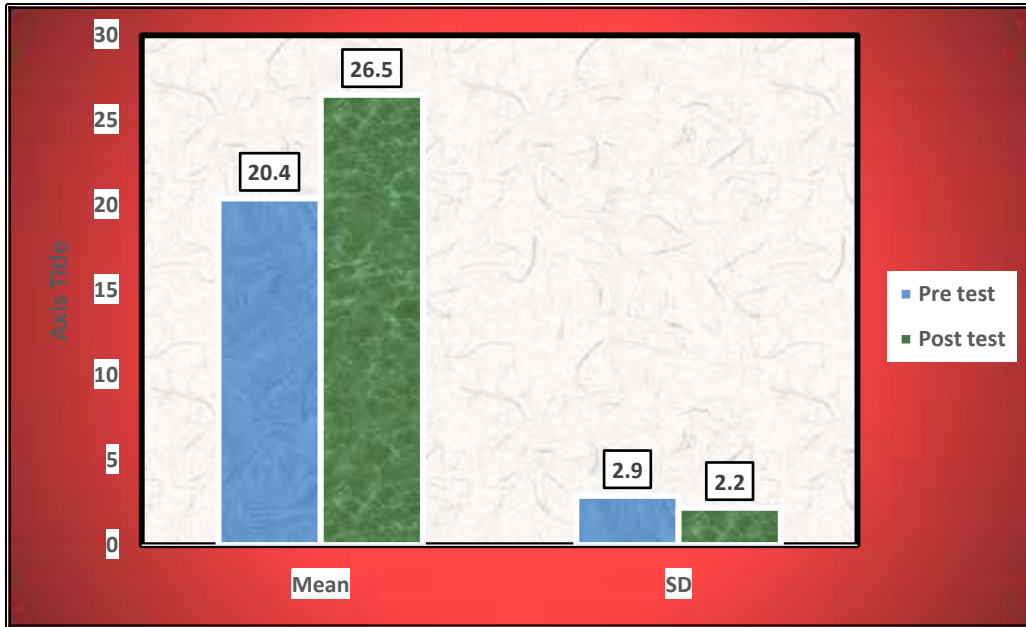
Fig 1:- Pretest and post test mean and standard deviation.

Level of Knowledge:
Pretest:
Table 3:-Pretest Level of Knowledge. n=60

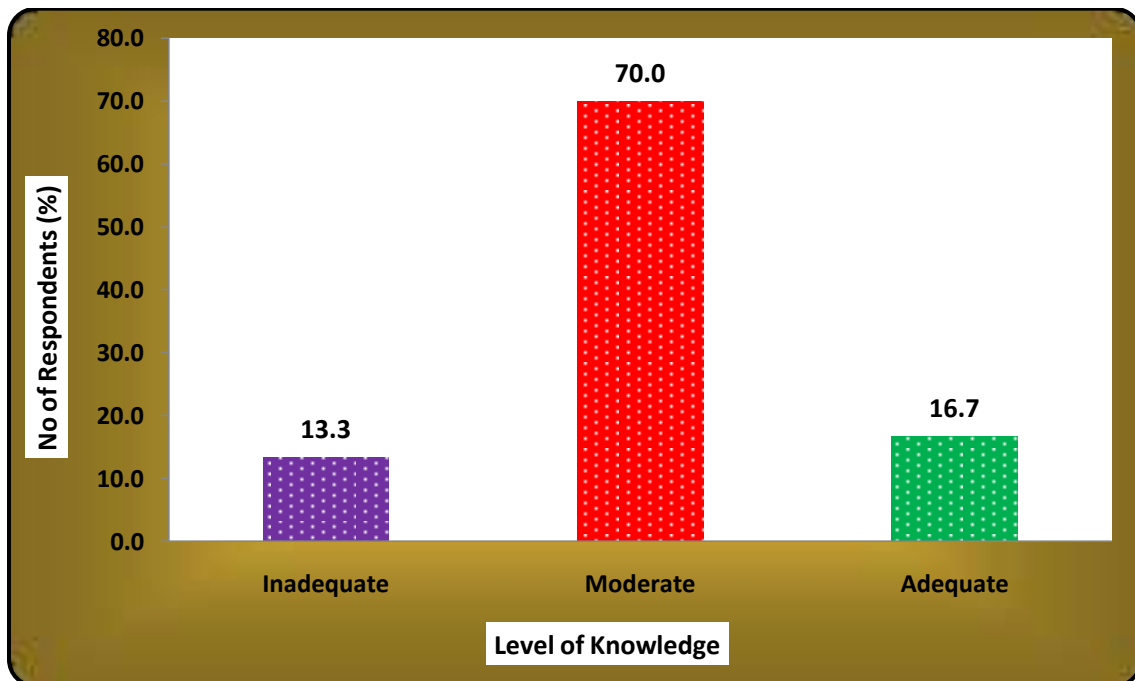| Level of Knowledge	Score	No of Respondents	
		No.	%
Inadequate	< 50%	8	13.3
Moderate	50-75%	42	70.0
Adequate	> 75%	10	16.7
Total		60	100.0

Figure 2:- Pretest levels of knowledge.

Figure No. 2 reveals that the knowledge of Adolescents in selected PU Colleges at Vijayapur, on Aggressive behavior and its prevention before using self instructional module. In that 8(13.3%) of Adolescents were having Inadequate Knowledge, 42(70.0%) of them were having Moderate Knowledge and 10(16.7%) of them were have Adequate Knowledge regarding Aggressive behavior and its prevention

Post test levels of knowledge:
Table 4:- Post test Level of Knowledge. n=60

Level of Knowledge	Score	No of Respondents	
		No.	%
Inadequate	< 50%	0	0.0
Moderate	50-75%	12	20.0
Adequate	> 75%	48	80.0
Total		60	100.0
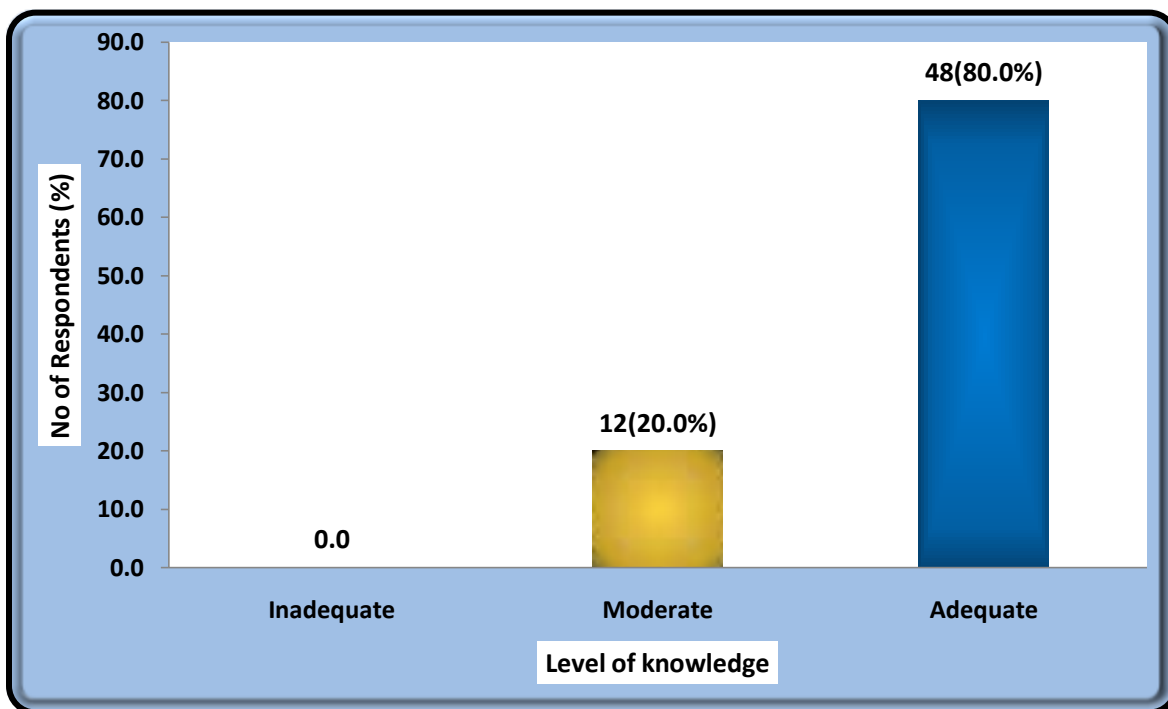
Figure 3:- Post test levels of knowledge.

Figure No. 3 reveals that the knowledge of Adolescents in selected P. U. Colleges at Vijayapur after using Self instruction module. In that 0(0.0%) of Adolescents were having Inadequate Knowledge, 12(20.0%) of them were having Moderate Knowledge and 48(80.0%) of them were have Adequate Knowledge regarding Aggression behaviour and its prevention.

Findings Related To effectiveness of self instructional module
Table 5:- Effectiveness of self instructional module n=60

Knowledge	Mean	SD	Mean%	t test
Pretest	20.4	2.9	68	
Posttest	26.5	2.2	88.3	20.5**
Enhancement	6.1	2.3	20.3	

df 59, t value 1.67   **Significant at $p<0.01$ level

Data presented in table 5 reveals that, a significant difference will be found between the pre test and post test knowledge scores of the adolescents regarding Aggression behaviour and its prevention at 0.05 level of significance. It that enhancement in knowledge regarding Aggression behaviour and its prevention after using Self instructional

module was significant. So, research hypothesis H_1 was accepted. This indicates the gain in knowledge score is statistically significant at P<0.05 levels. The result indicated that the Self instructional module was effective.

Findings Related Association between levels of knowledge and attitude with selected socio demographic variables of participants
Results of Chi-square analysis in Knowledge indicate that there was no significant association between knowledge with selected socio demographic variables. Hence, H_2 is rejected.

Conclusion:-
The PU college students had moderate levels of knowledgeregarding aggressive behavior and its prevention before self instructional module and is improved after exposure to self instructional module. Since a very few studies have been conducted regarding this topic in India, so the nurse researcher can take further studies on the same topic.

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