

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON ANXIETY LEVEL AMONG PATIENTS ADMITTED IN POST-OPERATIVE WARD OF SELECTED SMS HOSPITAL AT JAIPUR.

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Introduction -Anxiety is a pervasive aspect of contemporary life. It has always existed and not belongs to particular era or culture. Anxiety disorders are the most common psychiatric disorders in America, affecting 10% to 25% of people and in India this ratio around 2.5% to 12.1% of the population. Anxiety involves one's body, perception of self, and relationship with others, making it a foundational concept in the study of psychiatric nursing and human behaviour.

The prevalence of generalized anxiety disorder is 2.5 to 8 % in general population and life time prevalence of panic anxiety disorder is 1.5 to 2 %.

Anxiety can be accompanied by physical effects such as heart palpitations, nausea, and Chest pain, shortness of breath, stomach aches, or headaches. Physically, the body prepares the organism to deal with a threat.

Keywords: Assess; Effectiveness ; Structured Teaching Programme; anxiety

Statement of the problem:

A study to assess the effectiveness of structured teaching programme on anxiety level among patients admitted in post-operative ward of Selected SMS Hospital at Jaipur.

Objectives:

- To assess the anxiety level among post-operative patients.
- To assess the effectiveness of structured teaching programme on anxiety level among post operative patients.
- To find out the association between anxiety level among post operative patients & selected demographic variables.

Research methodology: The research approach adopted for this study is Quasi-experimental research design.

Research design: One group pre and post test without control group approach was selected to assess the effectiveness of structured teaching program on level of anxiety among patients admitted in post operative ward.

Setting Of The Study: The study was conducted at SMS Hospital at Jaipur. Sample size used for the present study was 50 post operative patients. Purposive sampling technique was used for this study.

Scoring key

Level of anxiety among the patients admitted in post operative ward has a 5-point Likert's scale. Each item contains, Never, Occasionally, Sometimes, Frequently and Always. There was maximum 80 score according to total score obtained it was grouped as follows.

Scoring procedure of level of anxiety among post operative patients

S.No.	Level of anxiety	Actual score	Percentage
1.	Mild	Below 26	$\leq 33\%$
2.	Moderate	27-54	34 - 67 %
3.	Severe	Above 54	$> 67\%$

There were 80 maximum score to assess the level of anxiety among post-operative patients and to assess, the level of anxiety were classified into categories based on the score. They are Mild <33 , Moderate 34-67 and Severe >67 .

Table Assessment of level of anxiety among post-operative patients during pre and post test.N=50

Anxiety Level	Category	Classification of Respondents			
		Pre test		Post test	
		Number	Percent (%)	Number	Percent (%)
Mild	$\leq 33\%$ Score	13	26.0	50	100.0
Moderate	34-67 % Score	37	74.0	0	0.0
Severe	$>67\%$ Score	0	0.0	0	0.0
Total		50	100.0	50	100.0
χ^2 Value		58.73*			

* Significant at 5 % Level,

$\chi^2 (0.05, 2 \text{ df}) = 5.991$

Percentage wise distribution of level of pre and post test anxiety among post operative patients shows that in pre-test 74% people is having moderate anxiety and 26% is having mild anxiety, where as in post-test 100% were distributed in mild anxiety area and shows the shift of 74% of moderate anxiety to mild level.

Table: Association between the post test anxiety levels of post-operative patients with their demographic variables.

H: There is no significant association between post-test anxiety level and selected demographic variables.

S.N.	Demographic Variables	df	Chi square		P value		Significance	
		Pre & Post	Pre	Post	Pre	Post	Pre	Post
1.	Age	2	7.14	-	5.991	-	Significant	Not Significant
2.	Gender	1	5.11	-	3.841	-	Significant	Not Significant
3.	Marital Status	2	2.45	-	5.991	-	Not Significant	Not Significant
4.	Educational Status	3	2.35	-	7.815	-	Not Significant	Not Significant
5.	Occupation	4	2.92	-	9.49	-	Not Significant	Not Significant
6.	Type of family	1	4.13	-	3.841	-	Significant	Not Significant
7.	Religion	2	4.13	-	5.991	-	Significant	Not Significant
8.	Residence	1	3.85	-	3.841	-	Significant	Not Significant
9.	Income of the family	3	1.01	-	7.815	-	Not Significant	Not Significant
10.	Previous Hospitalisation	1	5.09	-	3.841	-	Significant	Not Significant
11.	Past surgical events	1	4.19	-	3.841	-	Not Significant	Not Significant

Association between post test level of anxiety of the post-operative patients with their demographic variables shows that no significant relationship was found between any

Association between post test level of anxiety of the post-operative patients with their demographic variables shows that no significant relationship was found between any of the demographic variables and the post-operative anxiety. In the pre-test level of anxiety was found in the mild and moderate areas while in the post-test all the samples are distributed in the category of mild anxiety only. Hence association do not exist between the demographic variables and the post-operative anxiety.

Area wise analysis of anxiety among post-operative patients

Area wise comparison of mean, SD and mean percentage of scores was calculated to compare the level of anxiety among post-operative patients to assess the effectiveness of structured teaching programme. The findings reveals that overall pre test mean anxiety score was 47.27 ± 5.5 which is 59.1% of the total scores. We're as the post-operative anxiety score was 20.92 ± 3.4 which is only 26.2% of overall anxiety score. It reveals that STP was effective in reducing the level of anxiety.

Comparing the effectiveness of STP with their demographic variables

Comparison pre and post test anxiety level of post-operative patients in relation to their age shows that, in pre test highest mean score (49.32 ± 4.7) which is 61.6% belongs to those who are in the age group of 30-41 and lowest mean score (45.74 ± 5.8) which is 57.2% obtained by mothers who are in the age group of above 41, whereas during post test highest mean score (21.75 ± 3.9) which is 27.2% scored by those who are in the age group of 18-29 and lowest mean score of 20.2 ± 3.4 which is 25.3% was scored by those who are in the age group of 30-41 year. Further, over all during post test, mean score is very less (63.06 ± 10.5) which is 78.9% when compared to pre test mean score (141.39 ± 16.3) which is 176.7%. However the highest 36.3% mean difference was observed in the age group of between 30-41 years and lowest 30.7% in between 18-29.

CONCLUSION:

From the study findings it is evident that the person's undergone surgery is suffering from anxiety. Most of the samples response indicates moderate level of anxiety to a great extend while the others have mild level of anxiety. After the implementation of the structured teaching programme, the level of anxiety reduced to a very good extends.

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