

A Study to Evaluate Effectiveness of Group Therapy in Improving Adaptability Among Nursing Students in Selected Nursing College Bhilai, Chhattisgarh

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Abstract: The 20th century witnessed many truly revolutionary advances in health care. The innovation underlying such progress continues to advance and accelerate change, while many new technologies and medical interventions provide new options for care and treatment. Maloney P. insists that in the present scenario, nurses must be prepared to effectively adapt to a variety of circumstances that will support and aim to accommodate patient care needs more effectively. Group therapy, creates a healthy interaction with other people who struggle in similar ways provides individuals with paths to resolve anxiety, fear, shame, guilt, loneliness, and other emotions associated with mental health difficulties. **Aim:** The present study is aimed to evaluate effectiveness of Group therapy in improving adaptability among nursing students. **Setting and Design:** A pre-experimental research approach was adopted where 30 students were selected using randomization sampling technique for the quantitative study. A self-structured tool to assess socio demographic variables and to evaluate effectiveness of Group therapy in improving adaptability among nursing students. Collected data was analyzed using inferential and descriptive analysis. **Result:** 't' test, mean and SD of adaptability before and after Group therapy. Mean±SD before and after the intervention were 18.1±4.97, 37.23±1.69 respectively. The difference in results were analyzed using paired t-test and a significant improvement in their adaptability is statistical proved as significant as t_{cal} that is 3.6 is higher than t_{tab} 2.05 at $p>0.05$ level of significance.

Keywords: Adaptability, Group therapy, Nursing students.

1. Introduction

Adaptability is a crucial skill that allows nurses to navigate the ever-changing healthcare landscape. Nurses must be able to quickly respond to evolving situations and address the diverse needs of their patients. Kumar A. 2018 in Delhi identified the academic adaptability among nursing students with mean score 3.8±0.7, 3.4±0.6, 3.6±0.7 in Academic motivation, Time management and self-regulation respectively.

National Institute of Health defined adaptation as a specific kind of human accommodation to a particular environment. As nursing is a science and art of serving human being and

promoting health irrespective of developmental stage and culture, she has to develop adaption skill.

2. Objectives

1. To assess the adaptability of nursing students.
2. To assess the effectiveness of Group therapy in improving adaptability of nursing students.
3. To find out association between adaptability and selected socio demographic variables among nursing students.

3. Material and Methods

An experimental study was conducted using pre-experimental design. Selection of sample was done by randomization. It is a type of simple random sampling where blind fold selection is done. Sampling frame was obtained from attendance register of B.Sc. Nursing 1st semester with a total of 100 accessible population. Eligible samples were selected considering inclusion and exclusion criteria and hence 6 students were excluded with remaining students 94 blind chits were prepared from which 30 chits of in were selected as subjects of study. Individual who gave informed consent were included. Data was collected using self-structures questionnaire (3-point rating scale) to evaluate adaptability among nursing students. The Chi-square analysis will be used to determine the association between adaptability and selected socio demographic variables among nursing students. Values to be compared are at $p<0.05\%$ level of significance for corresponding degree of freedom.

4. Results and Discussion

A. Distribution of Study Subjects According to Sociodemographic Variables

In the present study, socio demographic details of 30 students who meet the inclusion criteria were done using percentage analysis. The findings regarding age 96.67% belongs to the age

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group of 18-20 years, religion majority of the subjects 96.67% were believers of Hinduism, mother tongue elicit that mother tongue of majority of students participated in the present study 53.33% was Hindi, area of residence 70% students participants are residing in their own home, reason of choosing nursing profession major proportion that is 63.34% of nursing students joined this profession with their own interest, medium of education in school 50% of subjects had English as the medium of instruction in school curriculum.

B. Overall Analysis to Evaluate the Effectiveness of Group Therapy in Improving Adaptability of Nursing Students

Comparison of distribution of participants based on adaptability before and after intervention effect of Group therapy in improving adaptation of nursing students. Analysis show that in pre interventional period, none had good adaptability 73.3% were in average and remaining 26.6% in poor level of adaptability.

After Group therapy a remarkable shift in distribution was identified. 83.34% achieved good adaptability and remaining in average adaptability level.

Area Wise Analysis of Pre-Interventional and Post Interventional Adaptability Among Nursing Students

The pre interventional mean, SD and mean score percentage on areas like academic, social and professional adaptation were 6.3 ± 2.27 (63%), 7.33 ± 2.57 (56.38%) and 4.46 ± 1.42 (44%) respectively.

After intervention mean, SD, and mean score percent for academic, social and professional adaptation were 10.63 ± 2.05 (75.92%), 10.56 ± 2.26 (58.66%) and 6.1 ± 1.39 (62%). Difference in score was proved significant for academic and professional adaptability at $p < 0.05$ level. Even though statistically significant difference is noted in academic adaptability, a markable improvement is noted in professional and social areas also.

The above findings were supported by similar research study on the effect of group psychosocial counseling on improving college students (2020) in India done by Area AM, in college students using adaptation scale to compare the experimental group with the control group. In the pre interventional mean, SD and mean score percentage on areas like career adaptation, interpersonal and learning adaptation were 30.56 ± 6.78 , 32.56 ± 5.87 and 34.56 ± 6 respectively.

't' test find effectiveness of Group therapy in improving adaptability. Mean±SD before and after the intervention were 18.1 ± 4.97 , 37.23 ± 1.69 respectively. The difference in results were analyzed using paired t-test and a significant improvement in their adaptability is statistical proved as significant as t_{cal} that is 3.6 is higher than t_{tab} 2.05 at $p > 0.05$ level of significance. Hence H_1 that is there is a significant effect of group therapy on adaptability at the level of $P > 0.05$ significance is accepted.

C. Association Between Adaptability and Selected Socio Demographic Variables Among Students

Chi square value was calculated which reveals that there is significant association between reason for choosing nursing profession and adaptability ($\chi^2 = 10.48$, $p > 0.05$) is statistically proved to be significantly associated. Hence H_2 was accepted with regards to reason for choosing nursing profession is.

However, with regards to value of age ($\chi^2 = 1.29$, $p < 0.05$), religion ($\chi^2 = 2.84$, $p < 0.05$) mother tongue ($\chi^2 = 4$, $p < 0.05$), area of residence ($\chi^2 = 0.41$, $p < 0.05$), medium of education in school ($\chi^2 = 2.72$, $p < 0.05$), Hence H_2 was rejected with regards to variable such as value of age, religion, mother tongue, area of residence, medium of education in school.

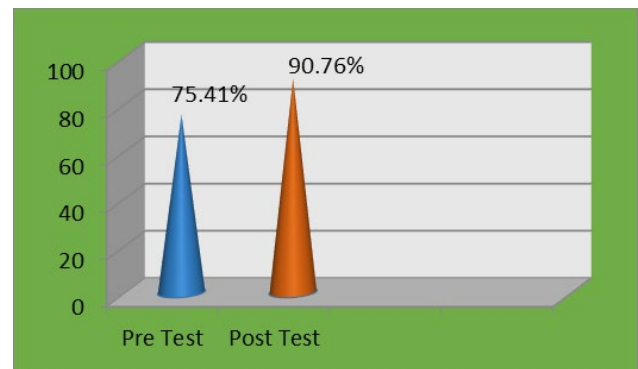


Fig. 1. Cone diagram showing pre and post interventional mean percentage adaptability among students

5. Implications

A. In Nursing Practice

- Grass root level nurses like ANMs, Multipurpose workers etc., shall consider adolescent vulnerable group for meet adaptive behaviors like risky behavior substance abuse etc. Therefore, regular monitoring of this age group is necessary.
- School Health nurse along with school authorities conduct training parents on parental skill.

B. In Nursing Education

- Nurse educators can contribute to include the topic of group therapy facilitates giving and receiving support and helps find students voice in nursing curriculum.
- The nurse educators can identify student who are underprepared academically and engage them in self-awareness and self-management competence to enable them to tackle obstacles effectively.

C. In Nursing Administration

- Nursing administrators can ensure that adequate resources (such as time, space and funding) are allocated for the group therapy sessions. They can

Table 1
*t'-test to find effectiveness of Group therapy in improving adaptability

Study variables	Period of assessment	Mean	Mean %	SD	DF	't'	Inference
Adaptability	Pre-Test	18.1	75.4	4.9	29	3.6	Significant
	Post-Test	27.2	90.7	1.6	29		

facilitate access to qualified therapists and necessary materials.

- Ongoing interventional group program can be planned for adolescents for the improvement of adaptability.

D. In Nursing Research

- The adolescents provide a facilitated ground for ongoing research as well as parents, college administrators and adolescents themselves who continue to seek ways to improve success rate in terms of academic and preparation for future.
- This study helps the nurse researcher to develop insight into the development of group therapy for adolescents towards the improvement of adaptability.

6. Recommendation

- The study can be replicated on a large number of samples in different setting and different age group people to have wider applicability by generalization.
- A similar study can be carried out by using the different strategies.
- A similar study can be done to assessment of component of adaptability among, students in different field.
- There are areas in which additional study should be done to better inform the design of intervention and to improve the adaptation to any age group of adolescents.

7. Conclusion

The present study was pre-experimental in nature. The main purpose of the study was to assess the effectiveness of Group therapy in improving adaptability among nursing students in

selected Nursing College Bhilai, (C.G.). The difference in results were analyzed using paired t-test and a significant improvement in their adaptability is statistical proved as significant as t_{cal} that is 3.6 is higher than t_{tab} 2.05 at $p > 0.05$ level of significance.

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