
Pre-Experimental Study to Assess the Effectiveness of Theme-Based Short film on the Level of Knowledge Regarding Youth Suicide and its Prevention Among the Parents Living in Selected Urban Community Area of Delhi, India

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Abstract

Background: Every year, more than 800,000 individuals die by suicide throughout the world. India's suicide rate is greatest in the 15-29 age bracket, according to a 2012 Lancet analysis.⁴ In India, from a public mental health perspective, adolescent or youth suicide is a major challenge that must be addressed through effective preventive measures. This research article provides a brief overview of the level of knowledge regarding youth suicide and its prevention among the parent population.⁵

Methods: A quantitative research approach with pre-experimental one group pre-test post-test design and non-probability purposive sampling technique was adopted with 40 parents. A structured knowledge questionnaire having 20 items followed by theme-based short film was administered on the 1st day, and post-test was taken on the 8th day.

Results: Data obtained was analysed and result showed level of knowledge of parents as good, average, poor and excellent; scores in pre-test were 67.5%, 20%, 7.5% and 5% respectively; as compared to the results in the post test where 80% parents had excellent and 20% had good level of knowledge regarding youth suicide and its prevention. Therefore, the short-film was found to be effective. Mean pre-test knowledge score of the parents was 11.4 and post-test mean knowledge score of was 16.1 with the standard deviation 9.37 and 4.84 respectively. The difference was found to be statistically significant as evidence from "Z" test value is 2.83, which is greater than table value (alpha=1.96) at 0.05 level of significance. Findings showed no significant association between the post-test knowledge score with the demographic variables; hence, the null hypothesis was accepted and research hypothesis was rejected.

Conclusion: The study concluded that the theme- based short film was effective in improving the level of knowledge of parents regarding youth suicide and its prevention. There is a need to develop more information materials on youth suicide and its prevention to fill information gap and improve the knowledge.

Keywords: theme-based short film, knowledge, youth suicide and its prevention, parents

Introduction

"Live a little every day, ek hi zindagi mili hai (You have got only one life)."

-These were the last words found in an eight-page long suicide-note from a PhD student at the Indian Institute of Technology in Hyderabad. The student was found dead in his dormitory room on July 2, 2019.

Every year, about 800,000 individuals worldwide commit suicide. Suicide was expected to kill 1.5 million people by 2020. In 2015, the suicide rate was 10.7 per 100,000 people, which equates to approximately one death every 20 years.⁴ Suicide is the 15th greatest cause of death worldwide, accounting for 1.4 percent of all fatalities.^{2,3}

'Suicide' is defined as a fatal self-injurious act with some evidence of intent to die. Suicide is more common in older people than in younger people,

but it is still one of the leading causes of death in late childhood and adolescence worldwide leading to direct loss, and devastating psychosocial and negative socio-economic consequences. From a mental health perspective, youth suicide is a major issue that needs to be addressed. Therefore, sufficient insight into the risk factors that contribute to adolescent suicidal behaviour is needed.^{1,5}

Materials and Methods

Pre-experimental one group pre-test post-test design and non-probability purposive sampling technique was adopted. Inclusion criteria were:

- a) willing to participate.
- b) present at the time of data collection.
- c) knows English and Hindi both.
- d) having school going or university college going or job aspirant children/descendants below 29 years of age.
- e) living with at-least one of their children/descendants.

Data collection procedure: A formal administrative approval was sought from selected community setting, to conduct study from 10th of March 2021 to 10th of April 2021.

Total 40 parents were selected by non-probability purposive sampling technique. A structured knowledge questionnaire having 20 items followed by theme-based short film was administered on the 1st day after taking individual consent from the parents (this no budget theme-based short film was validated and shot in December 2020 after taking informed consent from all the actors and supporters in the film and is now publicly available on YouTube from 19/01/2022, with the title 'KHATRE KI GHANTI | Short film | youth suicide and its prevention', and the post-test was taken on the 8th day.

Results

Data obtained was analysed and result showed level of knowledge of parents as good, average, poor and excellent; scores in pre-test were 67.5%, 20%, 7.5% and 5% respectively; as compared to the results in the post test where 80% parents had excellent and 20% had good level of knowledge regarding youth suicide and its prevention. Therefore, the short-film was found to be effective.

Mean pre-test knowledge score of the parents was 11.4 and post-test mean knowledge score of was 16.1 with the standard deviation 9.37 and 4.84 respectively. The difference was found to be statistically significant as evidence from "Z" test value is 2.83, which is greater than table value ($\alpha=1.96$) at 0.05 level of significance. Findings showed no significant association between the post-test knowledge score with the demographic variables. The study concluded that the theme- based short film was effective in improving the level of knowledge of parents regarding youth suicide and its prevention.

1. Level of knowledge regarding youth suicide and its prevention showing frequency and percentage of pre-test and post-test score:

Figure 1 shows that in pre-test: majority, i.e. 67.5% of the population had good knowledge, 20% of the population had average knowledge, and 7.5% had poor knowledge and 5% had excellent knowledge regarding youth suicide and its prevention. In post-test: majority, i.e. 80% of the population had excellent knowledge, 20% of the population had good knowledge.

(N=40)

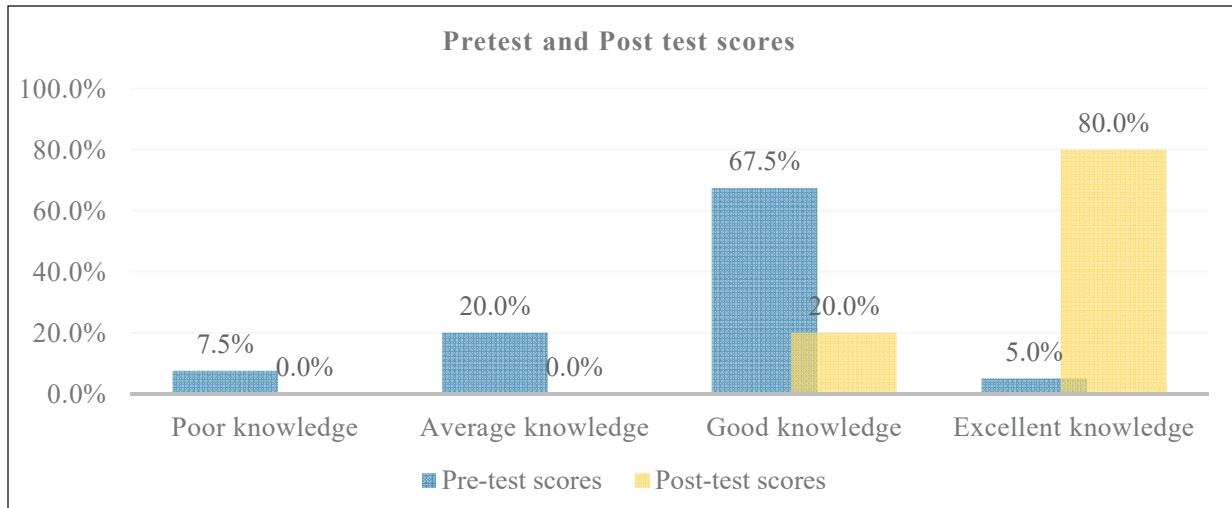


Figure 1: Bar Diagram Showing Pre-Test and Post-Test Knowledge Scores on Youth Suicide and its Prevention

Table 1: Mean, Standard Deviation and Z Test Value of Pre-Test and Post-Test Knowledge Scores of Parents Regarding Youth Suicide and its Prevention.

(N=40)

Knowledge Score	Mean	Mean Difference	S.D.	Z Test Value
Pre - Test	11.4	4.7	9.37	2.83*
Post - Test	16.1		4.84	

*df at 0.05 level of Significance z=1.96

2. Effectiveness of theme-based short film in terms of level of knowledge regarding youth suicide and its prevention:

Table 1 shows that the pre-test mean knowledge score of the sample was 11.4 and post-test mean knowledge score of parents was 16.1 with the standard deviation 9.37 and 4.84 respectively. Mean post-test knowledge score 16.1 is higher than the pre-test knowledge score 11.4. The difference was found to be statistically significant as evidence from “Z” test score value is 2.83 which is greater than table value alpha (1.96) at 0.05 level of significance. Hence, the null hypothesis got rejected and the research hypothesis was accepted. Thus, it was evident that theme-based short film was effective in improving the level of knowledge regarding youth suicide and its prevention among the parents.

H1: There will be a significant difference between pre-test and post-test knowledge scores regarding

youth suicide and its prevention among parents at 0.05 level of significance.

3. Association of post-test knowledge scores regarding Youth suicide and its prevention with selected demographic variables.

The chi-square with yates correction test was used to determine the association between the post-test knowledge score with the demographic variables. Findings showed no significant association between the post-test knowledge score with the demographic variables: Age in years, gender, educational status, occupation, etc; as the table value obtained was greater than the calculated chi-square value, hence, the null hypothesis was accepted and research hypothesis was rejected.

H0.2: There will be no significant association between post-test knowledge score and selected demographic data as calculated p value is greater than the calculated chi square value.

Discussion

Present study has been conducted to assess the effectiveness of theme-based short film regarding youth suicide and its prevention in terms of knowledge among parents in selected urban community area of Delhi. Major findings have been discussed following data analysis. The study concluded that the theme-based short film was effective in improving the level of knowledge of parents regarding youth suicide and its prevention.

The study findings were consistent with:

Cheng et al (2020) conducted a case study of a YouTube short film 'Co-creation and impacts of a suicide prevention video' on youth suicide prevention aimed to investigate the impacts of promoting prevention of suicide through social media, and evaluate the co-creation process of the project with a popular YouTuber in Hong Kong. The short film was co-produced by YouTuber and a research team. The short film brought positive perceived changes in the audience's suicide prevention knowledge, attitude, and behaviours. 3 facilitating factors and 1 challenge of the co-creation process were identified. The short film statistics and demographics of the audience were also extracted and analysed.⁶

There is a need to develop more information materials on youth suicide and its prevention to fill information gap and improve the knowledge.

Limitations

- a) Initially the male participants were not very interested to participate in the study as they were having a busy schedule but after thorough discussion about the need and importance of the study, the samples were convinced and co-operated with the researcher. The parents participated actively during the data collection.
- b) Having a common free time was an issue because samples are parents living in an urban community area, most of them were working , they were mostly available in evening time or on weekends.
- c) Some of the parents initially had fear and reluctant attitude to talk about a sensitive topic i.e., youth suicide and its prevention;

however, after proper explanation about the need of the study, the researcher was able to convince them.

Recommendations

- a) A similar study can be done on school and college teachers with audio and video assisted teaching.
- b) An experimental study can be conducted to assess the effectiveness of Structured Teaching Programme on the practice of youth suicide prevention strategies.

Conclusion

The present study assesses the effectiveness of Theme-based short film regarding Youth suicide and its prevention in terms of knowledge among parents. Majority of parents had moderate knowledge to adequate level of knowledge regarding youth suicide and its prevention after administration of Theme-based short film.

Implications

The finding of the study can be used in the following areas:

a) Clinical Nursing Practice

Community and mental health nurses can create awareness among community people regarding youth suicide and its prevention and organise health education campaign, program on the topic to be conducted for community level workers. They can encourage parents to adapt measures for youth suicide Prevention and help them to join support groups, if needed.

b) Nursing Education

Nursing educator can plan and give inputs for the in-service education programmes for nurses regarding youth suicide and its prevention .

c) Nursing Administration

The nursing administrator can take part in development and designing of refresher courses on youth suicide and its prevention and mobilize the available resources.

d) Nursing Research

The research study will help to motivate researchers on youth suicide and its prevention and will serve as a reference for budding researchers and would emphasize many research work that need to be conducted related to the problem of youth suicide which could provide current information on the same.

Ethical Clearance: Ethical clearance was obtained from Nightingale Institute of Nursing, Noida, UP, India.

Conflict in the study: None

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