

## **A Study to Assess the Knowledge Regarding Rational Emotive Behavior Therapy among the Nursing Students from Selected Nursing Colleges of Pune City in View to Develop Rational Emotive Behavior Therapy Information Booklet**

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### **Abstract.**

**Background:** Rational Emotive Behavior Therapy is formerly known as Rational Therapy and also Rational Emotive Therapy. The purser or objective or of the therapy is to resolve and decide of problems of [emotion](#) and [behaviors](#) and to support and assist individuals with such problems to lead happy and contended life.

**Objective:** To assess the knowledge of Rational emotive behavior therapy (REBT).

**Methodology:** The study was conducted in the selected nursing colleges of Pune city. Purposive sampling method was used. Ten Nursing students from the selected Nursing college of Pune city who were ready to contribute. These respondents were informed about the study and its purpose also. In order to establish the reliability of the tool, the test-retest method was used and the Pearson's correlation coefficient was found to be 0.82.

**Result:** As a result it was found that Majority of respondents (60%) were having poor knowledge, and 40% respondents were having average knowledge, none of the respondents have Good knowledge.

**Conclusion:** The study also concluded that the majority of the students had poor knowledge on rational emotive behavior therapy (REBT).

**Keywords:** Assess, knowledge, Rational emotive behavior therapy, Nursing.

### **Introduction**

Rational Emotive Behavior Therapy is formerly known as Rational Therapy and also Rational Emotive Therapy. The purser or objective or of the therapy is to resolve and decide of problems of [emotion](#) and [behaviors](#) and to support and assist individuals with such problems to lead happy and contended life.

Study of Baek determined the effects of Rational Emotive Behavior Therapy group counseling regarding nurse's self-efficacy and organizational effectiveness on dysfunctional attitude scale. Twenty-one respondents were in both the groups there were twenty-five respondents. Session of 2.5 hours for 08 weeks was conducted. Findings showed that the experimental groups presented significant statistical differences with the control groups in regards of self-efficacy, job-satisfaction, organizational commitment, and nursing performance. This finding revealed that group counseling of Rational Emotive Behavior Therapy could be applied as good nursing intervention to improve the self-efficacy, organizational effectiveness for nursing care <sup>[1]</sup>

Study of Vaida was conducted to address the problems of educational event or training Programme and evaluated its effectiveness and competence in higher secondary schools. To attain the objective of the study an experimental design was used. The findings revealed significant changes by using the Rational Emotive Behavior Therapy interventions in regards of belief systems, emotions and behaviors <sup>[2]</sup>

Cognitive Behavioral Therapy is evidenced to be meaningfully effective in decreasing the symptoms of depression among the Schizophrenia patients <sup>[3]</sup>

Student nurses had considerably average skill regarding psychotherapy <sup>[4]</sup>. Investigator felt to assess the knowledge on Rational Emotive Behavior Therapy among the nursing students in view to develop the information booklet on Rational Emotive Behavior Therapy

### **Study Statement**

“Knowledge regarding Rational Emotive Behavior Therapy among the nursing students from selected nursing colleges of Pune city in view to develop Rational Emotive Behavior Therapy information booklet.”

### Assumptions

Nursing students of selected Nursing students of Pune city may have knowledge about Rational Emotive Behavior Therapy

### Material and Method

In the study the researcher has used quantitative approach and descriptive research design. The study was conducted in the selected nursing colleges of Pune city. Purposive sampling method was used. Ten Nursing students from the selected Nursing college of Pune city who were ready to contribute. These respondents were informed about the study and its purpose also. Tool used for the study was divided into two sections.

**Section I:** Demographic data: Which included age in years, gender and types of family.

**Section II:** Self -Administered Structured Questionnaire: The questionnaire comprised of 30 questions to assess the knowledge regarding REBT under following sub headings.

A] Questionnaire to assess the general knowledge about REBT

REBT thinking and belief system

REBT therapeutic techniques and applications

Reliability was done by Pearson correlation method and was found reliable 0.82. Tool validation was completed by obtaining the opinion from field experts from Nursing educator, Nursing researcher, Psychologist, psychiatrist and statistician

Tool was administered after obtaining the permission from the administration department of Nursing college and informed consent from each sample.

### Findings

**Section One:** Details of demographic variables

Items (Demographic)	Frequency	Percentage
1) Age (Years )		
a. 20-22 years	10	100
b. 22-24 years	0	0
c. 24-26 years	0	0
d. 26 and above	0	0
2) Gender		
a. Male	0	0
b. Female	10	100
3) Family Type		
a. Nuclear family	7	70
b. Joint family	3	30
c. Any other ( Specify )	0	0
4) Religion		

Hindu	7	70
Muslim	0	0
Christian	3	30
Any other ( Specify )	0	0

**Table 1:** Table 1 shows the distribution of demographic variables

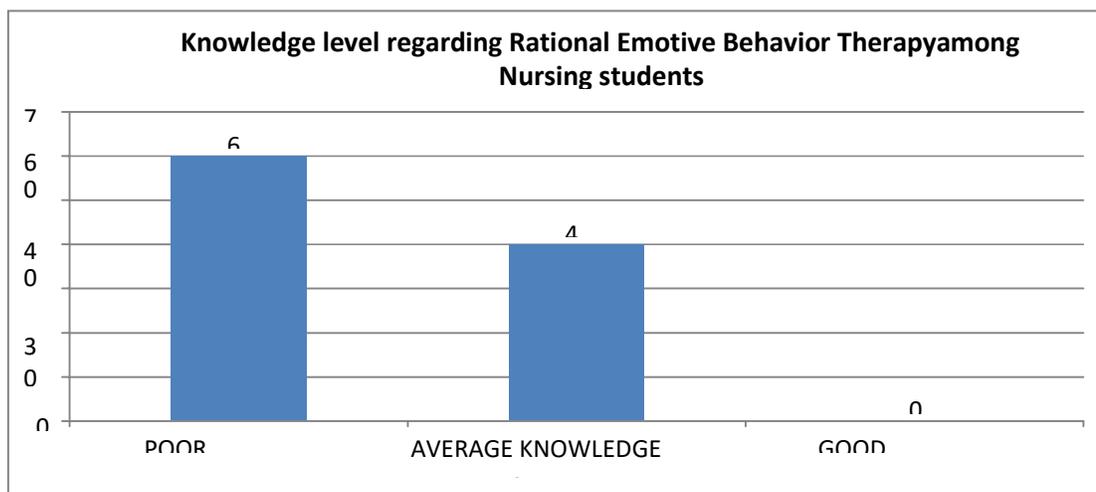
All respondents in study (100%) of were in the age in the age group of 20-322years. All respondents of the study were female (100%). Maximum of respondents were belonging to Nuclear family type (70%) and 30% respondents were belongs to Joint family type. Majority of respondents were (70%) were Hindu and 30% were Christian

**Section Two** – Findings related to the level of knowledge regarding Rational Emotive Behavior Therapy among nursing students

Level of knowledge	Frequency (f)	Percentage (%)
Poor knowledge ( 0-10 )	6	60
Average knowledge ( 11-20 )	4	40
Good knowledge (21-30)	0	0

**Table 2. Level of knowledge regarding Rational Emotive Behavior Therapy among nursing students**

Table two shows the level of knowledge regarding Rational Emotive Behavior Therapy among Nursing students. Majority of respondents (60%) were having poor knowledge, and 40% respondents were having average knowledge, none of the participant have Good knowledge.



## Discussion

The present study showed maximum of respondents (60%) were having poor knowledge, and 40% respondents were having average knowledge, None of the respondents have Good knowledge. Similarly, study findings of Kim, M.A. (2015), among senior nursing students was done in study “Effects of rational emotive behavior therapy on coping strategies and self-efficacy” it was found that group counseling based on rational emotive behavior therapy increases and also improves the self-efficacy among Nursing students. In view of the findings coping strategies is recommended as intervention<sup>[5]</sup>

**Conclusion**

Study result showed that the majority of Nursing students have poor knowledge level and None of the Nursing students possess Good knowledge. In view of this finding, it is concluded to develop information booklet on Rational Emotive Behavior therapy to enhance the knowledge on Nursing students.

**Conflict of interest** – Nil

**Source of Funding**- self Funding

**Ethical clearance** – The investigator has gained the Institute research Committee approval for the Study. Informed consent was obtained from each respondents. Privacy and confidentiality was maintained throughout the study.