

Effectiveness of Structured Teaching Program on Knowledge regarding Aroma Therapy among the Nursing Students at Pravara Institute of Medical Sciences, (DU) Loni, Ahmednagar

Yogita P Autade¹

¹Lecture, P.D.V.V.P.F'S Institute of Nursing Education, Ahmednagar.

Introduction

The art of aroma therapy has been practiced since ancient civilizations such as the Egyptian. Since 1990, nurses have considered that the increased technology of health care their ability to practice holistic care which is positively entrenched in the philosophy of nursing.

Nurse is one who takes care of patient's environment and his treatment plan. Earlier, the massages and therapies were done by nurses; maybe due to specialization and workload on nurses, now this area is handled by aroma therapists. It is necessary for nurses to keep abreast of the recent advancements and developments in the field of health science. Nurses should acquire the basic understanding of the properties of essential oils and knowledge of safe application of a few commonly available oils in their practice. Ideally, if nurses plan to use essential oils for patients or for environment fragrance or aesthetic effects or treatment modality, then nurses should be guided by the professional and legislative requirements of the registering body in their state or country.

Recent surveys indicate that people are increasingly using complementary therapies such as aroma therapy as treatment options as well as for general health and well-being. It is utilized in practices such as post-operative pain management, and length of hospital admissions have provided nurses with the challenge of examining the range of therapeutic interventions that can be applied to their practice. Hence this study was done with the view to assess the knowledge of upcoming generation of nursing cadres.

Statement of Problem

Effectiveness of structured teaching program on knowledge regarding aroma therapy among the nursing students at Pravara Institute of Medical Sciences, (DU) Loni, Ahmednagar.

Objective

- To assess the knowledge of aroma therapy among nursing students
- To find the association between knowledge and selected demographic variables
- To find out effectiveness of structured teaching program on knowledge regarding aroma therapy

Hypothesis

HO1: There is significant difference between pre- and post-test knowledge score of the nursing students regarding aroma therapy.

HO2: There is significant association between post-test knowledge and selected demographic variables.

E-mail Id: yogitammahadik@gmail.com

How to cite this article: Autade YP. Effectiveness of Structured Teaching Program on Knowledge regarding Aroma Therapy among the Nursing Students at Pravara Institute of Medical Sciences, (DU) Loni, Ahmednagar. *Ind J Holist Nurs* 2018; 9(1): 15-18.

Methodology

A quasi-experimental research designed with pretest and post-test single-group approach was used. Fourth-year Basic B.Sc. Nursing and second-year Post Basic B.Sc. Nursing students were selected for the study. Non-probability purposive sampling technique was used for selecting the sample. Students were selected according to their inclusion criteria. Written informed consent was obtained from the students. Data was collected between 6th September and 30th September 2011. Data was collected by using a structured questionnaire which consisted of demographic data (7 items) and knowledge (20 items).

Reliability of tool was done by spilt-half method. The Karl Person correlation formula was used to find out the reliability of the tool and it was found to be reliable ($r=0.80$). Data was collected and analyzed with the help of descriptive and inferential statistics.

Aspect-Wise Knowledge of Aroma Therapy

Table 1.Aspect-Wise of Pretest and Post-Test Knowledge Score

S. No.	Items	Pretest Mean Score	Post-Test Mean Score
1	General Information	2.66	5.66
2	Type of aroma therapy	1.36	1.6
3	Procedure	1.6	2.56
4	Indication and contraindication	1	5.7
5	Complication	0.53	2.43

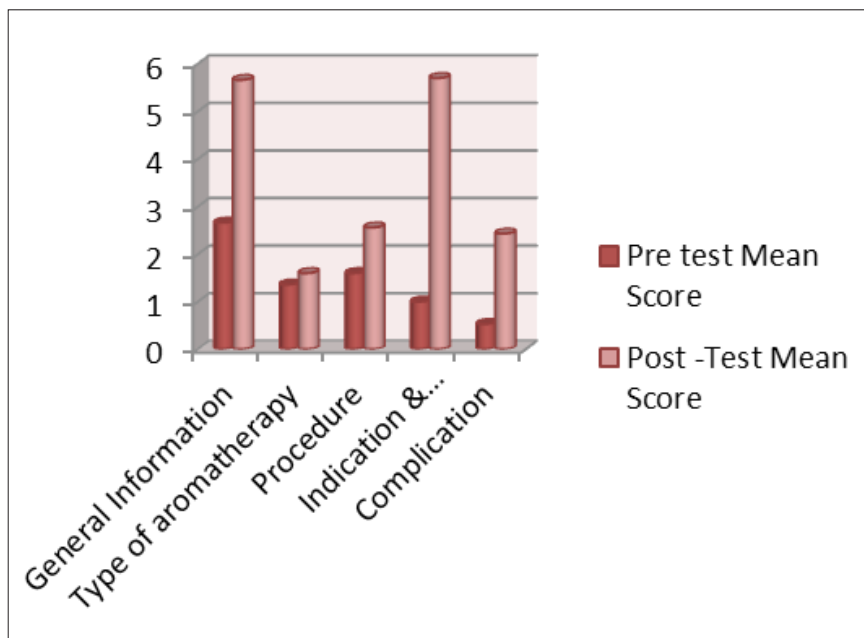


Figure 1.Aspect-Wise of Pretest and Post-Test Knowledge Score

Data Collection Method

Pre-test was conducted by using a structured questionnaire. Adequate time, i.e., 30–40 min was given to fill up the form. Then the structured teaching program was given, i.e., by using Power Point Presentation. After 7 days, post-test was taken by using the same questionnaire.

Major Findings of the Study

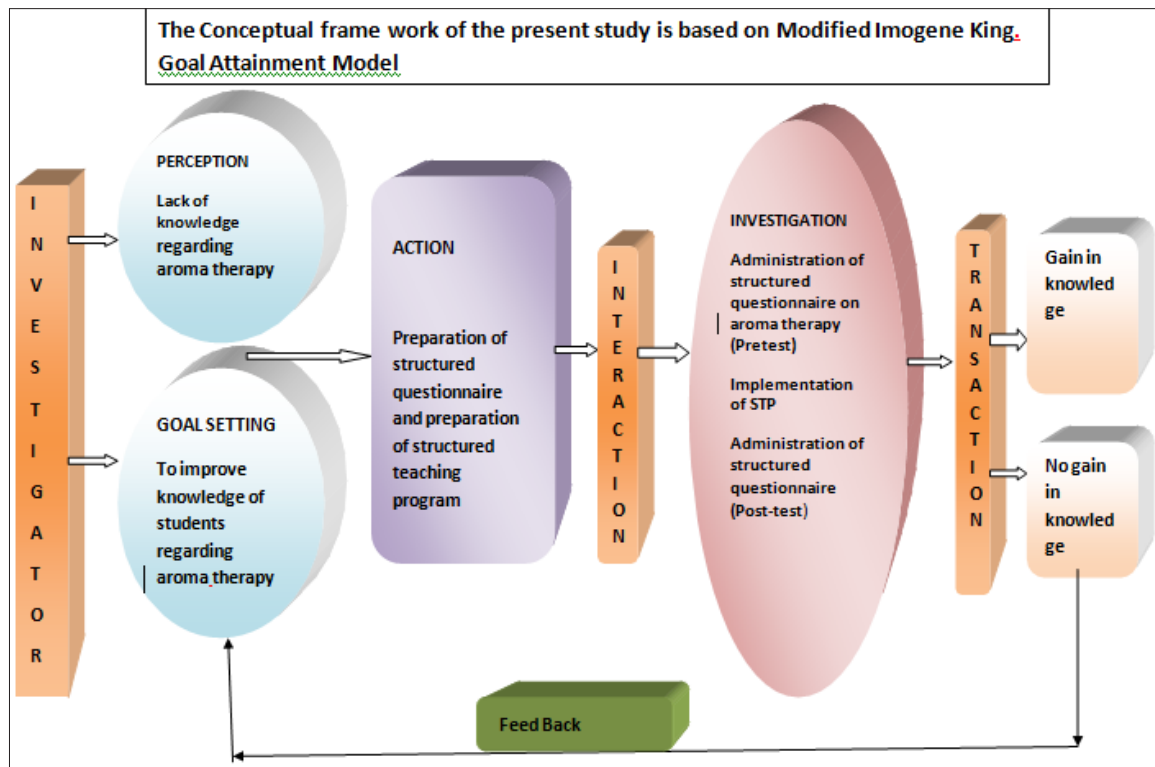
Demographic Data of Nursing Students

The majority (75%) of the students were in the age group of 20–25 years. Highest number (70%) of participants was female. Fifty percent participants were from B.Sc. Nursing course and 50% from PBBSC Nursing course. Majority (93%) was unmarried, whereas (90%) belonged to nuclear families. None of them had used aroma therapy at any time. Around (60%) students had newspaper as source of knowledge.

Table 1 shows aspect-wise comparison of pretest and post-test knowledge score. In pretest, students had 2.66 mean score for general information about aroma therapy, whereas types and procedure of aroma therapy mean score was 1.36 and 1.6 respectively, indication and contraindication mean score was 1 and for complication of aroma therapy mean score was 0.53.

In post-test general information about aroma therapy mean score was 5.66, types and procedure of aroma therapy mean score was 1.6 and 2.56 respectively, indication and contraindication mean score was 5.7 and for complication of aroma therapy mean score was 2.43.

Overall mean of knowledge score of students about aroma therapy during pretest was 8.56 which was 42.8% during post-test 17.66 which was 88.3% of total score revealing a gain of 45.5% knowledge score.



Association between Knowledge and Selected Demographic Variables

No significant association was found between knowledge and selected demographic variables except gender, i.e., female subjects had more knowledge than male subjects; 't' is 13.29.

Effectiveness of Structured Teaching Program on Knowledge regarding Aroma Therapy

Table 2. Significance of the Difference between Pretest and Post-test Means of knowledge

Test	Mean	S.D.	N	d.f	r	't'	Significance
Pre	8.567	2.526	30	29	-0.11	14.545	significance at 0.01 level
Post	17.667	2.055					

Paired t-test was applied to compare knowledge pretest and post-test score. The 't' value was found to be 14.545 and p-value was less than 0.01; null hypothesis was rejected and research hypothesis was accepted. Conclusion is that knowledge score of students improved significantly after receiving health teaching on aroma therapy.

Conclusion

The above findings show that the structured teaching program regarding aroma therapy was effective to improve the students' knowledge. Findings of the study imply that students should have knowledge regarding aroma therapy as transcultural nursing is growing in the health care settings. The nurse students should deal effectively with patients

from different ethnical groups. Hence it is informative for student nurses to provide comprehensive care to the patient. This can help student nurses to give supportive and educative services to the patients.

Recommendations

Based on the above findings, the following recommendations are given:

- Study can be done on knowledge, practices and attitude towards use of aroma therapy.
- Study can be conducted to assess the factors affecting the practice of aroma therapy.

Conflict of Interest: None

References

1. Kurt S. Advanced aroma therapy: The science of essential oil therapy. Rochester, VT: *Healing Arts Press* 1998.
2. <http://www.aromaweb.com/articles/history.asp>.
3. <http://www.biomedcentral.com/1472-6882/8/45>.

Date of Submission: 2018-02-01

Date of Acceptance: 2018-02-28