

A Study to Assess the Effectiveness of Nurse Led Education Programme on Knowledge Regarding Idiot Syndrome Among Nursing Students

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ABSTRACT

Introduction: The internet has become a major source of information for people, especially when it comes to health. But this has caused a potential increase in anxiety leading to a person self-medicating or stopping certain drugs they've been prescribed for a medical illness. Receiving health diagnoses and medication information from online sources has led to the rise of a condition called IDIOT syndrome.

Objectives Of the Study:

1. To assess the pre-test level of knowledge regarding IDIOT Syndrome among nursing students in selected college At Kanpur Uttar Pradesh.
2. To assess the effectiveness of nurse led education programme on knowledge regarding IDIOT Syndrome among nursing students.
3. To find out the significant association between pretest knowledge score regarding IDIOT Syndrome among nursing student with their selected sociodemographic variables.

Methodology: Quasi experimental research with one group pre and posttest design has

been used to attain the objectives of the present study. In the present study, the sample comprised of 50 students G.N.M 3RD Year in Regency Institute of Nursing. Non-Probability-convenient sampling technique was adopted to select the samples for the present study based on inclusion criteria.

Result: The mean pre-test knowledge score was 3.25 (16.25%), which increased to 17.4 (87%) in the post-test. The calculated t-value of 34.37 was significantly higher than the table value at the 0.05 level of significance, indicating that the educational intervention was highly effective in improving the knowledge of participants.

Conclusion: The study is conducted in Regency institute of Nursing to assess the effectiveness of nurse led education program on knowledge regarding IDIOT syndrome of among Nursing students gain knowledge who are getting after nurse led education programme. So, the investigator rejects the null hypothesis and accept the research hypothesis.

Keywords: IDIOT Syndrome, GNM, Nurse Led Education Programme.

INTRODUCTION

The internet has become a major source of information for people, especially when it comes to health. But this has caused a potential increase in anxiety leading to a person self-medicating or stopping certain drugs they've been prescribed for a medical illness. Receiving health diagnoses and medication information from online sources has led to the rise of a condition called IDIOT syndrome. The IDIOT syndrome quite literally occurs when people abruptly stop their treatment because they have trusted internet medical information.

MATERIALS & METHODS

Research Approach

A quantitative research approach was adopted for the study.

Research Design

A quasi-experimental one-group pre-test and post-test design was used.

$O_1 \rightarrow X \rightarrow O_2$

O_1 : Pre-test knowledge regarding IDIOT Syndrome

X: Nurse-led education programme on IDIOT Syndrome

O_2 : Post-test knowledge after the intervention

Variables

Independent variable: Nurse-led education programme on IDIOT Syndrome.

Dependent variable: Knowledge regarding IDIOT Syndrome.

Demographic variables: Age, gender, religion, area of living, type of family, parents' education, occupation and previous knowledge.

Research Setting

The study was conducted at Regency Institute of Nursing, Kanpur.

Population

The target and accessible population consisted of 3rd-year GNM students of the selected nursing college.

Sample Size

The sample consisted of 50 third-year GNM students.

Sampling Technique

Non-probability convenience sampling technique was used.

Sampling Criteria

Inclusion: Present, willing to participate, and able to understand Hindi/English.

Exclusion: Students who were sick or absent during data collection.

Development and Description of Tool

The tool was developed from literature review, expert opinions and investigator's experience.

Part I: Demographic variables.

Part II: Structured knowledge questionnaire on IDIOT Syndrome consisting of 20 MCQs, with a maximum score of 20.

Scoring

0–5: Inadequate knowledge

6–10: Moderately adequate knowledge

11–15: Adequate knowledge

16–20: Excellent knowledge

Content Validity

The tool was reviewed by 5 experts from Medical-Surgical Nursing and Child Health Nursing. Suggestions were incorporated and the final items were retained.

Reliability

Reliability was assessed using the test-retest method with Karl Pearson's correlation, obtaining $r = 0.89$, indicating good reliability.

Ethical Consideration

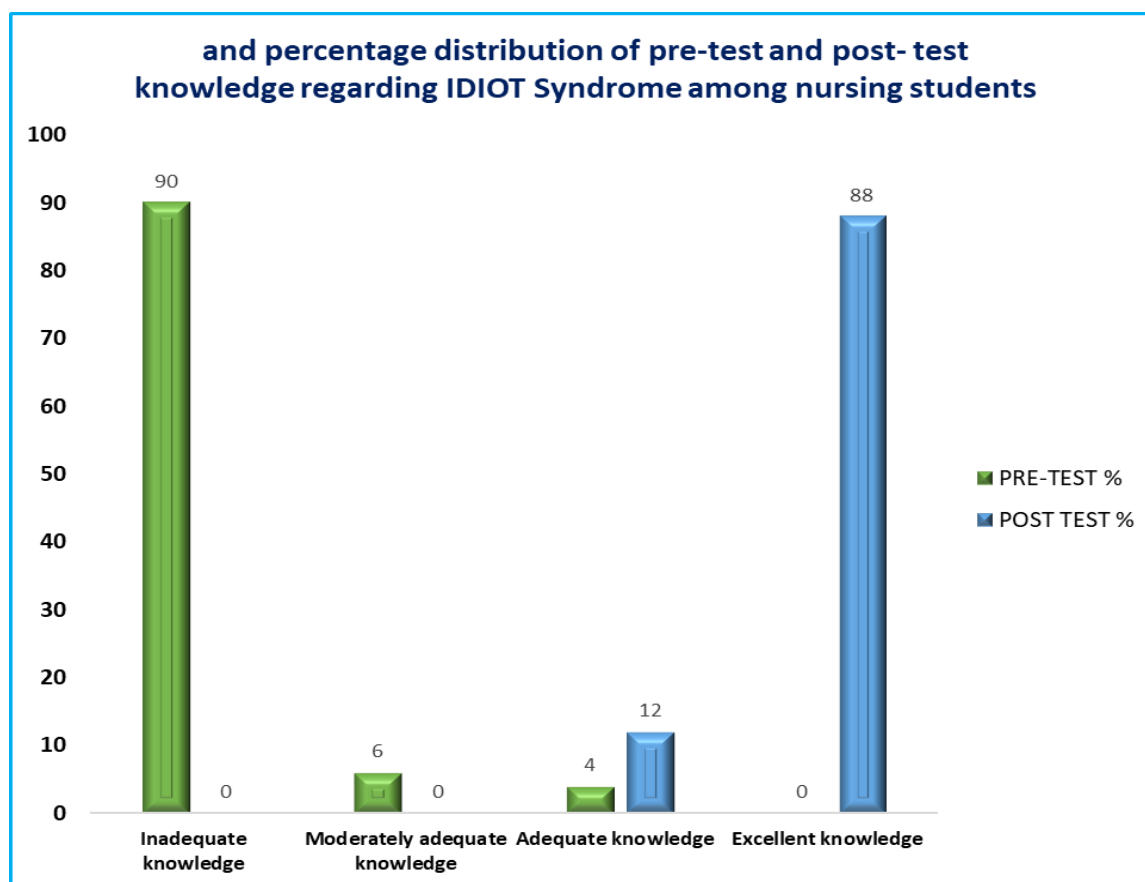
Ethical approval, institutional permission and written informed consent were obtained. Confidentiality and participants' right to withdraw were ensured.

Data Collection Procedure

After obtaining permission, a pre-test was conducted, followed by the nurse-led

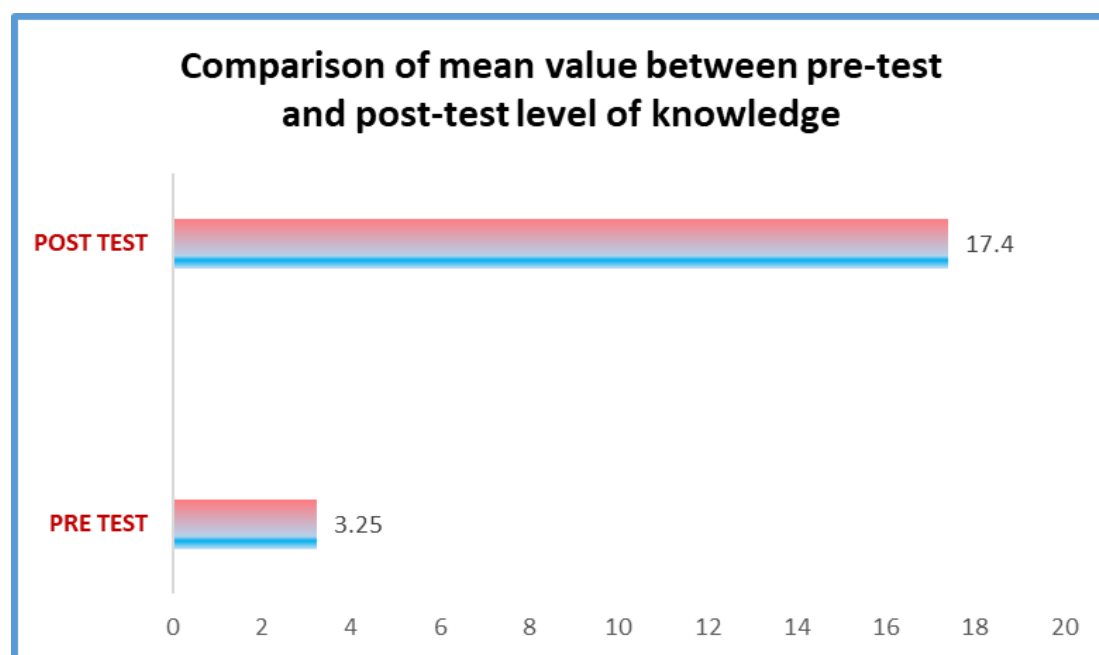
education programme. A post-test was conducted after the specified intervention interval. A total of 50 students participated.

RESULT



Results revealed that in the pre-test assessment, the majority of participants (90%) had inadequate knowledge, while only a small proportion demonstrated moderately adequate (6%) or adequate knowledge (4%). None of the participants fell into the excellent knowledge category. These findings indicate that baseline knowledge regarding the subject was generally poor, highlighting the need for educational input. Following the intervention, a remarkable shift in knowledge levels was observed. In the post-

test, none of the participants remained in the inadequate or moderately adequate knowledge categories. Instead, 12% achieved an adequate level of knowledge, and a significant majority (88%) reached the excellent knowledge. The reduction of inadequate knowledge from 90% in the pre-test to 0% in the post-test, along with the rise in excellent knowledge from 0% to 88%, strongly supports the effectiveness of the intervention. category. This dramatic increase clearly reflects the positive impact of the educational programme.



The mean pre-test knowledge score was 3.25 (16.25%), which increased to 17.4 (87%) in the post-test. The calculated t-value of 34.37 was significantly higher than the table value at the 0.05 level of significance, indicating that the educational intervention was highly effective in improving the knowledge of participants.

chi-square analysis showed a significant association between knowledge level and age, gender, father's occupation, and mother's occupation ($p < 0.05$). However, religion, place of residence, mother's education, and father's education did not show any significant association with knowledge level ($p > 0.05$). The chi-square test was not applicable for previous knowledge because none of the participants had prior knowledge, resulting in no variation for comparison.

DISCUSSION

The present study has been conducted to assess the effectiveness of nurse led education programme on knowledge regarding IDIOT syndrome among GNM 3rd year students. A pre- experimental one group pretest post-test design was adopted for the study. The data was collected from 50 GNM 3rd year students. Before and after the administration of nurse led education

programme. The findings of the study are discussed under the following sections: The first objective was to assess the pretest knowledge regarding IDIOT syndrome among GNM 3rd year students at selected Nursing college of Kanpur.

CONCLUSION

The study is conducted to assess the effectiveness of nurse led education program on knowledge regarding IDIOT syndrome of among nursing students gain knowledge who are getting after nurse led education programme. So, the investigator rejects the null hypothesis and accept the research hypothesis.

Declaration by Authors

Ethical Approval: Approved

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Conflict of Interest: No conflicts of interest declared.

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