

Effectiveness of Educational Intervention on Suicide Prevention Awareness among College Students

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Abstract

Introduction: Suicide is one of the main causes of death for young people and a significant global public health concern. Over 700,000 people die from suicide each year, according to the World Health Organization, underscoring the need for efficient preventative measures.

Methodology: A quasi-experimental one group pre-test post-test research design was adopted. The study was conducted among 80 B.Sc. Nursing students of selected nursing colleges at Jaipur using convenient sampling technique. A structured questionnaire was used to assess awareness before and after educational intervention.

Results: The findings revealed that the mean post-test awareness score was significantly higher than the pre-test score, indicating improvement in knowledge after the intervention.

Conclusion: Educational intervention was found to be effective in improving suicide prevention awareness among nursing students.

Keywords: Suicide prevention, awareness, educational intervention, nursing students, mental health

INTRODUCTION

Suicide is one of the main causes of death worldwide and a significant public health issue. Suicide is a major concern for health systems worldwide, with an estimated 700,000 deaths annually. Suicide has a significant effect on families, communities, and society as a whole in addition to individuals. In low- and middle-income nations, where access to mental health care is frequently restricted, the suicide rate is especially high.^{1,2}

Suicide is one of the main causes of death for teenagers and young adults. People between the ages of 15 and 29 are more susceptible to

social difficulties, emotional instability, and academic pressure.³ Students are exposed to a variety of stressors throughout the transitional stage of college life, including peer pressure, academic competitiveness, and job uncertainty, all of which may exacerbate mental health issues and suicide thoughts.⁴

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Suicidal thoughts are closely linked to a number of psychological conditions, including sadness, anxiety, hopelessness, and low self-esteem. Family disputes, interpersonal problems, and substance misuse can raise the risk. In order to stop suicide conduct and guarantee prompt response, early detection of these risk factors is essential.^{5,6}

Seeking assistance is significantly hampered by stigma and a lack of knowledge about mental health issues. Fear of prejudice or societal condemnation makes many people reluctant to talk about their emotional issues. This often results in delayed treatment and worsening of mental health conditions, ultimately increasing the risk of suicide.⁷

It has been discovered that educational interventions are successful in raising awareness and changing attitudes around suicide prevention. Workshops, therapy sessions, and organized educational programs can greatly increase students' awareness and lessen stigma. Such interventions empower individuals to support peers and promote a supportive environment.⁸

As future medical professionals, nursing students in particular play a vital role in promoting mental health and preventing suicide.^{9,10} Nursing students who possess sufficient knowledge and awareness can help identify and treat people who are at risk early on. Therefore, it is essential to strengthen their understanding through educational interventions.^{11,12}

The current study intends to evaluate the efficacy of educational intervention on suicide prevention awareness among college students in light of the rising incidence of suicide and the requirement for efficient preventative measures. Increasing students' knowledge can be extremely important in lowering suicidal behavior and fostering mental health.^{13,14}

Objectives

1. To assess the pre-test level of awareness regarding suicide prevention
2. To evaluate the effectiveness of educational intervention
3. To compare pre-test and post-test awareness scores

Hypothesis

H1: There will be a significant difference between pre-test and post-test awareness scores after

educational intervention.

METHODOLOGY

The goal of the current study was to assess how well an educational intervention raised college students' awareness of suicide prevention. To accomplish the study's goals, a methodical and planned methodology was used.

Research Approach: Quantitative approach

Research Design: Quasi-experimental (one group pre-test post-test design)

Study Setting: Selected nursing colleges at Jaipur

Population: B.Sc. Nursing students

Sample and Sample Size: Sample consisted of 80 nursing students

Sampling Technique: Convenient sampling technique

Inclusion Criteria

- Students willing to participate
- Available during data collection

Exclusion Criteria

- Absent students
- Unwilling participants

Data Collection Tool

Structured questionnaire (knowledge-based)

Validity and Reliability

Tool validated by experts; reliability tested using Cronbach's alpha

Data Collection Procedure

- Pre-test conducted
- Educational intervention given (lecture + PPT)
- Post-test conducted after 7 days

Ethical Consideration

Permission obtained; informed consent taken; confidentiality maintained

Data Analysis

Descriptive and inferential statistics (Mean, SD, paired t-test)

RESULTS

Using the proper statistical techniques, the gathered data were arranged, tallied, and examined. According to the stated objectives, the study's results are shown below.

Table 1: Pre-test Awareness Level (n=80)

Level	Frequency	Percentage
Poor	40	50%
Average	28	35%
Good	12	15%

Table 2: Post-test Awareness Level (n=80)

Level	Frequency	Percentage
Poor	10	12.5%
Average	25	31.25%
Good	45	56.25%

Table 3: Comparison of Mean Scores

Test	Mean	SD
Pre-test	12.5	3.2
Post-test	20.8	2.5

Calculated t-value > table value → **Significant**

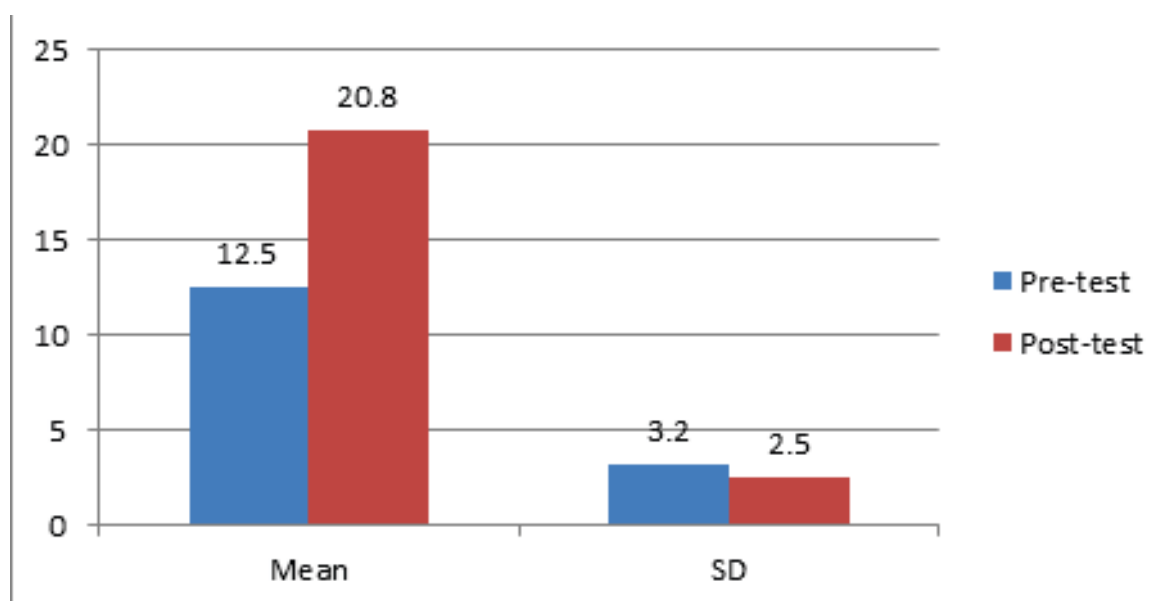


Figure 01: Comparison of Mean Scores

Result Summary

The study findings show that post-test awareness scores were significantly higher than pre-test scores, indicating effectiveness of educational intervention.

DISCUSSION

The results of the current study show that educational intervention greatly increased nursing students' understanding of suicide prevention. These results are in line with earlier research that emphasizes how educational initiatives can raise awareness and encourage preventive behavior. Improved awareness helps in early identification and timely intervention, which can reduce suicide risk.

CONCLUSION

The study comes to the conclusion that educational interventions are successful in raising nursing students' awareness of suicide prevention. Increasing awareness can help improve early preventive techniques and mental health support.

RECOMMENDATIONS

- Conduct regular awareness programs
- Include mental health education in curriculum
- Organize workshops and seminars
- Promote counseling services

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