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A study to assess the effectiveness of planned teaching programme on knowledge regarding anger management among college going nursing student at Saaii College of medical science and technology, Kanpur U.P.

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Abstract
Adolescents is the future of the nation. The future of the country depends on them so they need to be physically and mentally healthy. Adolescents is the stage where they experience much more thing of lives. Anger is an emotion whom adolescents as well as people have don't idea to cope with them in their daily lives and that will be lead to their personality, problems in relationship, educational focus ,communication gap etc. Nursing students are the base of our country they cure to others. Due to various factors such as age, gender, education of the family, occupation status, residential area, place of living, number of sibling etc. they struggle from anger and does not focus in their Institution. Anger management is the therapy which provide the knowledge regarding anger, Cause of anger, sign and symptoms, triggers and how to manage the anger as well as make their Daily lives productive. The present study is an effort the awareness level of the college going nursing Students studying in private college of Kanpur.

According to previous study 73% male adolescents in India and 57% of female suffer from anger. Based on the data, 70% of students (111 students) admitted that they have bad temper on an "occasional" basis. Moreover, only 6 (3%) students said that they would "never" pretend to suppress or tolerate their emotions. 62% of the students on the other hand gave the median score of "occasionally" and "often" when it comes to suppressing and tolerating their anger. However, the rest of the students exhibit poor anger expressions skills, whereby 20% of them (32 students) said that they suppress their anger and tolerate it "most of the time." An enormous majority of students (66%) said that they would "never" deal with anger by any of the mentioned means expressed in the questionnaire, while 25% do so "occasionally" and "often." But 6%of students resort to negative habits "all the time." Because of the poor knowledge they did not cope with their anger and it cause in their daily lives. Therefore, the study titled "A Study to assess the effectiveness of Planned Teaching Programme on Knowledge regarding Anger Management among college going nursing students at Saaii College of medical science and technology, Kanpur. U.P"

Conclusion: The finding of the study that students have less knowledge regarding anger management. The result indicated PTP was effective for students regarding anger management.

Keywords: Planned teaching programme, knowledge regarding anger management, nursing student

Introduction
Objectives of the study
The objectives of the study are
1. To determine the association between pre-test levels of knowledge regarding anger management among college going nursing students with selected socio -demographic variables.
2. The find out the effectiveness of planned teaching programme regarding anger management among college nursing students.

3. To develop planned teaching programme regarding Anger management.
4. To assess the Level of knowledge regarding Anger management among of college going nursing students.

Hypothesis

H_1: There will be significant difference between the mean pre-test and post-test knowledge score regarding anger management among college going nursing students at Saaii College of medical science and technology, Kanpur. U.P.

H_2: There will be significant associations between pre-test knowledge regarding anger management among college going nursing students with their selected socio-demographic variables.

H_{01}: There will be no significant difference between the mean pre-test and post-test knowledge score regarding anger management among college going nursing students at Saaii College of medical science and technology, Kanpur. U.P

H_{02}: There will be no significant associations between pre-test knowledge levels regarding anger management among college going nursing students with their selected socio-demographic variables.

Material and Method

A Quantitative approach with Quasi-experimental (one group pre-test post-test and control group) design was used to evaluate the effectiveness the planned teaching programme on knowledge regarding anger management among college going nursing students at Saaii college of medical science and technology, Kanpur U.P. College going 40 nursing students were selected by simple random sampling self-structured knowledge questionnaire containing 30 questions was prepared which includes socio-demographic data of the college going nursing students.

The tool along with the lesson plan of the education programme was validated by three experts and reliability of the tool was establish using split half method.

Pre-test was administered on the 1st day using the self-structured knowledge questionnaire followed by intervening the planned teaching programme .The effectiveness of planned teaching programme was determined by compairing the pre-test score with the post-test score which was collected after 7th day.

Results

The result depicted that was significant difference between pretest awareness and post-test awareness score with statistically significant at p>0.05 level. Hence, it was inferred that College going nursing student's awareness regarding anger management was increased in post-test.

Discussion

Section A: Frequency & percentage wise description of socio demographic variables of college going nursing student. The sample were selected through purposive sampling technique from the selected nursing college at Chaubepur, Kanpur. The data were analyzed using experimental statistics and presented in terms of percentage

1. Majority (60%) of the subject were in the age group of 17-19 years.
2. Majority (70%) of the subject were Female.
3. Majority (80%) of the subject were Hindu.
4. Majority (65%) of the subject were Hosteler.

5. Majority (80%) of the subject were nuclear.
6. Majority (60%) of the subject were Siblings 1-2.
7. Majority (80%) of the subject were Uttar Pradesh.
8. Majority (60%) of the subject were Intermediate.
9. Majority (60%) of the subject were Private Job.
10. Majority (60%) of the subject were Upper Middle Class.
11. Majority (60%) of the subject were Urban.

Section B: Frequency & percentage wise description of college going nursing students according to their pre-test & post-test knowledge

Pre-test knowledge score were identified according to score of anger management by using self-structured knowledge questionnaire on anger management. The identified pre-test awareness score regarding anger management revealed that 0% had good awareness, 10% had average awareness and 90% had poor awareness.

Section C: Comparison of pre-test and post-test level of knowledge regarding anger management among the college going nursing student

Post-test awareness score were identified according to score of anger management by using self-structured awareness questionnaire on anger management. The identified post-test awareness score regarding anger management revealed that 40% had good awareness 52% had average awareness 8% of sample had poor awareness.

Section D: Effectiveness of planned teaching programme on knowledge regarding anger management among the college going nursing student

The comparison of pre-test and post-test awareness score regarding anger management the mean percentage (26%) of pre-test then the mean percentage 76% of post-test. The comparison between the pre-test and post-test awareness had significant difference with t- value (4.18) at p>0.05 level of significance. The result revealed that it was concluded that there was significant difference between pre-test and post-test awareness score regarding anger management among college going nursing students regarding anger management. Hence, the research hypothesis (H_1) was accepted and planned teaching programme was effective.

Section E: Association between the level of pre-test knowledge score of among the students with their selected socio demographic variables

1. Association between pre-test awareness score regarding anger management and age. There was significant association between pre-test awareness score regarding anger management and age (x^2cal (2) = 24.6 p>0.05) at 0.05 level of significant. Hence, the research hypothesis accepted.
2. Association between pre-test awareness score regarding anger management and gender. There was significant association between pre-test awareness score regarding anger management and gender (x^2cal (2) =9.82 p>0.05) at 0.05 level of significant. Hence, the research hypothesis accepted.
3. Association between pre- test awareness score regarding anger management and religion. There was significant association between pre-test awareness score regarding anger management and religion (x^2cal (6) =

16.96 p> 0.05) at 0.05 level of significant. Hence, the research hypothesis accepted.

4. Association between pre-test awareness score regarding anger management and place of living. There was significant association between pre-test awareness score regarding anger management and place of living (x^2cal (1) = 7.28 p>0.05) at 0.05 level of significant. Hence, the research hypothesis accepted.

5. Association between pre-test awareness score regarding anger management and type of family. There was not significant association between pre-test awareness score regarding anger management and type of family (x^2cal (1) = 0.68 p>0.05) at 0.05 level of significant. Hence, the research hypothesis rejected.

6. Association between pre-test awareness score regarding anger management and no. of siblings. There was significant association between pre-test awareness score regarding anger management and no. of siblings (x^2cal (6) =15.11 p>0.05) at 0.05 level of significant. Hence, the research hypothesis accepted.

7. Association between pre-test awareness score regarding anger management native place There was significant association between pre-test awareness score regarding anger management and native place (x^2cal (8) = 17.7 p>0.05) at 0.05 level of significant. Hence, the research hypothesis accepted.

8. Association between pre-test awareness score regarding anger management parents education. There was significant association between pre-test awareness score regarding anger management and parents education (x^2cal (8) = 23.6 p>0.05) at 0.05 level of significant. Hence, the research hypothesis accepted.

9. Association between pre- test awareness score regarding anger management parents occupation. There was not significant association between pre-test awareness score regarding anger management and parents education (x^2cal (8) = 13.96 p>0.05) at 0.05 level of significant. Hence, the research hypothesis rejected.

10. Association between pre- test awareness score regarding anger management and socio- economics class. There was significant association between pre-test awareness score regarding anger management and socio-economics class (x^2cal (6) = 23.4 p>0.05) at 0.05 level of significant. Hence, the research hypothesis accepted.

11. Association between pre- test awareness score regarding anger management and residential area. There was not significant association between pre-test awareness score regarding anger management and residential area (x^2cal (6) = 4.07 p>0.05) at 0.05 level of significant. Hence, the research hypothesis rejected.

Conclusion
The following conclusions were drawn on the basis of the findings of the study

1. Pre-test awareness score was identified according to score of anger management by using self-structured knowledge questionnaire on anger management. The identified pre-test awareness score regarding anger management revealed that 0% had good awareness, 10% had average awareness and 90% had poor awareness regarding anger management among college going nursing students.

2. Post-test awareness score were identified according to score of anger management by using self-structured awareness questionnaire on anger management. The identified post-test awareness score regarding anger management revealed that 40% had good awareness 52% had average awareness 8% of sample had poor awareness regarding anger management among college going nursing students.

3. The comparison of pre-test and post-test awareness score regarding anger management the mean percentage (26%) of pre-test then the mean percentage 76% of post-test. The comparison between the pre-test and post-test awareness had significant difference with t-value (4.18) at p>0.05 level of significance.

4. The result revealed that it was concluded that there was significant difference between pre-test and post-test awareness score regarding anger management among college going nursing students regarding anger management. Hence, the research hypothesis (H_1) was accepted.

5. There was association between age, gender, religion, place of living, type of family, no. of siblings, native place, educational status of parents, socio-economic status, having anger management and no association between type of family, occupational status and residential area.

Conflict of interest
The author declares no conflict of interest.

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