

**“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING
PROGRAMME ON KNOWLEDGE REGARDING ASSERTIVE COMMUNICATION AND
ITS BENEFIT IN NURSE PATIENT RELATIONSHIP AMONG 1ST YEAR B.SC.
NURSING STUDENTS AT ADICHUNCHANAGIRI COLLEGE OF NURSING, B.G.
NAGAR.”**

Mr. CHETHAN B S¹

Asst-Professor, Adichunchanagiri College of Nursing,

Adichunchanagiri University. B.G. Nagara.

Nagamangala (Tq), Mandya (Dist.), Karnataka, India

Mrs. KAVITHA N K²

Asst-Professor, Adichunchanagiri College of Nursing Adichunchanagiri University. B.G. Nagara.

Nagamangala (Tq), Mandya (Dist.), Karnataka, India

SAVITHAYESTAR³

ANATHA SCHOOL OF NURSING

ABSTRACT

Assertive communication plays a crucial role in promoting optimal patient care, collaboration among healthcare teams, and professional growth. This paper explores the importance of assertive communication for nursing students and proposes a comprehensive approach to develop and enhance assertive communication skills in various aspects. It highlights the significance of assertiveness in nursing practice, emphasizing its positive impact on patient outcomes, teamwork, and personal well-being. Assertive communication helps nursing students to develop social skills and enhanced patient-centred care. Additionally, the paper explores the long-term impact on nursing students' professional development and their ability to navigate complex healthcare environments. In conclusion, this paper advocates for a proactive approach by acknowledging the challenges unique to the healthcare setting and providing targeted education and training, nursing programs can empower students to become effective communicators, fostering a positive and collaborative culture within the profession.

Keywords: *Assertive Communication, Communication Skills, Social Skills, Nursing Care*

INTRODUCTION

A crucial ability for our day-to-day existence is assertiveness. We can get things done if we are assertive. Of course, we must ensure that we are not aggressive. Any necessary information must be expressed in a straightforward, non-abusive manner. Andrew Salter, the hypnotherapist and early behaviour therapist at London is credited with introducing the term assertiveness, in 1949, to mean an inner resource to deal peacefully with confrontations. The term was reintroduced by Arnold Lazarus, Professor of Psychology who defined it as “expressing personal rights and feelings. “Since its introduction it has become the major focus in changing the stress related behaviours.¹ Assertiveness is... expressing our thoughts, feelings, and beliefs in a in an appropriate, straightforward, and honest manner. It means that we have respect both for ourselves and for others. Being assertive is not about being pushy or superior. It's about communicating what you want in a clear, level-headed manner.² An assertive person successfully persuades, listens, and bargains to get others to participate voluntarily.

Assertiveness is the ability to clearly, honestly, and freely express one's needs, thoughts, and ideas without infringing on the privacy of others. It has been proposed that the growth of assertiveness may also help the profession's confidence as it advances, as it is essential for good nurse-patient communication. It is considered as one of the essential life skills that has to be developed by everyone³

MATERIALS AND METHODS

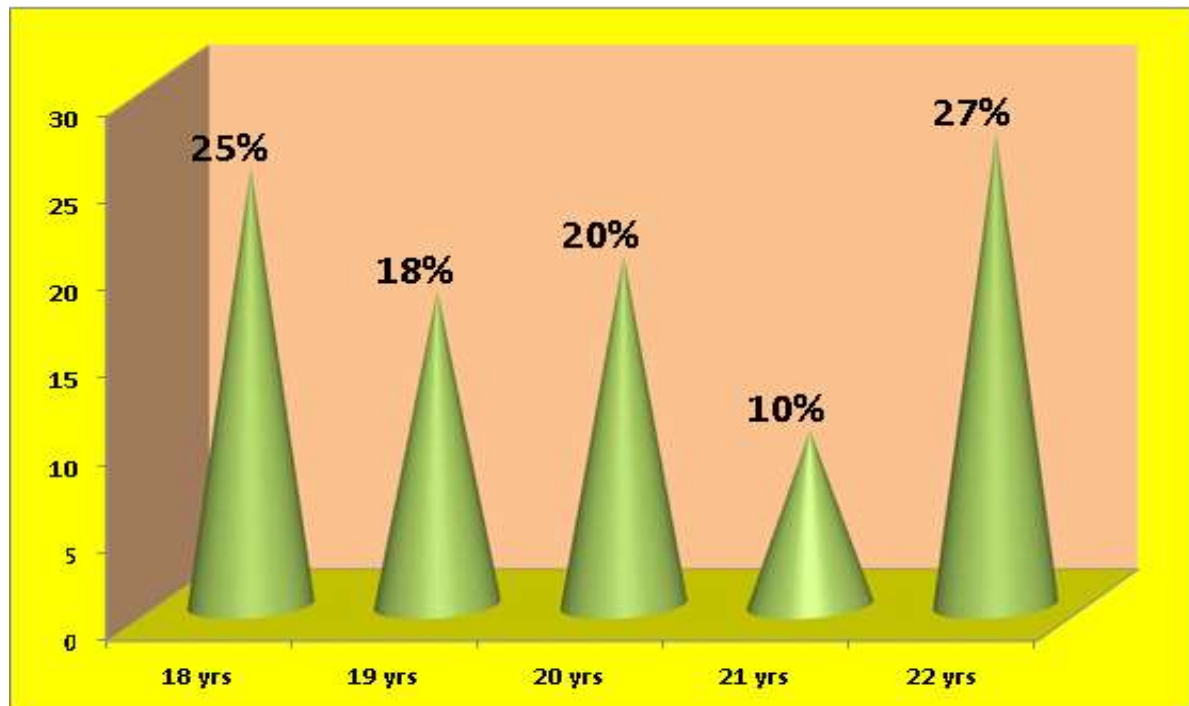
Evaluative research approach was found to be suitable to assess the effectiveness of structured teaching programme on knowledge regarding assertive communication and its benefit in nurse patient relationship among 1st year B.Sc. nursing students at Adichunchanagiri College of Nursing, B.G. Nagar. In this study, Quasi experimental research design was used. Random sampling technique was adopted. The data were analysed using the Computation of mean and standard deviation and inferential statistics. chi-square test used for analysis. The data represented by using various graphical devices, the bar diagram, pie diagram, etc.

RESULT

DATA SHOWS THE ASSOCIATION BETWEEN PRE-TEST KNOWLEDGE SCORES ON ASSERTIVE COMMUNICATION AND ITS BENEFITS IN NURSE PATIENT RELATIONSHIP AND SELECTED SOCIO-DEMOGRAPHIC VARIABLES.

Sl. No	Socio-demographic Variable	Categorization	Frequency (f)	Percentage (%)
1	Age	18 Years	15	25.0
		19 Years	11	18.0
		20 Years	12	20.0
		21 Years	6	10.0
		22 Years	16	27.0
2	Gender	Male	20	33.0
		Female	40	67.0
3	Religion	Hindu	20	33.0
		Muslim	12	20.0
		Christian	28	47.0
		Others	-	-
4	Type of Family	Nuclear Family	12	48.0
		Joint Family	48	80.0
5	Education of father	No formal education	1	2.0
		Primary school	2	4.0
		High school	5	8.0
		PUC	15	25.0
		Graduate	32	53.0
		Post graduate	5	8.0
6	Education of mother	No formal education	2	4.0
		High school	2	4.0
		PUC	12	20.0
		Graduate	34	56.0
		Post graduate	8	12.0
7	Previous knowledge about assertive communication	Yes	8	13.0
		No	52	87.0

8	Sources of information	Teachers	26	43.0
		Friends	18	30.0
		Relatives	4	7.0
		Mass media	12	20.0



SECTION B (TABLE 2): DATA SHOWS THE ASSOCIATION BETWEEN PRE-TEST KNOWLEDGE SCORES ON ASSERTIVE COMMUNICATION AND ITS BENEFITS IN NURSE PATIENT RELATIONSHIP AND SELECTED SOCIO-DEMOGRAPHIC VARIABLES.

Sl. No	Variable	Category	Knowledge scores					χ^2 value
			Inadequate		Moderate		Total	
			f	%	f	%		
1	Age	18 Years	15	29.0	-	-	15	23.8*
		19 Years	11	21.0	-	-	11	
		20 Years	10	19.0	2	25.0	12	
		21 Years	4	8.0	2	25.0	6	
		22 years	12	23.0	4	50.0	16	
2	Gender	Male	18	35.0	2	25.0	20	41.32*
		Female	34	65.0	6	75.0	40	
		Hindu	18	35.0	2	25.0	20	

3	Religion	Muslim	10	19.0	2	25.0	12	42.4*
		Christian	24	46.0	4	50.0	28	
		others	-	-	-	-	-	
4	Type of family	nuclear	42	81.0	6	75.0	48	66.8*
		joint	10	19.0	2	25.0	12	
5	Education of father	No formal education	1	1.0	-	-	1	57.00*
		Primary school	2	4.0	-	-	2	
		High school	5	10.0	-	-	5	
		PUC	14	27.0	1	13.0	15	
		Graduate	27	52.0	5	62.0	32	
		Post graduate	3	6.0	2	25.0	5	
6.	Education of mother	No formal education	2	4.0	-	-	2	44.0*
		Primary school	2	4.0	-	-	2	
		High school	2	4.0	-	-	2	
		PUC	12	22.0	-	-	12	
		Graduate	28	54.0	6	75.0	34	
		Post graduate	6	12.0	2	25.0	8	
7	Previous knowledge about assertive communication	yes	1	2.0	7	88.0	8	32.26*
		no	51	98.0	1	12.0	52	
8	Source of information	Teachers	21	40.0	5	63.0	26	17.16*
		Friends	18	35.0	-	-	18	

	Relatives	4	8.0	-	-	4	
	Mass media	9	17.0	3	37.0	12	

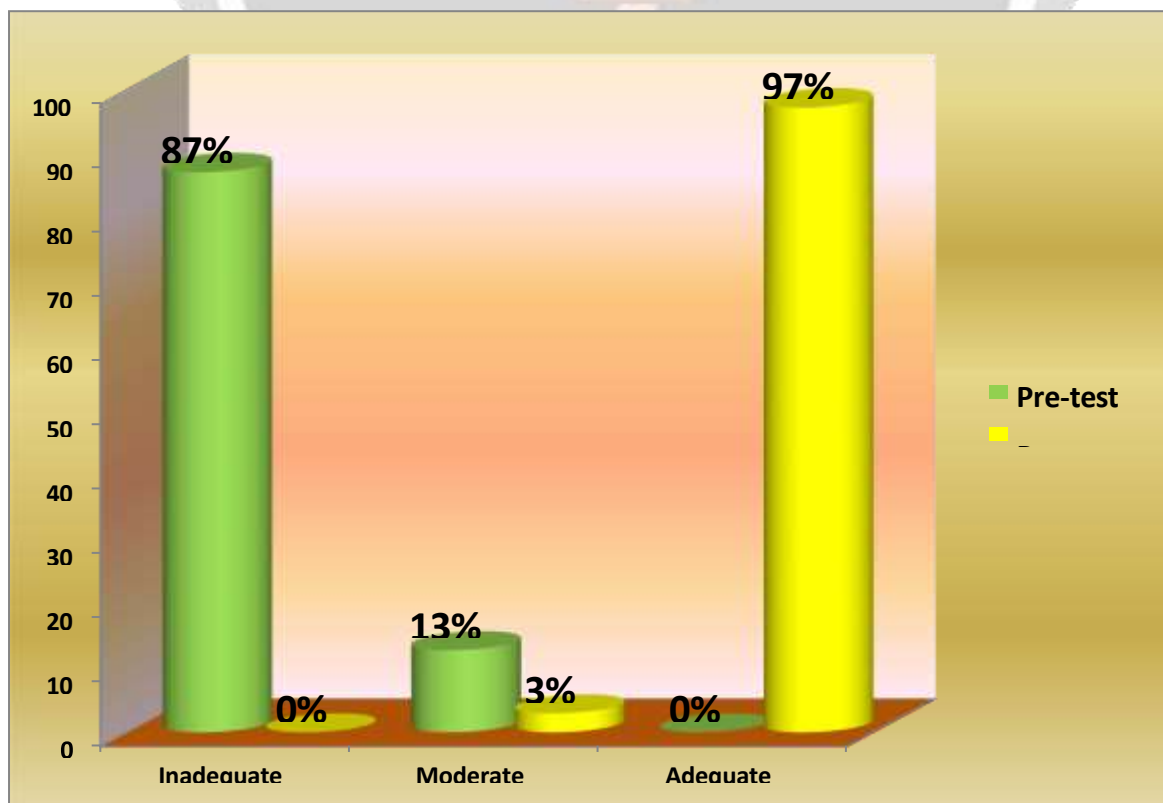
SECTION C: DISTRIBUTION OF OVERALL RESPONDENT KNOWLEDGE LEVEL REGARDING ASSERTIVE COMMUNICATION AND ITS BENEFITS IN NURSE PATIENT RELATIONSHIP IN PRE-TEST.

N=60

Inadequate knowledge (0 – 13)		Moderate knowledge (14 – 26)		Adequate Knowledge (27 – 40)	
N	%	N	%	N	%
52	87.0	8	13.0	-	-

From the above table shows that 87% of respondents have inadequate knowledge level; 13% of the respondents have moderate knowledge level and finally none of the respondents have adequate knowledge on Assertive Communication and Its Benefits in Nurse Patient Relationship before structured teaching program.

It was inferred that majority of B.Sc. Nursing Students studied in Adichunchanagiri College of Nursing, B.G. Nagar need structured teaching program to enhance knowledge level on Assertive Communication and its Benefits in Nurse Patient Relationship.



SECTION D: Mean and Standard deviation of different sections of knowledge regarding Assertive Communication and Its Benefits in Nurse Patient Relationship among B.Sc. Nursing Students in Pre-test and Post-test.

Sl. No	Different sections of knowledge	Pre-test		Post-test		t “value”	P value
		Mean	SD	Mean	SD		
1	Knowledge assessment regarding Information on general communication	0.91	0.64	3.58	0.75	14.92	0.01*
2	Knowledge assessment regarding assertive communication	5.33	0.85	19.41	1.38	49.05	0.01*
3	Knowledge assessment regarding benefits of assertive communication in nurse patient relationship	1.58	0.75	7.25	1.08	23.92	0.01*
4	Over all	7.82	2.24	30.24	3.21	31.80	0.01*

DISCUSSION

The results shows that there is a significant association between the knowledge level towards prevention of lifestyle diseases and selected socio demographic factors such as Age $\chi^2 = 23.8(s)$; Gender $\chi^2 = 41.32(s)$; Religion $\chi^2 =$

42.4(s); Types of family $\chi^2=66.8(s)$; Education of father $\chi^2 = 57.00(s)$; Education of mother $\chi^2 = 44.00(s)$; Previous knowledge about assertive communication $\chi^2 = 32.26(s)$; and finally, Sources of information $\chi^2 = 17.16(s)$; among B.Sc. nursing students

Therefore, it was inferred that the socio-demographic factors such as age, gender, religion, types of family, education of father & education of mother, previous knowledge about assertive communication and finally sources of information of the respondents shows there is a significant association between the Pre-test knowledge level and socio-demographic variables ($P > 0.05$).

CONCLUSION

The study finding reveals that there was highly significant enhancement in knowledge level on assertive communication and its benefits in nurse patient relationship after conducting structured teaching program among B.Sc. nursing students at Adichunchanagiri College of Nursing, B.G. Nagar.

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