

“Effectiveness of Structured Teaching Programme on the Level of Knowledge about Psychological First aid among Teachers Working in Selected Schools in Pune City”

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Abstract

Introduction: The goal of Psychological First Aid (PFA), which is a crucial procedure, is to lessen the prevalence of diseases linked to stress. The use of STP was successful in raising awareness of the application of psychological first aid, which served to improve people's quality of life.

Method: Pre-experimental research design is the research design employed, while quantitative research is the research approach used for the study. The study's 60 samples were chosen using the probability sampling method. The individuals took a pre-test before receiving a systematic education Programme on psychological first aid via AV assistance, which was followed by a post-test that was delivered 14 days later.

Outcome: The average knowledge score on the pretest was 12.66, and the average knowledge score on the posttest was 19.99, with a standard deviation of 3.26, according to the results. This demonstrates that the structure-teaching Program was successful in increasing school teachers' awareness of psychological first aid.

Conclusion: The current study improved teachers' knowledge of psychological first aid. The majority of teachers, according to the report, are just somewhat knowledgeable about Psychological First Aid.

Keywords: Efficiency; STP; Knowledge; Psychological First Aid; Teachers.

Introduction

A technique called Psychological First Aid (PFA) is designed to lessen stress brought on by any crisis event¹. Initially conceptualized in the middle of the 20th century, psychological first aid was founded by the National Centre for Post-Traumatic Stress Disorder. After the 9/11 tragedy, Psychological First Aid emerged as a crucial element that was extremely helpful to

those who had survived man-made disasters and life-threatening situations². PFA is a comprehensive approach based on evidence that helps families, societies, and communities recover from disasters and terrorist attacks. The goal of Psychological First Aid is to decrease the immediate distress brought on by upsetting happenings, to adjust to the new circumstances, and to provide coping mechanisms.³.

The information required to provide the necessary psychological first aid is increased through psychological first aid training, which also fosters confidence in PFA. Researchers have recommended that PFA training be incorporated into the basic curricula of medical colleges, nursing colleges, healthcare programs, and teacher education programmes as a consequence of a few reviews. Additionally, it was discussed that management and upper-level staff members of educational organizations should encourage students and coworkers to use PFA in schools, colleges, and workplace environments. Given that PFA training is equally important to CPR training and should receive the same promotion, influencing professionals should also pay attention to this factor.

The purpose of the present research is to evaluate the impact of Structured Teaching Programme on teachers' knowledge of Psychological First Aid in a sample of schools in Pune.

Hypothesis

Ho: The school teachers' understanding of psychological first aid won't change significantly.

MATERIALS AND METHODS:

Quantitative research methods were used for the current investigation. Pre-experimental research design was the method employed. The study's non-probability purpose sampling technique was used to choose 80 samples. Instrument for the research has units as follows:

Data on demographic are in Section I. Section II: a thirty-item structured questionnaire. The organization's authority was requested to undertake the major study. The study's data collection period ran from August 5 through August 26, 2022. After obtaining the participants' consent, data was gathered. On the first day, a pre-test was given, followed by

an organized training Programme on Psychological First Aid, then a post-test.

Results:

Section I Demographic Data Analysis:

80 participants in all were chosen from a group of schools in Pune, Maharashtra. All of the participants received survey packets. From 80 teachers, 42.5% of the samples have a sample age between 21 and 25. 26 to 30 years old make up 25.5% of samples. 15.5% of teachers fell in the over-35 age group and 16.5% are in the 31 to 35 age group.

Section II Pre-intervention knowledge of psychological first aid among school teachers.

According to the data gathered during the pre-test, 76.25% of the subjects knew little or nothing about psychological first aid, 11.25% knew something about it but not much, and 12.5% knew enough.

Table.1 representing the Pre-test Knowledge

N = 80

	Good	Average	Poor
Frequency	10	9	61
Percentage	12.5 %	11.25 %	76.25 %

Section III - Impact of an organized teaching Programme on teachers' understanding of PFA

To examine the impact of STP on knowledge of psychological first aid, a Paired t-test was implemented. The post-test mean score climbed to 27.5 from the pre-test mean score of 18.5. The T-value, which had 39 degrees of freedom, was 21.31. The alternative hypothesis was accepted since the associated p-value, which was a tiny 2.730, was acceptable. The study's findings demonstrate that the STP on psychological first aid significantly raises the knowledge of school instructors.

DISCUSSION

The research's aim was to evaluate the influence of STP on the knowledge of psychological first aid among school teachers employed in particular schools in Pune.

According to the study, of the subjects who took the pre-test, 76.25% had poor knowledge, 11.25% had average level of knowledge, and 12.5% had good level of knowledge about Psychological First Aid.

The Psychological First Aid training considerably enriched teachers' awareness and observed proficiency in Psychological First Aid skill, according to a similar study by (Jong-Sun Lee, Sungeun You et al.)⁶

Conclusion:

According to the research study's findings, training in psychological first aid had a favorable impact on about 80% of school teachers. To sum up, this study suggests that all education personnel should receive additional training in psychological first aid. It was believed that psychological first aid could be better understood in depth and that all of the population could benefit from seeing its advantages⁷.

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