Structured Teaching Programme on Effectiveness of Assertive Training on Level of Assertive Behaviour among Adolescent Girls

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Abstract: *The present study was conducted a pre - experimental study to assess the effectiveness of assertive training on level of assertive behavior among adolescent girls in selected colleges of Ludhiana, Punjab. The research project was undertaken by Nidhi Kandpal in partial fulfillment of the requirement for degree of Master of science in nursing of Baba Farid University of Health Sciences, Faridkot, Punjab in 2022. The objectives of the study to assess the effectiveness of assertive training on level of assertive behavior among adolescent girl. To assess the post test level regarding Assertive training to among adolescent girls. To compare the pretest and posttest level regarding Assertive behavior among adolescent girls. To find out the relationship between pretest and posttest level regarding Assertive behavior among adolescent girls with selected variables such as age (in years), religion, education of father, education of mother, occupation of father, occupation of mother, type of family, No. of sibling, place of residence, family income (monthly), source of information. To prepare guidelines regarding Assertive training among adolescents on the basis of deficit area. Research hypothesis was posttest knowledge score among adolescent students regarding Assertive training was significantly higher than pretest knowledge score of adolescent girls measured by Rathus assertive scale. The conceptual framework of the present study was based on general system's theory by Ludwig Von Bertalanffy (1986). The quantitative/ experimental research approach and pre experimental research design was used for study. Stratified random sampling technique with lottery method was used and 60 adolescent students were selected. Demographic variables in the study were age (in years), religion, education of father, education of mother, occupation of father, occupation of mother, type of family, No. of sibling, place of residence, family income (monthly), source of information. A self structured teaching programme on Assertive behavior among adolescent girls.*

Keywords: knowledge, structured teaching program, assisted reproductive technology, nursing students

1. Introduction

Assertiveness is the nature of being confident and sure without being forceful to safeguard a right perspective or a pertinent assertion. A type of conduct portrayed by a certain announcement or insistence of an assertion without need of confirmation. Assertiveness as an expertise, recommending that expertise deficiencies may sometimes represent non - confident way of behaving. The presumption that confidence is an expertise recommends that it very well may be instructed and created through training.1

Youthfulness, temporary period of development and advancement among adolescence and adulthood. The WHO characterizes a young adult as any individual between ages 10 & 19. This age range falls inside WHO's meaning of youngsters, which alludes to people between ages 10 & 24. During pre - adulthood, issues of close to home division from guardians emerge. While this feeling of detachment is an important stage in foundation of individual qualities, the change to independence powers a variety of changes upon numerous young people. Besides, youngsters only here & there play clear parts of their own in public arena yet rather possess an equivocal period among adolescence & adulthood.2

Assertive behavior implies being able to communicate your necessities and sentiments plainly and solidly without disregarding and subverting others. Assertiveness is a solid way of behaving that empowers you to impart in a genius social way. Assertive individuals communicate their thoughts in a firm, immediate and positive way. They are persevering in conveying their considerations at whatever point vital fully intent on advancing fairness in relational relationship. The goodness of correspondence is the way to emphaticness. A self - assured individual doesn't request unjustifiable blessing.3

2. Literature Survey

The related literature of the present study is organized and presented under the following headings:
1) Review related to adolescent girl's assertiveness
2) Review related to assertive training
3) Review related to assertive behaviour

1) Review related to adolescent girl's assertiveness
carried out a qualitative study to assess assertiveness of rural adolescents high school students of Dhanna Sagar. Complete number of tests remembered for the review were 60 examples chose by advantageous examining. Rathus self - assuredness Schedule was utilized as device to survey the confidence of understudies. The consequences of the review show that there was no huge contrast in assertiveness with connected with the orientation and furthermore found that assertiveness preparing required for youths.28

Conducted an ex - post facto design to see peer relation, self - esteem & assertiveness among selected adolescents. A sum of 251 members were chosen by purposive testing strategy, from three unique public & private in Ilorin Metropolis. File of friend connection of Walter, Index of Self - regard of Walter and Rathus assertiveness plan were utilized to survey peer connection confidence and decisiveness with

unwavering quality coefficient of 0.94, 0.93 and 0.85 separately. Results showed that young adult with high confidence (M= 33.85) were more emphatic than with low confidence (M=24.96) (t (249) =4.22, p<0.5). Young people with higher companion connection were more confident (M= 10.61), (t (249) =5.16, p<0.05. subsequently it is reasoned that peer connection and confidence has impact over assertiveness.29

2) Review related to Assertive training

A quantitative research approach with pre - Experimental one group pretest & posttest design was used to conduct study in selected schools of Uttar Pradesh. The non - probability purposive sampling strategy was utilized for the determination of 60 youths from schools named Maharani Laxmi Bai Iintercollege & Lal Bahadur Shastri Inter college, Baranki (UP). The device utilized for information assortment comprised of 2 sections: Part 1: socio - segment information & part II: Ken William Self - Esteem stock, a normalized instrument used to surveydegree of confidence among young people. It has 20 things which are evaluated on a 4 point Likert scale.38

Quasi - experimental study was conducted on high school students of Isfahan in academic year 2013 - 13. A sum of 126 2nd grade secondary school understudies were gathered by straightforward irregular inspecting strategy and separated into two gatherings: trial with 63 members & control with a similar number. Confident preparation was completed on exploratory gathering in 8 meetings; following multi week, posttest was done on two gatherings. Factual tests, for example, free t test, rehashed measures ANOVA, chi - square test, & Mann - Whitney test were utilized to decipher & dissect information 39.

3) Review related to assertive behaviour

A quasi - experimental non - equivalent control group design was adopted to assess assertive behavior of 100 nursing students who were selected by using convenient sampling technique that is 50 for experimental and 50 for control group from selected nursing college, Hoshiarpur, Punjab. The Rathus Assertiveness schedule was used to assess level of assertive behavior.48 conduct a convenience sampling method. Convenience sampling is a type of non - probability sampling in which individuals are examined essentially on the grounds that they are "advantageous" wellsprings of information for specialists. The examples of 550 clients were chosen. Further 550 surveys were appropriated to respondents & scientist couldn't get back couple of questions& scarcely any respondents didn't as expected reply & not many of them addressed wrongly. So ignoring these survey lastly 517 polls are considered as an example size for this review.49

Problem definition:
"A pre - experimental study to assess the effectiveness of assertiveness training on level of assertive behavior among adolescent girls in selected colleges of Ludhiana, Punjab. "

3. Methods/ Approach

Research is an expansive fundamental methodology for assortment information in a specific exploration is a fundamental stage, as it worried about the general structure for leading the review. A quantitative/ experimental approach was adopted to accomplish objective of study as to assess effectiveness of assertive training on assertive behavior to reduce assertiveness among adolescent girls in selected college of Ludhiana, Punjab. Present study was conducted in selected nursing college of Ludhiana, Punjab. That is 60 B. sc nursing 1st year students were selected from Guru Hargobind college of Nursing, Raikot. This college were affiliated to Baba Farid university of health science Faridkot, Indian Nursing Council New Delhi and State nursing council Mohali. Investigator selected a sample of 60 adolescent girls, who were studying in college by using stratified random sampling technique with lottery method. The adolescent girls who fulfilled the inclusion & exclusion criteria were selected for study. Level of adolescent girls was assessed by administering the Rathus assertive scale. Data collection was conducted during 1st week of April 2022. A formal written permission was obtained from principal of selected college after discussing purpose & objectives of study.

The investigator 1stintroduced her - self to respondents & explained about purpose of study& confidentiality was assured to them. The sample of 60 adolescent girls were selected from GHG college of nursing, Raikot.

Verbal consent was taken from all subjects for their participation in this study. A Rathus assertive scale was given to post - test experimental group with help of lesson plan &audio visual aids. The time spent for teaching was 45min. post - testwas taken after 7 days of pre - test from experimental group. The analysis of data was done in accordance with objectives of study. The analysis was done by calculating mean, mean percentage, standard deviation, ANOVA and "t" test were used to identify significant relationship of knowledge and practices regarding assertive training to reduce assertiveness.

4. Results/ Discussion

The pre test mean value of assertive behavior was 84.07 and the post test mean value of assertive behavior was 100.35. That t" value of t= 2.194Sig. In this chapter, an attempt had been made to relate the finding of present study to studies done earlier. The finding of study have been discusses in accordance with objectives of study. The aim of study was to assess the effectiveness of Assertive training on level of assertive behavior among adolescent girls in selected college of Ludhiana, Punjab.

A pre - experimental study to assess the effectiveness of assertive training on level of assertive behavior among adolescent girls in selected colleges of Ludhiana, Punjab. A Rathus assertiveness scale was used to assess the assertive behavior score among adolescent girls. The data analysis was done by using the descriptive and inferential statistics. In descriptive analysis mean, mean percentage and standard deviation of variables were computed. In inferential statistics t test and ANOVA test were applied to assess the relationship of knowledge with selected demographic variables. Based upon findings from the analysis if data and

review them in terms of other studies in accordance with objectives.

5. Conclusion

From findings of study following conclusion were drawn that Maximum adolescent girls had level in pretest and good level in post test regarding assertive behavior. Adolescent girls had maximum level in the area of Introduction, definition & types in pretest, whereas in posttest adolescent students had maximum knowledge in introduction, definition & types. There was a statistically significant relationship of education of mother, occupation of father, occupation of mother, types of family, No. of sibling, family income with assertive behavior scale among adolescent girls in pre test at …. . level as computed by ANOVA where as age (in years), religion, education of father, education of mother, occupation of father, occupation of mother, types of family, No. of sibling, place of residence, family income, source of information had no statistically significant relationship with assertive behavior score among adolescent girls in post test. On the basis of research findings assertive training programme was given to the adolescent girls.

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