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A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Adjustment Problems Among First Year B.Sc. Nursing students of SCPM College Of Nursing at Gonda, Uttar Pradesh

Mrs.Nidhi Pandey[1], Ms. Blessy Mathew[2]
[1]*Nursingtutor,* [2]*Associate Professor, College Of Nursing, Llrm Medical College, Meerut*

I. INTRODUCTION

Adolescence might be broadly considered to stretch between the ages of 16 and 18. Adolescence is widely recognized as a period of social, religious, political, and vocational adjustments as well as a period of striving for increasing emotional and financial independence from parents.

Adjustment starts from the childhood. Adjustment is not a simple term like adaptation or accommodation. It actually a behavioural process by which humans and other animals maintain an equilibrium among their various needs or between their needs and the obstacles of their environments.6 Adjustment is a continuous process, not fixed or static state, in fact adjustment is defined as the continuous process of satisfying one's desires, and it involves many aspect of behavior. Adjustment covers four specific areas which are the academic adjustment, social adjustment, personal-emotional adjustment, as well as attachment and commitment towards educational along with institutional goals

II. OBJECTIVES OF THE STUDY

1) To assess the pre-test knowledge regarding adjustment problems among first year B.Sc. Nursing students in selected nursing colleges at Gonda, Uttar Pradesh.

2) To assess the post-test knowledge regarding adjustment problems among first year B.Sc. Nursing students in selected nursing colleges at Gonda, Uttar Pradesh.

3) To evaluate the effectiveness of structured teaching programme on knowledge regarding adjustment problems among first year B.Sc. Nursing students.

4) To assess the significant association between pre and post-test knowledge score regarding adjustment problems among the nursing students with selected demographical variables.

a) *Methods:* The conceptual framework was done based on general system theory by modifying by Ludwig Von Bertalanffy, 1968. This study was done to assess the Effectiveness Of Structured Teaching Programme On Knowledge Regarding Adjustment Problems Among First Year B.Sc. Nursing Students Of SCPM College Of Nursing At Gonda, Uttar Pradesh..

In order to accomplish the objectives of the study, a one group pretest and posttest research design was selected was selected. In this study, the sample consists of 50 B.Sc. nursing first year students who fulfilled the inclusion criteria for the study. The non-probability convenient sampling technique was used for this study. A structured socio demographic data, and knowledge questionnaire regarding adjustment problems were used on the basis of the objectives of the study. The instrument selected in a research should be as far as possible the vehicle that would best obtain data for drawing conclusions, which were pertinent to the study. The tools are prepared in two sections. The collected data was tabulated according to various parameters and the complete analysis was done with descriptive and inferential statistics.

b) *Results:* In pretest 27 (54%) had inadequate knowledge, 23 (46%) had moderate knowledge and none of them had adequate knowledge. In posttest 32 (64%) had adequate knowledge, 18 (36%) had moderate knowledge and none of them had ix inadequate knowledge. It seems that structured teaching program was effective.

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Paired't' value was calculated to analyze the effectiveness between pretest and posttest scores of knowledge level of students. The paired "t" value was 19.16, which is high when compared to table value 2.001. It seems that the structured teaching program was also effective in improving the knowledge level among students. To determine the association between the knowledge post test scores with selected socio- demographic variables.

Chi-square was calculated to find out the association between the post test scores of students with their selected demographic variables regarding structured teaching program on adjustment problems. It reveals that there was a significant association(P0.05) found between post test scores of knowledge level when compared to other demographic variables such as religion, occupational status of mother, marital status of the parent, relationship with their children, how problematic students should be helped, source of information. Interpretation & Conclusion: The findings of the study suggest that the students of B.Sc. Nursing First year students have different level of knowledge regarding adjustment problems. There is a need for awareness program to reduce the incidence of adjustment problems among the B.Sc. Nursing First year students. This study revealed the various associated factors influencing the raise of adjustment problems among B.Sc. Nursing First year students.

III. OPERATIONAL DEFINITIONS

1) Assess: It refers to the process of measuring the level of knowledge among first year B.Sc. Nursing students regarding adjustment problems which is obtained through closed ended questionnaire
2) Effectiveness: It refers to significant gain in knowledge regarding adjustment problems among first year B.Sc. Nursing students post test score as measured by statistical analysis.
3) Structured teaching programme: It refers to a systematically organized teaching plan to provide information to among first year B.Sc. Nursing students regarding adjustment problems. It includes knowledge on existing adjustment problems, prevalence and factors influencing it.
4) Knowledge: It refers to correct written response among first year B.Sc. Nursing students to the questionnaire regarding adjustment problems.
5) Adjustment Problem: In this study it refers that the difficulty to adjust with the new environment people or situation among first year B.Sc. Nursing students of selected nursing colleges at Gonda, Uttar Pradesh.
6) Nursing students: The nursing students who joined the profession of providing care for the sick and infirm in selected nursing colleges at Gonda, Uttar Pradesh.

IV. HYPOTHESIS

1) 1.H1:Therewillbesignificantdifferencebetweeninpreandpost-testknowledgescoreregardingadjustmentproblemsamongthenursingstudentswithselected demographical variables.
2) 2.H2:There will be significant association between pre-test score knowledge regardingadjustment problems among the nursing students with selected demographical variables.

RESEARCH APPROACH-Quantitative evaluative research approach

RESEARCH DESIGN-onegrouppreandpost-testpre-experimentalResearchdesign

Group	Pre-test	Intervention	Post-test
FirstyearNursing Students atselectedNursing collegesatGonda.	Assessing knowledge regarding Adjustment problems of firstyear BSc nursingstudents. O1	Structured teaching programme. X	Assessing knowledge regardingAdjustment problems of firstyear BSc nursingstudents. O2

V. SETTING OF THE STUDY

This study was conducted in a Nursing College, Gonda.

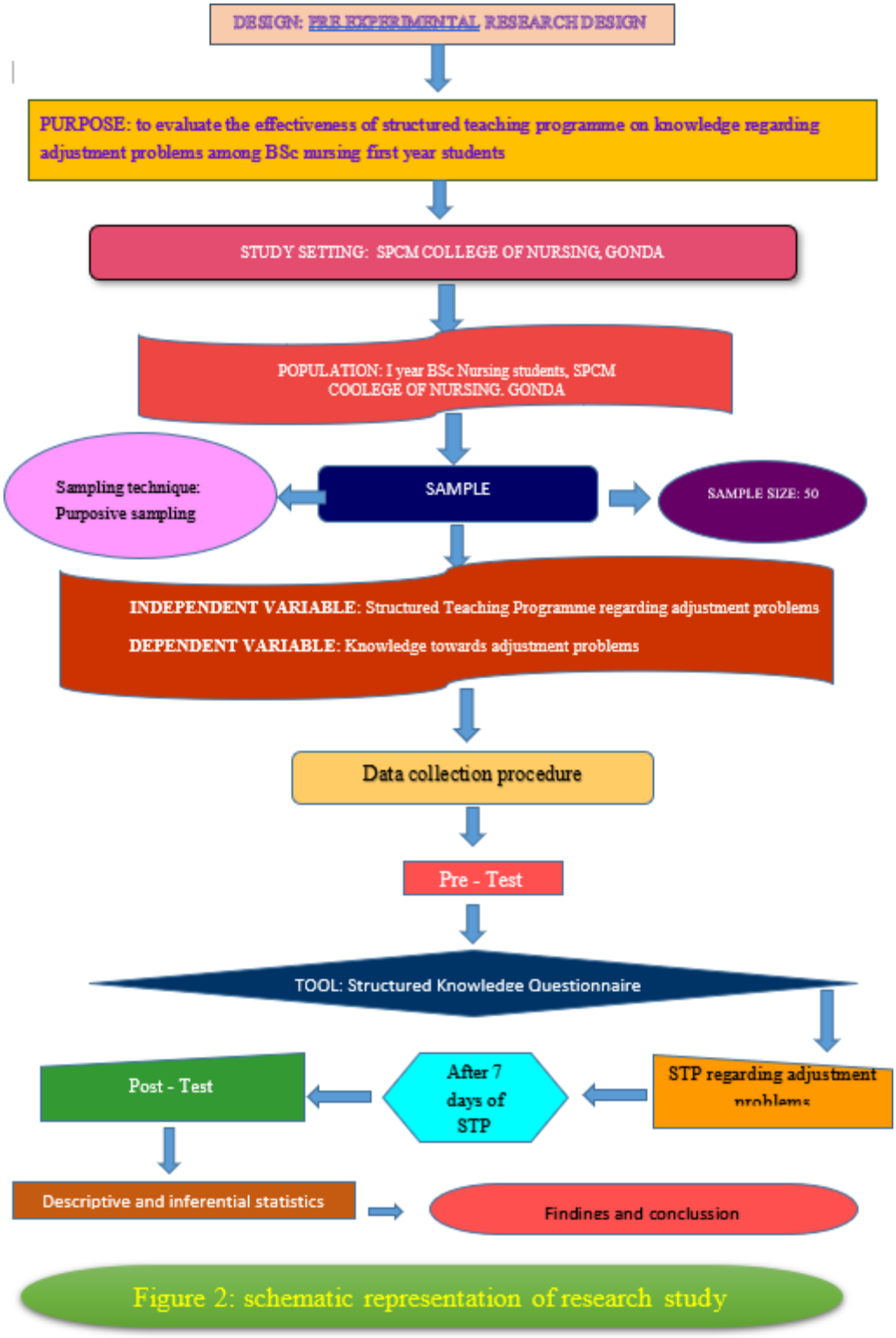


Figure 2: schematic representation of research study

VI. POPULATION

Population in the present study were first year nursing students of SPCM college of Nursing, Gonda

VII. SAMPLE AND SAMPLING TECHNIQUE

The sample for the study comprised of 50 nursing students. Purposive sampling technique was used to draw the sample which is the type of Non-probability sampling technique

VIII. CRITERIA FOR SELECTION OF SAMPLE

A. Inclusioncriterion:-

1) Students whoarestudyinginSPCMCollegeofNursing, Gonda.

2) Studentswhoarewillingtoparticipateinthestudy.

B. Exclusion Criterion:-

1) Studentswhoarenotavailableatthetimeofdatacollection.

2) Studentswho arenot feelingwell atthetimeofdata collection

Astructuredknowledge questionnaire willbeusedbythe investigatorto assess the knowledge regarding adjustment problems
Thetool isorganizediniiparts.
PartI:sociodemographicdata
Part II: structured knowledge questionnaire related to knowledge of first year nursing students regarding adjustment problems.
Part –I: age in years, gender, religion, residing area, type of the family, education of the father, occupation of the father, education of the mother, occupation of the mother, family monthly income, source of previous knowledge about adjustment problems.
Part II: structured knowledge questionnaire consisted of 35 items on knowledge regarding adjustment problems. It consists of3 aspects;
Knowledge question each correct answer was given a score of '1' and wrong answer a score of '0'. Maximum score is 35 and minimum score is 0

IX. METHOD OF DATA ANALYSIS

Thedata wasanalyzed intermsof the study.Theplanfor dataanalysisis as follows;

1) Descriptivestatistics:

- Frequency and percentage distribution are used to analyze demographic variables of first year bsc nursing students on knowledge regarding adjustment problems among first year bsc nursing students.
- Mean, mean percentage and standard deviation are used to assess the level of knowledgeoffirstyear bscnursing studentsregardingadjustmentproblemsamong first year bsc nursing students.

2) Inferentialstatistics:

- Paired' testvaluewascalculated toassessthe effectivenessofstructured teaching programme.
- Chi square test was used to find association between pre testknowledgescoreand demographic variables

➢ SectionA: Descriptionof Samples AccordingtoTheir Demographic Variables

TABLE-1

Frequency and Percentage distribution of demographic variables among the BSc nursing I year students.

S.NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE (%)
1.	Agein years:		
	a)16to 18	13	26%
	b)19 to 20	17	34%
	c)22to 25	20	40%
2.	Gender		
	a.Male	17	34%
	b. Female	33	66%
3.	Doyou stay in hostel?		

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	a)Yes	20	40%
	b)No	30	60%
4.	Religion:		
	a)Hindu	36	72%
	b)Muslim	13	26%
	c)Christian	01	2%
	d)others	00	00
5.	Educationalstatusofthe father.		
	a)Illiterate	04	8%
	b)S.S.L.C	13	26%
	c)Higher secondary	07	14%
	d)Degree	09	18%
	e)Illiterate	17	34%
6.	Educationofthemother		
	a)Illiterate	03	06%
	b)S.S.L.C	07	14%
	c)Higher secondary	14	28%
	d)Degree	14	28%
	e)Illiterate	10	20%
7.	Occupationofthe father:		
	a)Unemployed	13	26%
	b)Self-employee	24	48%
	c)Dailywages	06	12%
	d)Private	04	08%
	e)government	03	06%
8.	Occupationofthemother		
	a)Homemaker	05	10%
	b)Self-employee	28	56%
	c)Dailywages	06	12%
	d)Private	06	12%
	e)Government	05	10%
9.	Incomeofthe family permonth(in rs):		
	a)Below 5000	07	14%
	b)5001-10000	14	28%
	c)10001– 20000	16	32%
	d)Above 20000	13	26%
10.	Residentialarea		
	a.Rural	28	56%
	b.Semi-Urban	22	44%
	c.Urban	0	0%

11.	of information about adjustment Problems		
	a.Health person	06	12%
	b.Friends/ relatives	29	58%
	c.Massmedia	08	16%
	d. No information	07	14%

TABLE:2Frequencyandpercentagedistributionofpreandposttestscores on adjustment problems among students.

.N O	LEVEL OF KNOWLEDGE	SCORE	PRETEST FREQU ENCY	CENTA GE	POSTTEST QUEN CY	CENTA GE
1.	Inadequate	0-10	27	54%	0	0%
2.	Moderate	11-20	23	46%	18	36%
3.	Adequate	21-30	0	0%	32	64%

Table–2showsthatduringpretest27(54%)hadinadequateknowledge, 23 (46%) had moderate knowledge and none of them had adequate knowledge. during post test 32 (64%) had adequate knowledge, 18 (36%) had moderate knowledge and none of them had inadequate knowledge.

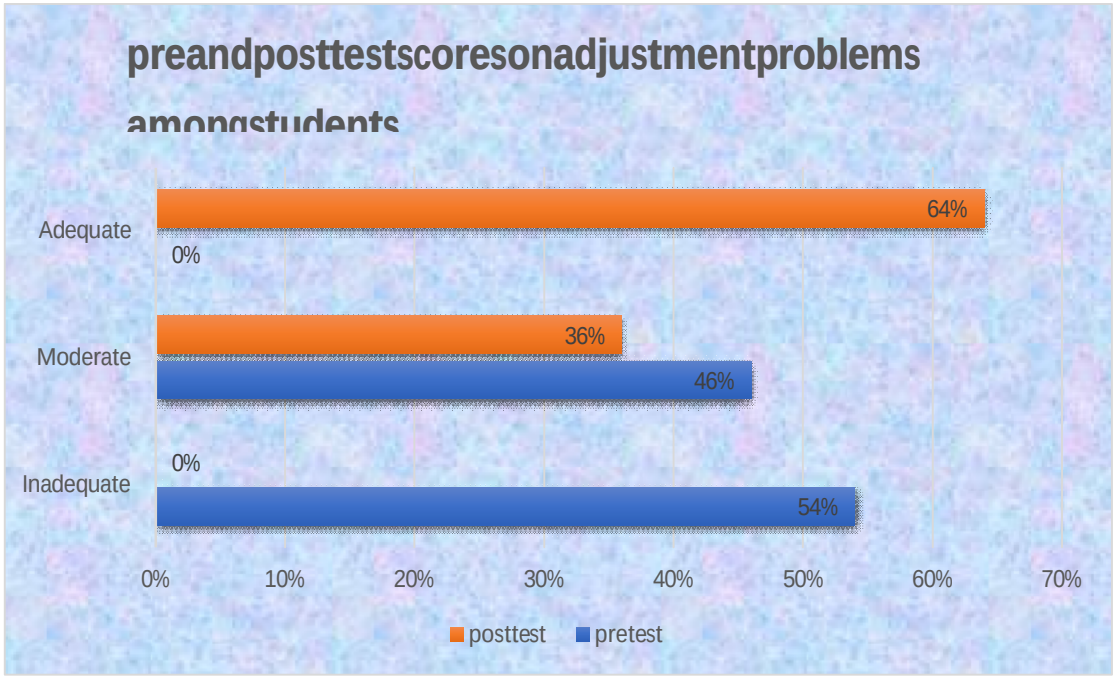


Figure3-Bardiagramshowingfrequencyanddistributionofpretestandpost test score

Table4.Paired"t"valueofpretestandposttestscoresoflevelofknowledge among parents.

S.No	Level of knowledge	Paired"t"value	Table value	Levelof significant
1.	Adjustment disorder	19.16	2.001	P<0.05 Significance

Df=49Table value=2.001 P <0.05 Significance

Table 5- Area wise comparison of mean, standard deviation, and mean percentageofpretestandPosttestscoresonlevelofknowledgeamongstudents.

S.no	Levelof knowledge	Max score	Levelof knowledgeamong students.						Difference inmean percentage %
			Pretest			Post test			
			Mean	SD	Mean %	Mean	SD	Mean %	
1.	Adjustmen t disorder	30	10	3.6 8	6.66 %	19.9 2	3.7 7	39.84 %	33.18%

(Table 5-) shows Comparison of mean, ,SD and mean percentage of pre-test andposttestscoresrevealsthatinpretest meanscorewas(6.66%),whereasinpost-test mean and mean percentage was 39.18% (3.918). It seems that the pre-test was lower than post-test which showing structured teaching program is effective in adjustment problems.

SectionD:Associationbetweendemographicvariablesandlevelof knowledge among students.

Table 6 Chi square value of association between post test scores of knowledgelevelamongstudentswiththeirselecteddemographicvariables

S.NO	Demographic variables	Df	Table value	Chi square value	Levelofsignificance
1.	Ageofthechildren(In years)	2	2.05	2.68	P<0.05 Significant
2.	Genderofthe children	1	1.41	0.465	P<0.05 Significant
3.	Genderofthe parent	1	1.41	2.11	P<0.05 Significant
4.	Religion	2	2.05	0.5959	P>0.05 Not Significant

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5.	Educational status of the father	3	3.84	4.796	P<0.05 Significant
6.	Educational status of the mother	3	3.84	4.3515	P<0.05 Significant
7.	Occupationofthe father	3	3.84	4.3265	P<0.05 Significant
8.	Occupationofthemother	3	3.84	2.389	P>0.05 Not Significant
9.	Income of the per month famil y	3	3.84	4.973	P<0.05 Significant
10.	Residentialarea	2	2.05	3.084	P<0.05 Significant
15.	Sourceofinformation	3	3.84	1.152	P>0.05 Not Significant

Df=2Tablevalue=2.001 P <0.05SignificanceP> 0.05Notsignificance

- Section1:Frequencyandpercentagedistributionbasedonthesociodemographic variables.

Regarding the age: Distribution of sample according to age majority of the studentsbelongs to 20 – 25 years i.e. 20 (40%), and 16 – 18 years were 13 (26%)

Regarding the gender Distribution of samples, according to their gender majority ofstudents belongs to female 33 (66%) and males were 17 (34%)

Regarding the stay in hostel Distribution of samples, according to stay in hostel majorityofthestudentswerenotstayinginthehosteli.e.30(60%)andstayinginhostel were 20 (40%).

RegardingthereligionDistributionofsamples,accordingtotheirreligion wereHindu 36(72%), Christian 13(26%) and Muslim 1(2%).

Regarding the educational status of father Distribution of samples, according to the educationalstatusofthefatherweredistributedmoreindegree17(34%)andleastinno formal education 4(8%).

Regarding the educational status of mother Distribution of samples, according to the educational status of the mother were distributed more in secondary and higher secondary education14(28%) and least in no formal education3(6%).

Regarding the occupational status of father Distribution of samples, according to the occupational status of the father were distributed more in private employee 24(48%) and least in unemployed 3(6%).

Regarding the occupational status of mother Distribution of samples, according to the occupational status of the mother were distributed more in private employee 24(48%) and least in unemployed and coolie worker 5(10%).

Regarding the economic status Distribution of samples, according to their economic statusparentsweredistributedmorein10,000-15,000/month16(32%)andleastinless than 6000 were 7(14%).

Regarding the source of information Distribution of sample according to source of informationregardingadjustmentproblemsmajoritywerefriends29(58%)andhealth professionals were 06 (12%).

- Section2:Toassess the knowledgeofstudents onadjustment problem.

During pre-test 27 (54%) had inadequate knowledge, 23 (46%) had moderate knowledge and none of them had adequate knowledge. during post-test 32 (64%) had adequate knowledge, 18 (36%) had moderate knowledge and none of them had inadequate knowledge.

- Section 3: To assess the effectiveness of structured teaching program on adjustment problem.

Paired" t" value was calculated to analyze the effectiveness between pre and post scores of knowledge level of students. The paired "t" value was 19.16, which is highwhencomparedtotablevalue2.001.Itseemsthatthestructuredteachingprogram was also effective in improve the knowledge level among students.

➢ Section 4: To find association between post-test knowledge scores and their selected demographic variables.

Chi-square was calculated to find out the association between the post test scores of students with their selected demographic variables regarding structured teaching program on adjustment problems. It reveals that there was a significant association($P<0.05$) found between the post test scores of adjustment problem and demographic variables like age of the children, gender of the children, gender of the parents, educational status of father and mother, occupational status of father, family incomepermonth,residentialarea.Therewasnosignificantassociation($p>0.05$)found between post test scores of knowledge level when compared to other demographic variables such as religion, occupational status of mother, marital status of the parent, relationship with their children, how problematic students should be helped, source of information.

❖ Nursing Practice:

✓ Thenurse'skeyroleistoeducatetheparentsinearlyidentificationandreporting appropriately to the health professionals.

✓ Theknowledgeofadjustmentdisorderanditsmanagementwouldhelpthe parents to handle the situation carefully and prevent the problem.

✓ Research strongly supports structured teaching program regarding adjustmentproblems as an effective tool to gain adequate knowledge about it.

❖ Nursing Education:

✓ Nursingeducatorshouldeducatethenursingprofessionaltoupdatetheirknowledge regarding adjustment disorder and its management.

✓ In-serviceeducationtoupdatetheirknowledgeandskillsinvarioushealthcare setting should be given.

❖ Nursing Administration:

✓ Nursing administrator can review the adjustment disorder and its management for parents of middle school children.

✓ Theadministratorshouldsupportthestaffstoconductprogrammeon management of adjustment disorder in school.

❖ Nursing Research:

✓ Thestudy will beusefulforfurther reference.

✓ Theresultsofthestudyhelptheparentstoidentifytheadjustmentproblemsand its management.

✓ Encouragethenursesforconductingresearchinvariousaspectsregarding Adjustment disorder.

X. RECOMMENDATIONS

The study of adjustment is very wide field of research by keeping in view the experience of thorough and systematic research. The following suggestions are presented for further study :This study can also be undertaken for the students and teachers.

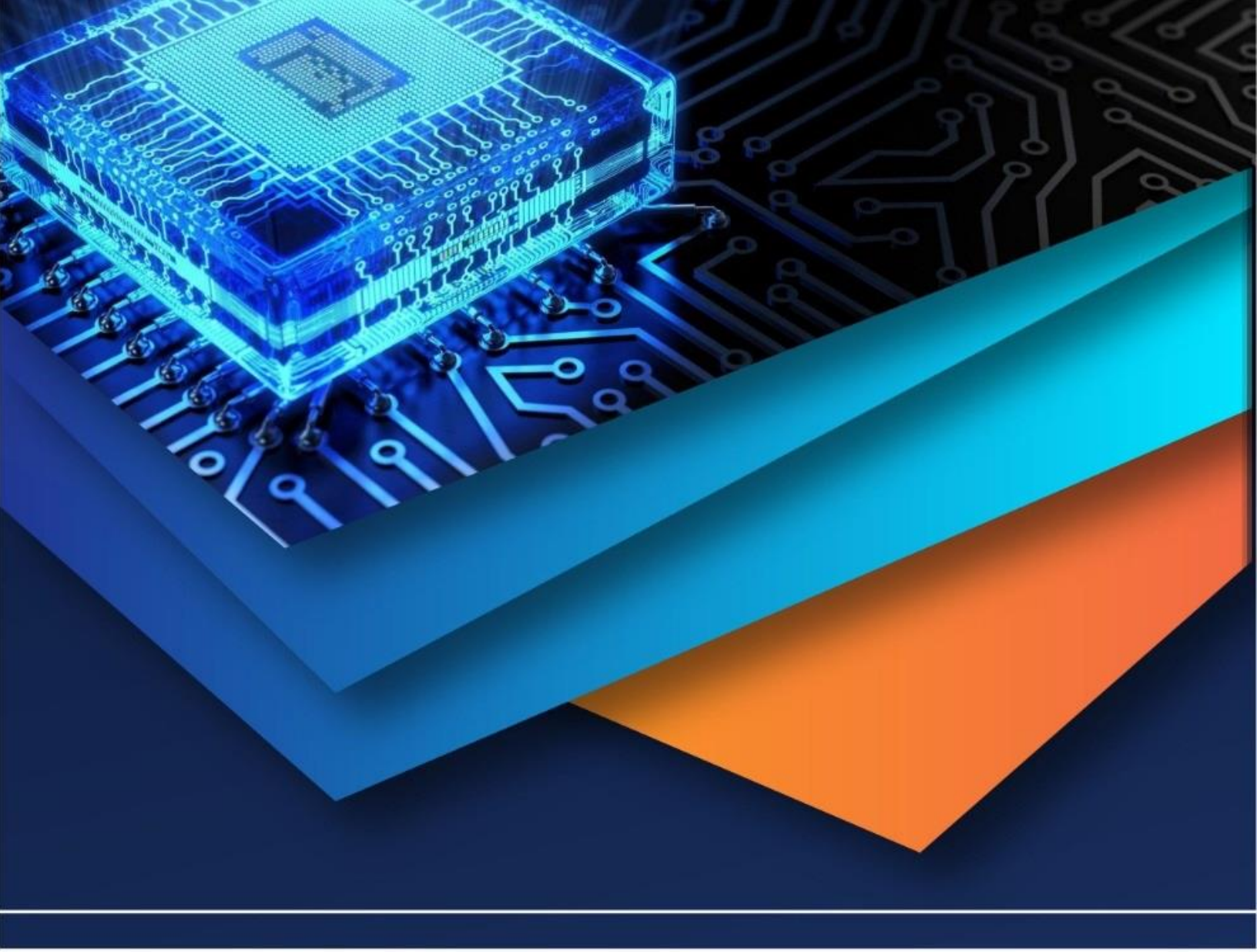
1) Astudyoftheadjustmentproblemsofcollegeanduniversitystudentscanbeconducted.
2) Astudyoftheadjustmentproblemsmaybeconductedonmaladjustedstudent
3) Thisstudycanalsobeundertakenfortheadjustmentofprofessionalandnonprofessionalstudents.
4) Acomparativestudycan beconductedonadjustmentproblemsofteachers andStudent
5) A comparative study can be conducted onadjustment problems of boys andgirls of different ag

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