



“A Study to Assess the Effectiveness of The Positivity on Negative Talk Impact with The Help of Autogenic Therapy on Behavior of School Children of Selected School Jalna.”

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ABSTRACT: The study was conducted to “Assess and implement the effectiveness of the positivity on negative talk impact with the help of autogenic therapy on behavior of school children of selected school, Jalna.” by using a purposive sampling method, 40 students were selected for the study. The structured questionnaire was prepared to obtain demographic variables such as age, gender, religion, Number of siblings, Number of family member. The study was conducted at Baljagat Primary School in Jalna, Maharashtra. Ethical consideration was taken from the ethical committee of the respective schools and explained interventions of the study such as exercises, meditation and yoga about the prevention of negative talk. The study was conducted for 7 days and visits were done to the samples and interventions were implemented on a daily basis. On the 7th day post-test was conducted to monitor the effectiveness of the selected autogenic therapy and prevention on negative talk impact outcomes by a structured questionnaire. The result showed that the selected autogenic therapy and prevention on negative talk impact was effective and there is a significant relationship between the pre-test and post-test.

Keywords: Autogenic therapy, Negative talk impact.

INTRODUCTION: Early childhood education has made the recognition of the significance of social and emotional development in young children a top concern. The ability to establish positive relationships, build positive self-esteem, express feelings and control emotions, persevere and engage positively with difficult tasks, and adopt a positive outlook in a dynamic environment are among the skills that must be acquired in order to successfully navigate this developmental stage (Oades et al., 2011).

BACKGROUND OF STUDY: Boris R Jovic et al.(2022 Oct) aim of study was to research the effectiveness of autogenic training as a therapy for adjustment disorder in adults, by checking the influence of autogenic training on the biophysical and biochemical indicators of adjustment disorder Autogenic training is a widely recognized psychotherapy technique that has been shown to be effective in treating various disorders and states. In this study, 35 individuals with adjustment disorder were examined. The study measured indicators of adjustment disorder

and their changes in three phases: before, immediately after, and six months after the completion of a practical course in autogenic training. Results showed that after applying autogenic training, arterial blood pressure, pulse rate, cholesterol concentration, and cortisol levels were significantly lower than the initial values. These values remained lower even six months after the course. In conclusion, autogenic training significantly decreases the values of physiological indicators of adjustment disorder, diminishes stress effects, and helps adults cope with stress, facilitating their recuperation.

STATEMENT OF THE PROBLEM: “A study to assess the effectiveness of the positivity on negative talk impact with the help of autogenic therapy on behavior of school children of selected school Jalna.”

AIMS AND OBJECTIVES:

- To encourage a positive lifestyle among school going children through the positivity.
- To establish sound family values and standards in order to achieve a more balanced lifestyle.
- To compare the post test of autogenic therapy impact on behaviour in experimental and group.
- To find out the relation between positivity and negative talk impact on behaviour in school going children.
- To associate the pretest and post-test in autogenic therapy impact on behaviour among school going children.

HYPOTHESES:

- **H₁:** There will be significant effectiveness of the pretest and posttest positivity on negative talk impact on behavior in experimental and control group.
- **H₂:** There will be significant association between posttest behavior in selected dependent variables.

METHODS: Quasi-experimental research design was adapted to select the 40 samples through a purposive sampling technique at selected schools at Jalna, Maharashtra. The study was conducted after the approval of the research ethical committee and selected schools at Jalna. Oral concern was obtained from the study participant and insurance was given to the study school teacher. The study was conducted at selected schools at Jalna for 7 days and intervention was given each day such as exercises, meditation, and yoga.

The pre-test was conducted before the intervention and researchers explained the study to the samples. The post-test was conducted on the 7th day after the completion of interventions.

ANALYSIS AND RESULTS:

- The samples belong to the 07 to 12years and include all the school going children.
- Each 40% of school children in both the groups were males and each 60% in both the groups were females.
- The tabulated value for $n=20-1$ i.e. 19 degrees of freedom was 2.09. The calculated ‘t’ value i.e. 9.25 are much higher than the tabulated value at 5% level of significance for overall autogenic therapy impact score of school children which is statistically acceptable level of significance. **Hence the H₁ hypothesis is accepted.**
- variables such as age, gender, religion, Number of siblings, Number of family member are seen significant which were less than 0.05($p<0.05$). **Hence H₂ hypothesis is accepted.**

CONCLUSION:

The study was taken to assess and implement the effectiveness of the positivity on negative talk impact with the help of autogenic therapy on behavior of school children of selected school Jalna. The result of the study concluded that autogenic therapy has reduce the negative talk impact among selected school children. This shows that the imperative need to understand the purpose of administration of autogenic therapy in reducing negative talk impact among school going children and it will enhance an overall sense of well-being as well as improvement in the quality of life of the children.

IMPLICATIONS FOR NURSING MANAGEMENT:

Nursing implications includes specific information for nursing practice, nursing education, nursing administration, and nursing research. Nursing implications for this present study are:

- Autogenic therapy for negative talk impact management can be included as routine nursing procedure to provide care for school children.
- Autogenic therapy can be considered as complimentary therapy and can be imparted to nursing students to improve skill in providing care and update their knowledge on evidence-based practice.
- Regular health education program can be conducted in the mental health by nursing personnel to help the school children to manage negative talk impact.
- Nurses play an important role in primary health care by early detection and prevention of negative talk impact. Autogenic therapy can be used as a means of health promotion on level of negative talk impact among selected school going children receiving routine autogenic therapy.

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