

The effects of group psychoeducation program on depression of student nurses

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ABSTRACT

The purpose of this quasi-experimental research was to determine the effectiveness of a group psychoeducation program on depression among student nurses. Samples consisting of student nurses, studying at Ratchathani University, Ubon Ratchathani and Udonthani campus, whose depression score, assessed by the Thai Depressive Inventory (TDI), was between 21-34, indicating mild to moderate level of depression, were invited to the study. Sixty of them, all female, age between 18-20, were selected according to the study criteria and were assigned to the study group and the control group, 30 in each group. The subjects in the study group participated in the 4-weeks, group psychoeducation program, while the control group was treated normally. The instruments employed in the study were a 4 week psychoeducation program, a personal data sheet, and Thai Depression Inventory (TDI). Four weeks after finishing the psychoeducation program both the study and control groups were asked to complete the TDI again, and the scores were analyzed, using a paired t-test within the groups and an independent t-test between groups.

The study revealed that, after participating in the psychoeducation program, the depression score for the study group was significantly ($t = 9.68, p < .05$) lower than the depression score before joining the psychoeducation program, while the depression score for the control group remained the same ($t = 1.96, p > .05$). The study suggests that, the psychoeducation program was effective in helping reduce the depression level among student nurses.

Keywords: Psychoeducation program, Depression, Student Nurses.

INTRODUCTION

Depression is a major mental health problem that can be found in all ages, all races and all religions in patients with normal physical and mental patients in all regions worldwide, the World Health Organization estimates. With a population of approximately 121 million people worldwide suffer from depression. It is expected that by the year 2020 depression will be the economic and social burden. (World Health Organization [WHO], 2006) Although depression can occur in all ages, of all ages, but depression in adolescents are supposed to care most about. Adolescent depression is increasing. Undergraduate nursing students, mostly between the ages of 17-21 years, which is in late adolescence and into early adulthood. It is a group with a high risk potential depression.

This research study is a model for mental health group (Group. psychoeducation) to target students with depression. Because that is how many people do each and are specific to the target group with depression. Review of the literature found that both domestic and international. The provision of mental health in people with depression can prevent depression from an early stage.

COMPUTATIONAL DETAILS

This research is experimental research. (Quasi-experimental Research) to study the effects of a psychoeducational program on

depression among student nurses. Use The second group pre and posttest (The two-groups pretest-posttest design) experimental group (Experimental group) will receive psychoeducation program. The control group (Control group). Will be overseen by the Academy of Student Nurses. The samples Students Ratchathani University Ubon Ratchathani Province 2557 academic year studying in 1st year with a score of depression as measured by. Scale depression TDI (Thai Depression Inventory). 21-34 points is a mild to moderate depression. Our experimental group and the control group by drawing a simple (simple random sampling) by researchers label the first two sets, the label given to the experimental group or a control group. Series 2 is the label that tells you the name of the capital. Ubon Ratchathani Province And Udon Ratchathani University Campus. The study is experimental group and the control group, student nurses, student nurses, Udon Thani, Ubon Ratchathani. And 4 weeks after the end of the experiment, both groups will be measured depression again. Tools used in research Includes two types of tools used to carry out experiments. And when used in the collection of data. These are detailed on the following Uar. 1. The instrument used for data collection. The questionnaire consists of personal information And Depression. 2. The instrument used to perform experiments psychoeducation program for people with depression.

Developed from any type of mental health study of Anderson (1980), with activities in four stages, including the relationship (Joining), advanced education (education), to strengthen coping skills and. problem solving skills (coping skill and problem solving skill), the creation of social networks (social support). The program has been developed to determine the validity of a panel of experts, with the consensus of the three persons.

Data analysis: The research data were analyzed using descriptive statistics. And the correlation coefficient The details are as follows:

1) Overview of the sample. Will be analyzed with the frequency distribution. The average percentage And standard deviation And is presented in table form. 2) testing the difference between the average scores of depression before and after treatment in the control group and the experimental group. Using statistical t-test (paired comparison t-test) and 3) a comparative analysis of the level of depression among student nurses in the experimental group and the control group. Before and after the experiment by using Independent t-test.

RESULTS AND DISCUSSIONS

The study revealed that, after participating in the psychoeducation program, the depression score for the study group was significantly ($t = 9.68$, $p < .05$) lower than the depression score before joining the

psychoeducation program, while the depression score for the control group remain the same ($t = 1.96$, $p > .05$). The results showed that. Depression scores dropped from obtaining mental health education. You can debate whether psychoeducation program were developed. The concept of proper health education. (Psychoeducation) of Anderson et al. (1980) is a form of knowledge about depression include relationship building (Joining) providing knowledge about diseases and drugs (Education) to develop coping skills. and solutions (Coping skill and Problem solving skill). By developing coping skills and creative solutions. Social networking (Social support) can use social networks to benefit. The results of this study are consistent with studies that use the concept of mental health in people with depression, many researchers, such as research and Seedat & Haskis, 2008. The study proved that The effect of health education should help students with depression. Have knowledge about depression have a deep understanding of the depression increased. And recognize depression in themselves. From an early stage and to develop coping skills and problem solving. Creating a network of social support. Suggests that providing psychoeducation is an approach that can actually reduce the level of depression.

TABLE 1: General information of the sample (n=60)

Characteristics of the sample	experimental group	control group
	(n = 30)	(n = 30)
	The number (percentage)	The number (percentage)
Sex		
Female	30 (100.0)	30 (100.0)
Age		
18 year	16 (53.3)	17 (56.7)
19 year	11 (36.7)	11 (36.7)
20 year	3 (10.0)	2 (6.7)
GPA		
2.00-2.50	2 (6.6)	15 (50.0)
2.50-3.00	17 (56.7)	10 (33.3)
3.00 up	11 (36.7)	5 (16.7)
Average monthly revenue		
3,000 - 4,000 baht	13 (43.3)	14 (46.7)
4,000 – 5,000 baht	12 (40.0)	13 (43.3)
5,000 baht up	5 (16.7)	3 (10.0)

TABLE 2 : General information of the sample (n=60)(per)

Characteristics of the sample	experimental group	control group
	(n = 30)	(n = 30)
	The number (percentage)	The number (percentage)
The adequacy of cost		
Enough	13 (43.3)	10 (33.3)
Insufficient	17 (56.7)	20 (66.7)
Living in the present		
Home of the father - mother	0 (0.0)	2(6.6)
Home of relatives	5(16.7)	5(16.7)
Residence halls	20(16.7)	18(60.0)
Private hostels	5(16.7)	5(16.7)

TABLE 3: Average depression scores of student nurses in the experimental group. Before and after the experiment (independent t-test)

sample	N= 30			t	p-value
	Average depression scores	\bar{X}	SD		
Pre-experimental	23.67	3.02	few	8.48	.00
Post-experimental	16.93	2.96	normal		

TABLE 4: Average depression score in the control group. Before and after the experiment (independent t-test).

sample	N= 30			t	p-value
	Average depression scores	\bar{X}	SD		
Pre-experimental	23.80	3.22	few	1.96	0.06
Post-experimental	24.93	3.42	few		

TABLE 4: A comparison of the average depression scores between the treatment and control groups. Before and after the proper health education. And usual care (pair t-test).

sample	N= 30			t	p-value
	Average depression scores	\bar{X}	SD		
Pre-experimental					
Experiment al group	23.67	3.02	few		
Control group	23.80	3.22	few	.165	.869
Pre-experimental					
Experiment al group	16.93	2.96	normal		
Control group	24.93	3.42	few	9.68	.000

CONCLUSION

The study suggests that, the psychoeducation program was effective in helping reduce the depression level among student nurses.

Have knowledge about depression have a deep understanding of the depression increased. And recognize depression in themselves. From an early stage and to develop coping skills and problem solving. Creating a network of social support. Suggests that providing psychoeducation is an approach that can actually reduce the level of depression.

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