

International Journal of Public Health Nursing (IJPHN)
Vol 3 Issue 1

**Effectiveness of Self Affirmation Techniques on Depression, Anxiety
And Stress Among Adolescents At Selected schools, Bhilai.**

Professor. J. Daniel Tamilselvan, M.Sc(N)

ABSTRACT Background: *Adolescents undergo swift physical, cognitive, and psychosocial development. This impacts their emotions, cognition, decision-making, and interactions with the surrounding environment. Adolescents can experience excessive stress. When this occurs, it might result in anxiety, isolation, hostility, physical ailments, or inadequate coping mechanisms such as substance abuse. The main aim of the present study is to assess the effectiveness of self affirmation techniques on depression, anxiety and stress among adolescents at selected schools, Bhilai.*

Research Methodology: *Quasi experimental research with non equivalent control group design was adopted for the study. A total of 80 samples were selected by non probability convenience sampling technique method (40 in experimental group, and 40 in control group) from selected school.. The demographic was collected using semi structured questionnaire. The DASS-21 was used as an instrument to measure the level of depression, anxiety and stress among students. Pre and post test level of depression, anxiety and stress was assessed before and after administration of self affirmation technique. The collected data were tabulated and analyzed using descriptive and inferential statistics and results were interpreted.*

Results: *During post test In experimental group, i.e after the administration of self affirmation technique majority 23 (57.5%) of adolescents have normal level of depression, majority 32(80%) have moderate level of anxiety and 26 (65%) of them have normal level of stress. There was a significant association was found between demographic variables like gender and the post test level of depression at $p < 0.05$ level of significance.*

Conclusion: *The results of present study imply that adding a self affirmation technique has contributed more benefits which in turn reduced depression, anxiety and stress among adolescents.*

International Journal of Public Health Nursing (IJPHN)
Vol 3 Issue 1

Keywords: *Self affirmation technique, Depression, anxiety and stress, adolescents students.*

Introduction: The transition from adolescent to adulthood occurs during the age range of young adults (15–24 years old). This is the time when young adults must face the pressures of society. Failure to satisfy these standards may result in negative outcomes, including diminished psychological well-being and risky habits. Depression is also a risk factor for suicide in young adults.

Statement: Effectiveness of self affirmation techniques on depression, anxiety and stress among adolescents at selected schools, Bhilai.

Objectives:

1. To assess the level of depression, anxiety and stress among Adolescents before and after the administration of self affirmation techniques.
2. To assess the effectiveness of Self affirmation techniques in alleviating the level of depression, anxiety and stress among Adolescents.
3. To determine the association between level of depression, anxiety and stress among Adolescents with their selected demographic variables.

Hypothesis: (Level of significance<0.05): **H₁** - There is a significant difference between mean pre-test and mean post test level of depression ,anxiety and stress among Adolescents in study and control group. **H₂** – There is significant association between level of depression, anxiety and stress among Adolescents with their selected demographic variables.

Methodology:

1. Self affirmation technique: The Self-affirmation is repeating positive statements or declarations, by self. It is a self-talk technique for changing the attitude and developing positive habits. It is a technique of making the students to say or repeat positive statements that can helps to challenge and overcome self-sabotaging and negative

International Journal of Public Health Nursing (IJPHN)

Vol 3 Issue 1

thoughts, when repeat the statements in often and believe it can helps to make positive changes. For eg 1. I love myself unconditionally. 2. I am STRONG! etc. The experimental group will practice self affirmation techniques which was continue for 20 minutes.

2. Depression: It is an emotional feeling of sadness, loss of interest or pleasure, guilt or low self-worth, disturbed sleep or food, feelings of weariness and impaired concentration which was experienced by Adolescents.

3. Anxiety: Anxiety is a feeling of fear, dread, and uneasiness. It might cause you to .sweat, feel restless and tense, and have a rapid heartbeat.

4. Stress: Stress can be defined as a state of worry or mental tension caused by a difficult situation. All these terms were measured by using DASS -21 scale. The DASS-21 is the short form of the DASS-42, a self-report practice scale designed to measure the negative emotional states of depression, anxiety and stress Conceptual frame work utilized in this study was Ida Jean Orlando's nursing process theory, a quantitative evaluative research approach; quasi-experimental pre- post-test with control group design was used. The study was conducted at Government Higher secondary school, Bhilai. After getting permission 80 samples were selected, 40 in each group by non-convenience sampling technique. Initially the researcher got permission from concerned authority. The demographic variables and study variables were assessed through questionnaire and DASS-21 Scale from each group after obtaining informed written consent. The tools used were structured questionnaire to assess the level of knowledge on primary prevention of female infertility and checklist to assess the self-reported practice. On day 1 Pre- test was conducted to assess the knowledge from each group. On day 2 self affirmation technique was administered to experimental group at a time 10samples for about 30 minutes. Then post-test on knowledge and self-reported practice was conducted on 7th and 14th day.

Findings:

Section-I: Demographic variable: According to age, 14 (35%) samples belonged to 16 yrs and above , and in control group equal 12(30%) samples were belonged to 14 and 16 years and above and equal percentage 8 (20%) belonged to 13 and 15 years. In

International Journal of Public Health Nursing (IJPHN)

Vol 3 Issue 1

relation to gender in experimental group 22(55%) belongs to Male and in control group equal percentage 20(50%) belongs to both sex. On the aspects of religion of experimental group 26 (65%) belongs to Hindu and in control group 30 (75%) belongs to Hindu. With regard to family type, 24 of the samples (60%) in experimental group and in control group 30 (75%) of the samples were belonged to nuclear family With respect to residence in experimental group 16(40%) belongs to rural area and in control group 18(45%) of samples belongs to semi-urban area. With addition to medium of instruction in experimental group 22(55%) and in control group 26(65%) belongs to tamil medium.

Regarding education of father in experimental group majority 18(45%) and 22(55%) of control group completed their diploma/Graduate With regard to occupation of father in experimental group majority 16 (40%) of the samples were private employee, and in control group majority 24 (60%) of the samples were private employee. With regard to occupation of mother in experimental group majority 20 (50%) of the samples were housewives and in control group equal majority 12 (30%) of the samples were private employee and housewives. In relation to monthly income of the family majority 18 (45%) earnings are Rs. 9871-14805 in experimental group and in control group majority 20 (50%) belongs to Rs.14806-19740. In relation to substance abuse both in experimental and control group 40(100%) are not having any habits of substance abuse.

Section II: Distribution of adolescents according to their Pre test and post test level of depression, anxiety and stress among adolescents in the both experimental and control group.

In experimental group during pretest majority 19(47.5%) of adolescents have mild level of depression, majority 25(62.5%) have moderate level of anxiety and 18(45%) of them have moderate level of stress. In control group majority 17(42.5%) of adolescents have mild level of depression, majority 22(55%) have moderate level of anxiety and 16(40%) of them have moderate level of stress.

Where as in post test after the administration of self affirmation technique majority 23 (57.5%) of adolescents have normal level of depression, majority 32(80%) have

International Journal of Public Health Nursing (IJPHN)

Vol 3 Issue 1

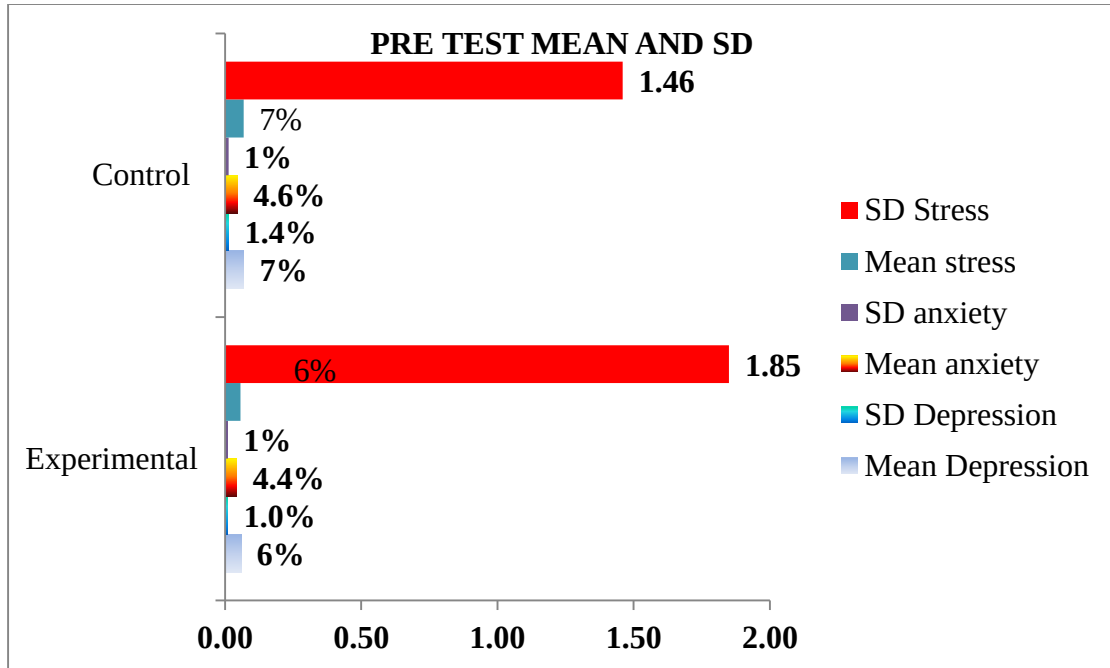
moderate level of anxiety and 26 (65%) of them have normal level of stress. In control group majority 16(40%) of adolescents have mild level of depression, majority 20(50%) have moderate level of anxiety and 19 (47.5%) of them have mild level of stress.

Section III: Comparison of pre-test and post -test level of depression, anxiety and stress among adolescents in Experimental group

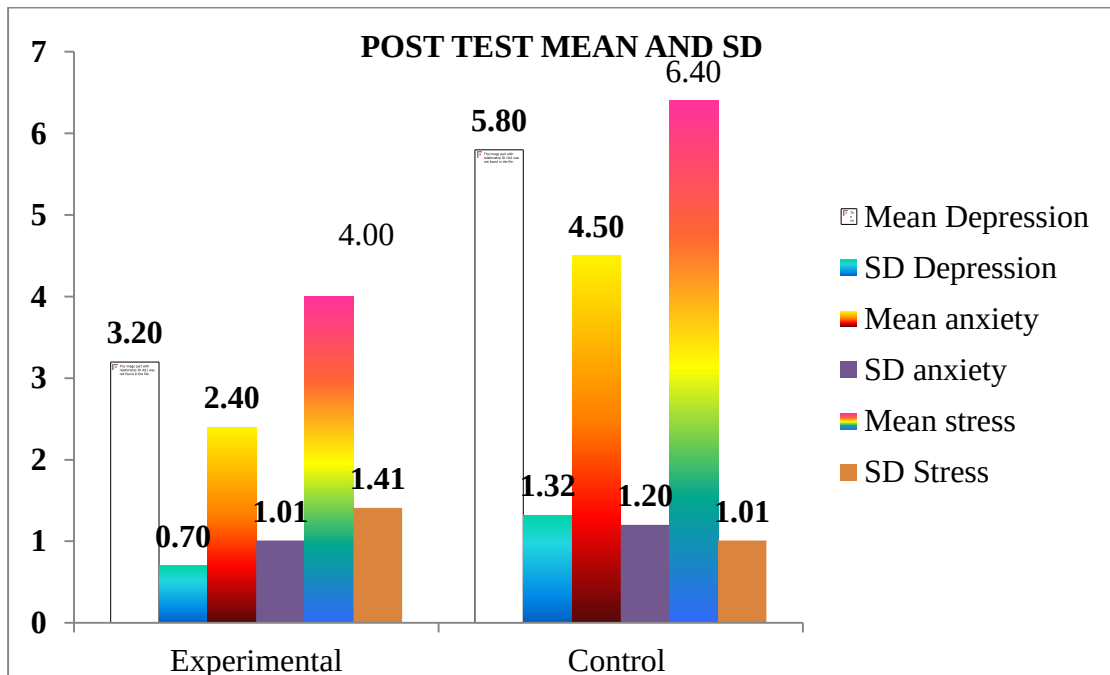
It reveals the mean depression score in the pretest was 5.9 ± 1.01 . After the intervention of self affirmation technique the mean post test depression score was 3.2 ± 0.7 . The mean difference 2.7. The obtained 't' value 18.35 which was highly significant at $p < 0.0001$ level. The mean anxiety score in the pretest was 4.4 ± 1.01 . After the intervention of the mean post test anxiety score was 2.4 ± 1.01 . The mean difference 2.0. The obtained 't' value 19.74 which was highly significant at $p < 0.0001$ level. Meanwhile the mean pre stress score was 5.6 ± 1.85 . After the intervention of self affirmation technique the mean post test stress score was 4 ± 1.41 . The mean difference 1.6 The obtained 't' value 6.14 which was highly significant at $p < 0.0001$ level. So the self affirmation technique was effective in reducing the level of depression, stress and anxiety among adolescents. Hence the stated Hypothesis "**H1 - There is a significant difference between mean pre-test and mean post test level of depression ,anxiety and stress among Adolescents in study and control group.**" is accepted.

International Journal of Public Health Nursing (IJPHN) Vol 3 Issue 1

Pre test level of mean, SD on depression, anxiety and stress among adolescents in the both experimental and control group.



Post test level of mean, SD on depression, anxiety and stress among adolescents in the both experimental and control group.



International Journal of Public Health Nursing (IJPHN)

Vol 3 Issue 1

Section IV: Association between post-test level of depression among adolescents with their selected demographic variables in Experimental group

Chi square analysis was calculated to determine the association between the selected socio demographic variables and the pre test level of depression among adolescents. From the above table 4.4.1 shows there was significant association was found between **gender** and the post test level of depression at 0.05 and from table 4.4.2 and 4.4.3 shows that no significant association between the level of anxiety and stress among adolescents with their demographic variables such as age, religion, educational status of parents, occupation, family monthly income etc. Hence the stated Hypothesis “**H₂ - There is significant association between level of depression, anxiety and stress among Adolescents with their selected demographic variables like Age, Sex, etc**” is accepted.

Limitation:

- 1.The study is limited to only four weeks
- 2.Limited to selected school adolescents only.
3. Only post self reported practice were assessed.

Discussion: The study findings were supported by **R Pandey (2023)** in which her study results revealed the significant curative power of the Self-affirmation intervention for subclinical depression of the participants in the experimental group when compared to the control group. The main effects of conditions (intervention: control and experimental) and treatment intervals (pre-, post-, and follow-up) as well as their interaction effect were significant. The study results were also in coherent with **Venkatesan (2018)** on effectiveness of self affirmation technique on depression among cancer patients in oncology ward at Govt Rajaji Hospital, Madurai. The study revealed that mean difference between pre test and post test was 4.33 and ‘t’ value =28.11. This differences large and it is statistically significant.

International Journal of Public Health Nursing (IJPHN)
Vol 3 Issue 1

Conclusion: The present study findings and reviews were indicated that self affirmation technique was effective in reducing the level of depression, stress and anxiety among adolescents. It also helps to improve their practices which promote mental health and reducing the incidence of suicide and mental disorders among adolescents school students.

References:

1. Anjum, A., Hossain, S., Hasan, M. T., Christopher, E., Uddin, M. E., & Sikder, M. T. (2022). Stress symptoms and associated factors among adolescents in Dhaka, Bangladesh: findings from a cross-sectional study. *BMC psychiatry*, 22(1), 807. <https://doi.org/10.1186/s12888-022-04340-0>
2. Bhattarai D, Shrestha N, Paudel S. Prevalence and factors associated with depression among higher secondary school adolescents of Pokhara Metropolitan, Nepal: a cross-sectional study. *BMJ Open* 2020;10:e044042. doi:10.1136/bmjopen-2020-044042.
3. Bhaskar, Khobraji & Watode, & Kishore, Jugal & Kohli, Charu. (2015). Prevalence of Stress among School Adolescents in Delhi. *Indian Journal of Youth and Adolescent Health*. 2. 4-9.
4. Creswell J. David, Dutcher MJ et al. self-affirmation improves problem solving under stress. *PLOS* 2013; 8(5): e62593. Doi:10.1371/journal.pone.0062593 (accessed 1 may 2023)
5. Dighe SV. An Exploratory Study to Assess the Factors Responsible for Stress among the Adolescents Studying at Select School of Rahata Tehsil, Ahmednagar District, M. S. *Indian J Nurs Sci*. 2023;8(1):1-4.