A study to assess the effectiveness of a home based nursing intervention on coping, hopelessness, family functioning and quality of life of adolescent suicide attempters in selected settings of Puducherry

Mr. Ganesh.K

ABSTRACT

Background of the study: Adolescence represents one of the most challenging phase of life. The statistics show that adolescents are at high risk of committing suicide and suicide is the second leading cause of death among adolescents which requires considerable attention. Thus, the study was undertaken with the primary aim of evaluating the effectiveness of a home based nursing intervention on coping, hopelessness, family functioning and quality of life of adolescent suicide attempters in selected settings of Puducherry.

Methodology: An experimental research with two group pre-test and post-test control group design was used. 200 subjects were selected by convenience sampling method and randomly assigned to, 100 adolescent suicide attempters each in the experimental group and control group from the selected hospitals of Puducherry. Data were collected using Brief COPE, Beck Hopelessness Scale, Family Assessment Device and WHO-QOL Bref questionnaires. Level of coping, hopelessness, family functioning and quality of life of the subjects in both the groups were assessed during the pre-test. Home based nursing intervention was given only for the experimental group subjects for 5 weeks after getting discharged from the hospitals in their home settings and the post-tests were done at 6th & 12th week.

Results: Age distribution was almost similar in both the groups. Majority of the subjects (62%) in the experimental group and control group (63%) were males. Majority of the subjects in both the groups attempted suicide by using self-poisoning method (85% in the experimental group and 84% in the control group). Interpersonal problems were reported as the highest cause for attempting suicide by most of the subjects (49% vs. 39%) in both the experimental and control group respectively. About 33% of the subjects in both the groups had a history of previous suicide attempt. Chi-square analysis revealed that both the groups were homogenous in terms of socio-demographic and clinical variables.

Findings of the present study revealed that the mean hopelessness score (9.82) and coping score (47.88) in the experimental group were almost similar to the mean hopelessness score (10.08) and coping score (47.33) of the control group in the pre-test. Similarly, mean family functioning score (133.52) and mean quality of life score (58.51) of the experimental group were almost similar to the mean family functioning score (134.05) and mean quality of life score (58.42) of the control group during the pre-test. Independent ‘t’ test showed both the experimental and control groups were homogenous in terms of their coping, hopelessness, family functioning
and quality of life during the pre-test \((p>0.05)\). Analysis on the effectiveness of HBNI revealed a significant decrease in mean hopelessness scores of adolescent suicide attempters between the experimental group \((E)\) and control group \((C)\) at 6th week \((E=7.58, C=8.32)\) and at 12th week \((E=5.54, C=6.99)\) after the intervention \((p<0.001)\). A significant difference was found in mean coping scores of adolescent suicide attempters between the experimental and control group at 6th weeks \((E=52.99, C=49.49)\) and 12th week \((E=54.36, C=50.96)\) after the HBNI \((p<0.001)\). Similarly, a significant difference in mean family functioning scores of the subjects was found between both the groups at 6th week \((E=124.93, C=129.46)\) and 12th weeks \((E=120.11, C=127.56)\) after the intervention \((p<0.001)\). The mean QoL scores of adolescent suicide attempters also increased significantly in the experimental group than in the control group at 6th week \((E=67.25, C=63.29)\) and at 12th week \((E=71.15, C=66.25)\) after the HBNI \((p<0.001)\). These results indicated that there was a significant improvement in the level of coping, hopelessness, family functioning and quality of life among adolescent suicide attempters who participated in the home based nursing intervention as compared to the group who did not participate in it.

A positive correlation was found between the coping and quality of life of adolescent suicide attempters \((p<0.001)\). Similarly, a positive correlation was found between the hopelessness and family functioning of adolescent suicide attempters \((p<0.001)\). There were significant negative correlations found between the coping and hopelessness, family functioning of adolescent suicide attempters. Similarly, significant negative correlations were found between the quality of life and hopelessness, family functioning of adolescent suicide attempters respectively. Findings of the study also revealed that a significant association between coping, hopelessness, family functioning and quality of life of adolescent suicide attempters with most of the selected their socio-demographic and clinical variables.

**Conclusion:** The results of the study clearly illustrate the positive effect of a home based nursing intervention on adolescent suicide attempters. Hopelessness, coping, family functioning and quality of life are the important personality variables that need to be strengthened as it is directly related to negative behaviours among adolescent suicide attempters for the prevention of further suicide attempts and to promote their positive mental health.

**Keywords:** Coping, hopelessness, family functioning, quality of life, adolescents, suicide, suicide attempters, nursing intervention.