

# Effectiveness Of A Planned Teaching Programme On Knowledge And Attitude Regarding Psychiatric Emergencies Among ANM Nurses In Selected Phcs Of Ankola, Karnataka

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## Abstract

Psychiatric emergencies are acute disturbances in behavior, thought, or mood that require immediate intervention to prevent harm. This study aimed to assess the effectiveness of a planned teaching programme on knowledge and attitude regarding psychiatric emergencies among Auxiliary Nurse Midwives (ANMs). A quasi-experimental one-group pre-test post-test design was adopted. The study was conducted among 30 ANMs working in selected Primary Health Centres (PHCs) and sub-centres of Ankola, Karnataka, selected through random sampling technique. Data were collected using a structured knowledge and attitude questionnaire. The findings revealed a statistically significant improvement in both knowledge and attitude scores following the intervention. The calculated paired 't' values for knowledge (6.06) and attitude (5.88) were greater than the table value (2.05) at 0.05 level of significance. The study concludes that the planned teaching programme was effective in enhancing knowledge and attitude of ANMs regarding psychiatric emergencies.

**Keywords:** Psychiatric emergencies, ANMs, teaching programme, knowledge, attitude

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## I. Introduction

Psychiatric emergencies refer to conditions involving disturbances in thought, emotion, or behavior that require immediate medical attention. These conditions may pose serious risks to the individual or others, such as suicide attempts, aggressive behavior, panic attacks, and substance-related crises.

Primary healthcare workers, particularly ANMs, play a crucial role in early identification and management of psychiatric emergencies at the community level. However, inadequate training and limited exposure can hinder effective response.

Structured teaching programmes are essential to improve knowledge and foster a positive attitude among healthcare workers, enabling them to provide timely and appropriate care.

## II. Need For The Study

Mental health emergencies are increasing worldwide, with significant implications in community settings. In India, suicide and substance-related disorders are major public health concerns.

ANMs working in PHCs frequently encounter psychiatric emergencies but may lack sufficient training. Therefore, there is a need to strengthen their knowledge and attitude through planned educational interventions.

## III. Statement Of The Problem

A study to assess the effectiveness of a planned teaching programme on knowledge and attitude regarding psychiatric emergencies among ANM nurses working in selected PHCs and sub-centres of Ankola, Karnataka.

## IV. Objectives Of The Study

1. To assess existing knowledge regarding psychiatric emergencies among ANMs.
2. To assess existing attitude regarding psychiatric emergencies among ANMs.
3. To evaluate the effectiveness of the planned teaching programme on knowledge.
4. To evaluate the effectiveness of the planned teaching programme on attitude.

### V. Hypothesis

H<sub>1</sub>: There will be a significant increase in post-test knowledge and attitude scores compared to pre-test scores at 0.05 level of significance.

### VI. Methodology

**Research Design:** Quasi-experimental one-group pre-test post-test design

**Setting:** Selected PHCs and sub-centres of Ankola, Karnataka

**Sample:** 30 ANMs selected using random sampling technique

**Tool:** Structured questionnaire (demographic data, knowledge, attitude)

**Procedure:** Pre-test → Planned Teaching Programme → Post-test after 4 days

#### Data Analysis:

- Descriptive statistics (mean, SD, percentage)
- Inferential statistics (paired 't' test)

### VII. Results

#### Demographic Characteristics

Majority of participants (93.3%) were above 35 years. All participants were female, and most (96.66%) had more than 10 years of experience.

#### Knowledge Scores

Test	Mean	SD
Pre-test	16	1.47
Post-test	18.1	1.16

Figure 1 shows the improvement in knowledge scores following the intervention.

#### Attitude Scores

Test	Mean	SD
Pre-test	52.86	6.21
Post-test	62.1	6

Figure 2 shows the improvement in attitude scores following the intervention.

#### Statistical Effectiveness

The calculated paired 't' test values for knowledge ( $t = 6.06$ ) and attitude ( $t = 5.88$ ) were significantly higher than the tabulated value ( $t = 2.05$ ) at 0.05 level of significance, indicating that the planned teaching programme had a statistically significant effect in improving both knowledge and attitude among ANMs.

### VIII. Discussion

The findings of the study revealed a significant improvement in knowledge and attitude scores among ANMs after the planned teaching programme. This indicates that structured educational interventions are effective in enhancing competency in managing psychiatric emergencies.

### IX. Conclusion

The study concludes that the planned teaching programme was effective in improving knowledge and attitude among ANMs. Strengthening training at the primary healthcare level is essential for effective management of psychiatric emergencies.

### X. Nursing Implications

**Nursing Practice:** Enhances early identification and management

**Nursing Education:** Emphasizes mental health training

**Nursing Administration:** Supports in-service education

**Nursing Research:** Encourages further studies

## **XI. Limitations**

- Small sample size
- Limited geographical area

## **XII. Recommendations**

- Conduct studies with larger samples
- Use different teaching strategies
- Extend to other settings

## **References**

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