

Effectiveness of Self-defense Training Program (SDTP) Regarding Self-protection among Nursing Students

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ABSTRACT

The status of women in India has been subjected to many great changes over the past few millennia. Although the status of women has brought desirable changes in their status, self-protection (SP) for them is poor. According to a report by Thompson Reuters (2016), India is ranked as the fourth dangerous country in the world for women, and India was also noted as the worst country for women among the G20 countries. Considering the burden, the investigators have taken a small step to create awareness on self-protection among student nurses. The objective of the study was to determine the effectiveness of self-defense training program. A pre-experimental one-group pretest and posttest design was adopted by the present study. The study was conducted at Billroth College of Nursing, Chennai. The sample size was 30. A structured knowledge questionnaire on self-protection that consists of 30 items was used to identify the knowledge on self-protection. The analysis revealed that the level of knowledge on self-protection in pretest 20 (74%) had a poor knowledge, 8 (26%) had a moderate knowledge, none of them had a good knowledge; but in posttest, none of them had a poor knowledge, 10 (33%) had a moderate knowledge, and 20 (67%) had a good knowledge. The findings revealed that in pretest, mean score was 37.7 with standard deviation (SD) of 10.59, but in posttest, mean score was 91.2 with the SD of 10.56. The t value was $t = 11.104$ that showed a significance at the level of $p < 0.05$.

Keywords: Defense training program, Knowledge, Nursing students, Self-protection.

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INTRODUCTION

"I don't even call it violence when it's self-defense; I call it intelligence"

—Malcolm

Women are not born, but made. What better than India to exemplify this statement by Simone de Beauvoir. With the whole world celebrating International Women's Day with great pomp and show, it would be only apt to analyze the position and space Indian women occupy today and comparing it to the time 60 years ago when the country had just gained independence. With women participating in nationalist movements, to being pushed into the domestic household space, to their resurgence as superwomen today, women in our country have seen it all. There have been innumerable debates about gender in India over the years. Much of it includes women's positing in society, their education, health, economic position, gender equality. What one can conclude from such discussions is that women have always held a certain paradoxical position in our developing country. The status of women in India has been subject to many great changes over the past few millennia. In modern India, women have held high offices including that of the president, prime minister, speaker of the Lok Sabha, leader of the opposition, union minister, chief minister, and governor. Although the status of women has brought desirable changes in their status, self-protection to them is poor. According to statistics, a woman who is only 21 years of age has a 25% risk of suffering violent crime in her life. The self-protection skill is important to every girl. Rape is the commonest crime against women, which is reported that for every 20 minutes, a woman is raped in India, making rapes the commonest crime in the country. According to NCRB, 98% of the rapes in the country are committed by someone known to the victim. A nearly 10% of

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the rapes are reported and out of which, 25.5% of the felons are convicted. Considering the burden of insecurity for women in India, the investigators have taken steps to aware knowledge on self-protection for nurses.¹⁻⁴

STATEMENT OF THE PROBLEM

A study to assess the effectiveness of self-defense training program (SDTP) regarding self-protection among nursing students in a selected nursing college in Chennai.

Objectives

- To assess the pretest and posttest knowledge regarding self-protection,
- To determine the effectiveness of self-defense training program, and
- To associate knowledge regarding self-protection with their selected demographic variables.

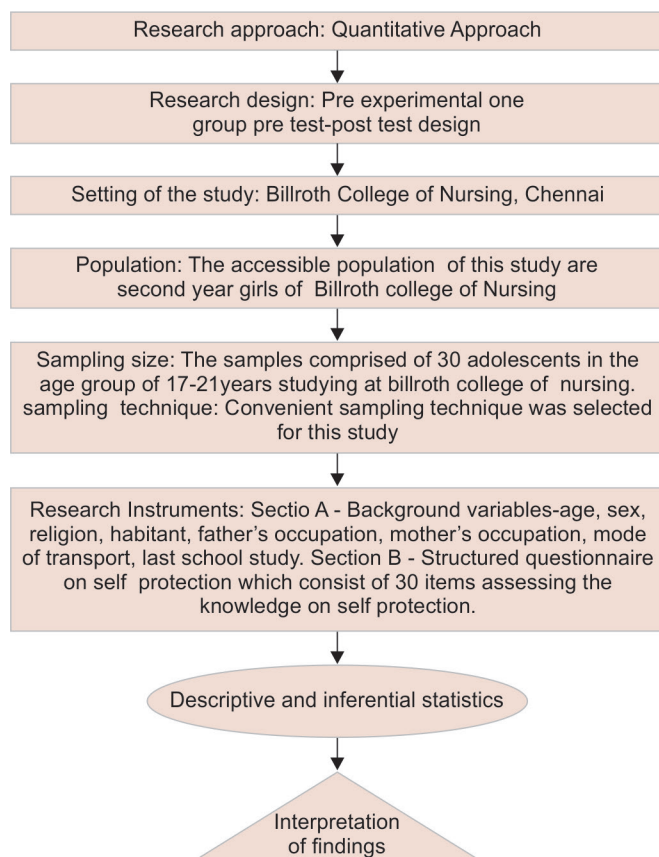
Hypothesis

NH: There is no significant difference in the pretest and posttest level of knowledge on self-protection among nursing.

Data Collection Procedure

Day	Intervention	Method	Time
Day 1	Pretest (structured knowledge questionnaire) Teaching on knowledge of technological awareness regarding self-protection General awareness regarding self-protection	PowerPoint presentation	45 minutes
Day 2	Physical exercises regarding self-protection—hammer strike, groin kick, heel palm strike, elbow strike, escape from leg attack, and escape with hand grip	Demonstration	30 minutes
Day 3, 4, 5, and 6	Reinforcement of exercises—personally	Demonstration	30 minutes
Day 7	Posttest (structured knowledge questionnaire)		45 minutes

Methodology



RESULTS AND DISCUSSION

Table 1 revealed that in pretest, 20 (74%) had poor knowledge and 8 (26%) had moderate knowledge regarding self-protection among nursing students. But, in posttest, 10 (33%) had moderate

Table 1: Frequency and percentage distribution of the pretest and posttest levels of knowledge regarding self-protection among nursing students (N = 30)

Level of self-protection	Pretest		Posttest	
	No.	%	No.	%
Poor knowledge	20	74%	0	0%
Moderate knowledge	8	26%	10	33%
Good knowledge	0	0%	20	67%

knowledge and 20 (67%) had good knowledge regarding self-protection among nursing students.

The chi-squared test revealed that at $p < 0.05$, there is an association between the levels of effectiveness training on self-defense. The background variables, namely age, religion, habitant, father's occupation, mother's occupation, mode of transport, last school studied, had an association with the level of self-defense on effectiveness training among nursing students.

CONCLUSION

The study concluded that self-defense training program was effective in the improvement of knowledge regarding self-protection among nursing students.

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