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A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME REGARDING MNEMONICS TO SHOW IMPROVEMENT IN MEMORIZATION AMONG NURSING STUDENTS AT JODHPUR

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ABSTRACT

***INTRODUCTION**: Mnemonics is a scheme that is being used from years to assist in memory. It is considered as an art from ancient times which is of intellectual interest. Mnemonics are of various techniques and strategies that help a student to achieve success in examinations and interviews by improving their memory capability. It is a very shortcut and simple method through which we are able to relate our study material with a picture or an illustration and a word or sentence will be formed.*

***AIM OF THE STUDY**: Assess the effectiveness of regarding to show improvement in memorization among nursing students.*

***MATERIAL AND METHOD** : A pre-experimental one group pre-test post test study was used in order to assess effectiveness of structured teaching programme (the Independent variable) on mnemonics to show improvement in memorization (the dependent variable) among nursing students of selected by non-probability purposive sampling technique in R.G.M. College of Nursing and Krishna College of Nursing Jodhpur. Each participant was informed about the study and they could withdraw at any time a was also obtained.*

***RESULT** : The finding study showed that after introducing the STP, 44 (77.77%) nursing students had good knowledge regarding mnemonics.*

***CONCLUSION** : The finding of this study showed that after introducing the structured teaching programme regarding mnemonics to show improvement in memorization was effective to enhance the improvement in memorization of nursing students.*

KEY WORDS: *Mnemonics, Memorization.*

INTRODUCTION AND BACK GROUND OF THE STUDY

Mnemonics is the skill of assisting memory by using various methods like rhymes, rules, phrases, diagrams, acronyms and other devices– these all help in the recall of names, facts, dates and figures.

A Mnemonic is something which we can use to remember things much easier. As is often the case, it could be a phrase, a short song, or something that is quite easily remembered, that we use to remember something that would otherwise be difficult to remember. A number of 0mnemonic devices have been made to help people to remember the order of the colors of the spectrum, proving the power of mnemonics in revising for exams.

Mnemonics are of various techniques and strategies that help a student to achieve success in examinations and interviews by improving their memory capability. It is a very shortcut and simple method through which we are able to relate our study material with a picture or an illustration and a word or sentence will be formed. Mnemonic strategies exist from the very beginning, i.e. from ancient Greek times. Everyone uses mnemonic devices, even if they don't know their name. In various subjects, where we have to remember long lists of words, mnemonics proves to be very effective and helpful. Lists of drugs and various procedures can be learned easily by various mnemonics. Our brain helps us to encode this creative information into our memory, and when we repeatedly use it, it will go into our long-term memory and we can evoke it later.

Mnemonics helps you to increase memory by imposing sense, structure and organization on material. It usually involves adding something to the material to make it more memorable. Mnemonics use the basic principles i.e. understanding and comprehension so that we may be able to catch what we are studying.

OBJECTIVES OF THE STUDY

- To assess the pre-test knowledge score regarding mnemonics to show improvement in memorization among nursing students.
- To assess the post-test knowledge score regarding mnemonics to show improvement in memorization among nursing students.

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- To assess the effectiveness of Structured Teaching Program regarding mnemonics to show improvement in memorization among nursing students.

HYPOTHESIS OF THE STUDY

- **H_0**: There is no significant difference between the pre-test and post test knowledge regarding mnemonics to show improvement in memorization among nursing students.
- **H_1:** There is significant difference between the pre-test and post test knowledge regarding mnemonics to show improvement in memorization among nursing students.
- **H_2**: There is significant effect of structured teaching programme regarding mnemonics to show improvement in memorization among nursing students.

OPERATIONAL DEFINITIONS

- **ASSESS:** In this study, assess is a critical analysis of systematic and organized collection of objectives data which are helpful to identify and define the level of knowledge mnemonics to show improvement in memorization among nursing students at Jodhpur.
- **EFFECTIVENESS**: In this study effectiveness means the change in knowledge of student regarding mnemonics after structured teaching program.
- **STRUCTURED TEACHING PROGRAM**: In this study structured teaching program refers to the systematically organized teaching material to improve knowledge of students regarding mnemonics to show improvement in memorization.
- **KNOWLEDGE**: In this study, knowledge is the correct response of students about information regarding mnemonics to show improvement the memorization in terms of scores through self administered knowledge questionnaire.
- **MNEMONICS:** In this study techniques that students can use to help them improve their memorization ability to remember something.
- **NURSING STUDENTS:** In this study, the students who are studying in B.Sc. nursing 1st year.

ASSUMPTIONS

- Nursing student may have some knowledge regarding mnemonics.
- There will be enhancement in the knowledge of the nursing students after administration of Structured Teaching Program.

DELIMITATION

- The study will be limited to the B.Sc. Nursing first year students from selected nursing colleges of Jodhpur only.
- The B.Sc. Nursing first year students who are available & willing to participants in the study at the time of data collection.
- The students who will not available or not willing to participate at the time of data collection.

RESEARCH METHODOLOGY

- **RESEARCH APPROACH**
  A Quantitative research approach was used in the study to assess the effectiveness of structured teaching programme regarding mnemonics to show improvement in memorization among nursing students at jodhpur.
- **RESEARCH DESIGN**
  A pre-experimental design, one group pre-test post-test design was adopted for the study.

RESEARCH VARIABLE

- **INDEPENDENT VARIABLES:** In this study, the independent variable was structured teaching program regarding mnemonics.
- **DEPENDENT VARIABLES:** In this study, the dependent variable was improvement memorization in nursing students at jodhpur.
- **EXTRANEOUS VARIABLES:** the extraneous variables were age, gender, residential area, religion and family income per month.

POPULATION

In this study the population comprises all B.Sc. Nursing 1st year students R.G.M College of Nursing and Krishna College of Nursing, Jodhpur.

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SAMPLE SIZE

In the study, Sample consists of a subset of a population selected to participate in a research study. The study will be conducted among 60 B.Sc. Nursing 1st year students R.G.M. College of Nursing and Krishna College of Nursing, Jodhpur.

SAMPLING TECHNIQUE

Sampling is a complex and technical form but it is basic features are familiar all of us. In this study, purposive sampling technique was used to draw the sample. Purposive sampling technique was used to draw the sample. Purposive sampling technique is a procedure in which every population member has chooses by the study.

RELIABLITY OF THE TOOL

The tool was tested for reliability using Karl Pearson correlation coefficient formula. Correlation coefficient r = +0.9655.

MAJOR FINDING OF THE STUDY

Table 1: Socio-demographic variables of nursing students.

			Frequency	Percentage
1.	**Age**			
	A.	17-19 year	26	43.33
	B.	19-21 year	22	36.66
	C.	21-23 year	6	10
	D.	Above 23	6	10
2.	**Gender**			
	A.	Male	33	55
	B.	Female	27	45
3.	**Residential area**			
	A.	Urban	27	45
	B.	Rural	33	55
4.	**Religion**			
	A.	Hindu	39	65
	B.	Muslim	19	31.66
	C.	Christian	2	3.33
	D.	Other	0	0
5.	**Family Income per month**			
	A.	Below 10000	0	0
	B.	10000-20000	22	36.66
	C.	20,000-30,000	15	25
	D.	Above 30,000	23	38.33

Data presented in **Table-1** shows percentage wise distribution of nursing students according to age of shows that the highest percentage (43.33%) were in the age group of 17-19 years whereas (36.66%), (10%) and (10%) of nursing students were in the age group of 19-21 years, 21-23 years and above 23 years.

Above table shows percentage wise distribution of nursing students according to gender of shows that the highest percentage (55%) were male whereas (45%) of nursing students were female.

Above table shows percentage wise distribution of nursing students according to residential area of shows that the highest percentage (55%) were from rural area whereas (45%) of nursing students were from urban area.

Above table shows percentage wise distribution of nursing students according to religion of shows that the highest percentage (65%) were Hindu whereas (31.66%), (3.33%) and (0%) of nursing students were Muslim, Christian and others.

Above table shows percentage wise distribution of nursing students according to Family income per month of shows that the highest percentage (38.33%) had income above 30,000 whereas (36.66%) and (25%) had 10,000-20,000 and 20,000-30,000.

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Table 2: Pre-test knowledge score regarding mnemonics to show improvement in memorization among nursing students.

Level of knowledge	Frequency	Percentage
Poor knowledge	33	55
Average knowledge	27	45
Good knowledge	0	0
Mean	10.01	
SD	4.08	

Data presented in **Table 2** figure 6 shows that level of pre-test knowledge regarding mnemonics to show improvement in memorization among nursing students. The major findings are (55%) of nursing students had poor knowledge, the remaining (45%) had average knowledge and no one had good knowledge. The mean score of the level of pre-test knowledge regarding mnemonics to show improvement in memorization among nursing students is 10.01 with SD ± 4.08.

Table 3: Post-test knowledge score regarding mnemonics to mnemonics to show improvement in memorization among nursing students.

Level of knowledge	Frequency	Percentage
Poor knowledge	0	0
Average knowledge	16	26.66667
Good knowledge	44	73.33333
Mean	23.88	
SD	5.65	

Data presented in **Table 3** and figure 7 shows that level of post-test knowledge regarding mnemonics to show improvement in memorization among nursing students. The major findings are (73.33%) of nursing students had good knowledge, the remaining (26.67%) had average knowledge and no one had poor knowledge. The mean score of the level of post-test knowledge regarding mnemonics to show improvement in memorization among nursing students is 23.88 with SD ± 5.65.

DISCUSSION

The major findings shows that (55%) of nursing students had poor knowledge, the remaining (45%) had average knowledge and no one had good knowledge in the pretest whereas in the post test, the major findings stated that (73.33%) of nursing students had good knowledge, the remaining (26.67%) had average knowledge and no one had poor knowledge.

CONCLUSION

The finding of this study showed that after introducing the structured teaching programme was found to be significantly effective in improving the knowledge of the nursing students regarding mnemonics to show improvement in memorization. Hence it can be concluded that alternative hypothesis is accepted, there is effectiveness of structured teaching programme on knowledge regarding mnemonics to show improvement in memorization among nursing students.

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