

EFFECTIVENESS OF NURSING INTERVENTION PACKAGE ON ANXIETY, SELF-ESTEEM AND QUALITY OF LIFE AMONG ADOLESCENTS- PILOT STUDYProf. Vidya Raju Saliyan^{1*} and Dr. Raj Rani²¹Principal, Bowring & Lady Curzon School of Nursing, Shivaji Nagar Bangalore-560001.²Research Supervisor, Himalayan University, Arunachal Pradesh.***Corresponding Author: Prof. Vidya Raju Saliyan**

Principal, Bowring & Lady Curzon School of Nursing, Shivaji Nagar Bangalore-560001.

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ABSTRACT

Introduction: Anxiety among adolescents is associated serious lasting complications in later life. The quality of life and self-esteem will be affected for adolescents suffering from anxiety. Since not much has been done with regard effective intervention in India, therefore there is a need to test and find out a cost effective and efficient method of handling the problems of children. The Nursing intervention package helps children to reduce anxiety and improves the self-esteem and quality of life. **Methods:** The true experimental pre-post equivalent groups design was selected. The study was conducted at selected PU college, Bangalore and sample comprised of 80 children. Children are randomly allocated to experimental and control group. Children who fulfilled the inclusion criteria were administered the socio-demographic proforma, Spence Children's Anxiety Scale, Rosenberg self-esteem scale and WHOQOL-BREF. Nursing intervention package was administered to experimental group. The data was analysed by using SPSS software. **Results:** The results shows that statistically significant decrease in anxiety score and increase in self-esteem and quality of life score from pre-test to post-test in experimental group compared to control group. **Conclusion:** The study concludes that nursing intervention was effective in reducing anxiety and improving self-esteem and quality of life among adolescents.

KEYWORDS: Nursing intervention, Anxiety, self-esteem, Quality of life, Adolescents.**INTRODUCTION**

Young people are one of society's most valuable resources. In this era of globalization and technological revolution, education is considered as a first step for every individual's activity. It plays a vital role in the development of human capital and link within the individuals' well-being and opportunity for better living. Adolescent in age from 10 to 19 constitute one-fifth of the Indian population. Governments, institutions, communities and families have an obligation to support adolescents and to ensure that they have the opportunities and capacities, the protection from risk and vulnerability and the power to make the transition to productive adult members of society successfully.^[1]

Globally, around 10 to 20 % of children suffer from a mental health problem.^[2] A study conducted in five developing countries suggest that 10.5 % of children suffer from mental health problems.^[3] An Indian study shows that prevalence of behavioural and emotional problems in adolescents was found to be 30%, with girls exceeding boys in all age groups. Internalizing syndrome was the most common (28.6%) problem.^[4]

Anxiety disorders are among the most important health issues facing adolescents, and also their parents and those who work with and treat adolescents. Anxiety is the most common psychiatric disorders among adolescents, with an estimated prevalence of 31%.^[5] On the other hand, anxiety disorders are the most undertreated mental health problems in adolescents, with recent data indicating that only 18% of anxious adolescents were in treatment.^[6]

Globally in 2010, anxiety disorders were among the three leading causes for disability in adolescents.^[7] Further, anxiety symptoms and anxiety disorders in adolescents are associated with impaired school functioning and school absenteeism, negative school environment, poor coping skills, low self-esteem and difficulties in relationships.^[8] The studies have reported that quality of life decreases among adolescence when anxiety symptoms increase.^[9]

The low self-esteem has been associated with a number of psychological, physical, and social consequences that may influence successful adolescent development and the transition to adulthood, including depression, anxiety, suicide and disordered eating, violent behavior, earlier

initiation of sexual activity (in girls), and substance use.^[10-12] Recent research also suggests that low self-esteem in adolescence may be a harbinger for poor longer-term outcomes, such as fewer years of post-secondary education, greater likelihood of joblessness and financial difficulties, as well as poorer mental/physical health and higher rates of criminal behavior.^[13]

The importance of early identification of child with anxiety problem and prompt and adequate treatment is well known to medical practice, nursing care and public health. Failing to diagnose early and treat promptly may often cause severe morbidity and serious lasting complications in later life.^[14] Since not much has been done with regard effective intervention in India, there is a need to test and find out a cost effective and efficient method of handling the problems of children. With this background, the current study was undertaken with a purpose of evaluating effectiveness of nursing intervention package for anxiety, self-esteem and quality of life among adolescents.

MATERIALS AND METHODS

The true experimental pre-post equivalent groups design was selected. The study was conducted at selected PU college, Bangalore and sample comprised of 80 children. The participants were randomly assigned to either the experimental (40) or control group (40) via a computer-generated random sequence of numbers. Children who fulfilled the inclusion criteria were administered the socio-demographic proforma, Spence Children's Anxiety Scale, Rosenberg self-esteem scale and WHOQOL-BREF.

1. Socio-demographic proforma: It includes questions on their age, religion, qualification, educational qualification of Father, educational qualification of mother, Occupation of Father, Occupation of mother, Monthly family income and Type of Family.
2. Spence Children's Anxiety Scale: The scale was developed by Susan H Spence (1998), self-administered four-point likert scale containing 38 items are related anxiety clinical manifestation. Subjects are asked to rate on a 4-point scale comprising never (0), sometimes (1), often (2), and always (3), based on the clinical manifestations. The responses are summed to determine probable scores stretching from Zero to 114, with higher scores representing anxiety severity. A total score of 36 & above are classified as elevated level of anxiety.
3. Rosenberg Self-Esteem Scale: This scale was developed by Dr. Morris Rosenberg (1965) and contains 10-item. The items are answered using a 4-point Likert scale comprising strongly agree (4), Agree (3), Disagree (2), and strongly disagree (1) and Items 2, 5, 6, 8, 9 are reverse scored. A total score less than 20 indicates low self-esteem; 20-30

indicates moderate self-esteem and above 30 indicates high self-esteem.

4. WHOQOL-BREF: It contains 26 items, each item has five options with relevant answers. The most relevant answer for each item was five and least relevant answer for each item was one. Thus for 26 items maximum score is 130 and minimum score is 26. The investigator collected the data through self-report questionnaire method.

Intervention

Participants in the experimental group underwent the nursing intervention package spread over one week. The intervention consisted of a daily one-hour session for one week and consists of relaxation exercises, teaching adaptive coping skills and building self-esteem among adolescents.

Statistical analysis

Data were analysed using Statistical package for the social Sciences software package (Version 23), and results were presented in table form. The changes in the outcome variables from pre-test to post-test were compared using t-test.

RESULTS

The mean age of the adolescents was 17.25 years (SD 1.25) and majority of respondents (63%) were male. More than half of children (60%) belong to Hindu religion and majority of children (48%) are studying in I PUC. The majority (40%) of sample father qualification and mother educational qualification (30%) are illiterate. The majority (51%) of sample father occupation is private job and (42%) of children mother are House wife. The mean monthly family income of the sample was Rs. 8321 (SD 1236) and more than half of children (55%) are from Nuclear family. Both the groups (Experimental and Control) were comparable in terms of their baseline.

Intervention effect

The independent 't' test was calculated to know the effectiveness of Nursing intervention package for anxiety, self-esteem and quality of life. There is a statistically significant decrease in anxiety score from pre-test to post-test in experimental group compared to control group. There is a statistically significant increase in self-esteem and quality of life score from pre-test to post-test in experimental group compared to control group.

Table 1: Effect of Nursing intervention package on anxiety, self-esteem and quality of life between experimental and control group.

Variable	Experimental group (n=40)		Control group (n=40)		t value	P-Value	Effect size
	Pre-test (Mean±SD)	Post-test (Mean±SD)	Pre-test (Mean±SD)	Post-test (Mean±SD)			
Anxiety	32.23±1.23	23.7±0.63	33.36±2.56	35.26±1.76	4.12	.000	0.72
Self-esteem	15.65±0.36	26.21±0.58	14.38±1.28	16.23±0.65	6.72	.000	0.96
Quality of life	58.37±12.3	80.46±8.36	59.56±13.6	56.82±11.6	6.26	.000	0.73

DISCUSSION

The study shows that mean anxiety score in experimental group were 32.23±1.23 and control group were 33.36±2.56 at base line. Finding of the present study are close to findings reported in published literature that show higher rate of anxiety among adolescents.^[15-16] The empirical evidence suggests that self-esteem was the predictor of academic success, adjustment in life, coping abilities and problem solving skills among children. The study shows that mean self-esteem score in experimental group were 15.65±0.36 and control group were 14.38±1.28 at base line and mean quality of life score in experimental group were 58.37±12.3 and control group were 58.37±12.3 at base line.

The present study results suggest that, the experimental group showed statistically significant decrease in anxiety scores ($t = 4.12$, $p=.000$, $d= 0.72$), indicating nursing intervention package positively impacted on anxiety scores. The similar findings are observed by Haugland BS et al (2017) where school nurses recruit participants and deliver the interventions, with mental health workers as co-therapists and/or supervisors. Primary outcomes are level of anxiety symptoms and anxiety-related functional impairments. A total of 18 schools participated and 323 adolescents (16-18 years) recruited. The finding shows that statistically significant decreases in anxiety scores in experimental group compare to control group.^[17]

The study also shows that, statistically significant increase in self-esteem scores ($t = 6.72$, $p=.000$, $d= 0.96$) and quality of life score ($t = 6.26$, $p=.000$, $d= 0.73$) in experimental group compared to control group. Our findings echo previous research evidence which shows that nurse intervention was effective for recovery of self-esteem.^[18]

Limitations: The study was limited to 80 adolescents from V V Puram PU College Bangalore, and small number of subjects limits generalization of the study.

CONCLUSION

The study concludes that nursing intervention was effective in reducing anxiety and improving self-esteem and quality of life among adolescents. The study recommends that large scale implementation of school based intervention delivered by school nurses or community nurses to reduce the mental health problems of adolescents.

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