



Effectiveness of a Structured Intervention Program on Reducing Post-Traumatic Stress Disorder among Nursing Students

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Abstract

Introduction: Nursing students are becoming more aware of Post-Traumatic Stress Disorder (PTSD) as a result of emotional strain, clinical exposure, and academic stress. PTSD symptoms may be lessened by structured psychotherapy programs that include coping mechanisms and psychoeducation.

Methodology: Sixty nursing students participated in a quantitative pre-experimental one-group pre-test-post-test design. Over the course of four weeks, an organized intervention program was implemented. A standardized PTSD checklist was used to measure PTSD levels both before and after the intervention. Descriptive and inferential statistics were used to analyze the data.

Results: The results demonstrated that following the intervention, PTSD ratings significantly decreased. The posttest mean (30.4 ± 5.2) was statistically significant ($p < 0.05$) compared to the mean pretest score of 48.2 ± 6.5 .

Conclusion: Structured intervention programs are effective in reducing PTSD symptoms among nursing students and should be integrated into nursing education.

Keywords: PTSD, Nursing Students, Structured Intervention, Mental Health, Stress Management

INTRODUCTION

A psychological disorder known as post-traumatic stress disorder (PTSD) is brought on by exposure to distressing situations such patient suffering, clinical emergency, and death experiences. Early clinical experience and academic pressure put nursing students at greater risk¹.

Unmanaged PTSD can have a detrimental impact on career growth, emotional stability, and academic achievement. Research has shown that nursing students who are under stress due to trauma have higher levels of anxiety, sadness, and burnout².

Structured intervention programs, including relaxation therapy, psychoeducation, and coping strategies, have proven effective in reducing psychological distress and enhancing resilience among healthcare students³.

When incorporated into our everyday lives, yoga—a science of proper living—works. It affects a person's physical, mental, emotional, psychic, and spiritual

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well-being. The Sanskrit word "yuj," which means "to join," is the source of the word yoga, which meaning "unity" or "oneness"⁴.

Recent war experiences are widespread around the world, and they have a significant negative influence on victims' mental health, particularly on young people. Post-traumatic stress disorder, which follows exposure to trauma as a severe and long-term consequence of the traumatic incident, is the most commonly associated mental health issue. This conclusion was found in studies conducted in affluent nations, but there is a lack of data in developing nations, such as Ethiopia, where there is a high rate of war and violence and a youthful population⁵.

Objectives

1. To assess the level of PTSD among nursing students before the intervention.
2. To evaluate the effectiveness of a structured intervention program in reducing PTSD.
3. To compare pretest and posttest PTSD scores.

Hypothesis

H₀: There is no significant difference between pre-test and post-test PTSD scores.

H₁: There is a significant reduction in PTSD scores after the intervention.

Methodology

Research Approach

A quantitative Research approach

Research Design

A quantitative pre-experimental one-group pre-test-post-test design was adopted for the study

Research Setting and Population

The study was conducted in a nursing college among

RESULTS

As per data results are divided into following:

Table 1: Comparison of Pre-test and Post-test PTSD Scores (n = 60)

Test	Mean	SD	Mean Difference	t-value	p-value
Pre-test	48.2	6.5			
Post-test	30.4	5.2	17.8	12.45	<0.05

Interpretation:

There is a significant reduction in PTSD scores after the intervention, indicating effectiveness of the structured program.

undergraduate nursing students.

Sample Size and Sampling Technique:

A total of 60 students were selected using convenience sampling.

Inclusion Criteria:

- Nursing students willing to participate
- Available during the study period

Exclusion Criteria:

- Students under psychiatric treatment
- Students absent during intervention sessions

Data Collection Tools:

- **Section A:** Demographic variables
- **Section B:** Standardized PTSD Checklist Scale

Intervention Program:

The structured intervention included:

- Psychoeducation on PTSD
- Deep breathing exercises
- Progressive muscle relaxation
- Stress management techniques
- Coping skill training and counselling

Duration: 4 weeks (3 sessions per week, 45–60 minutes each)

Data Collection Procedure:

- Pre-test assessment conducted before intervention
- Intervention implemented for 4 weeks
- Post-test conducted after completion

Data Analysis:

- Descriptive statistics (mean, standard deviation)
- Inferential statistics (paired t-test)

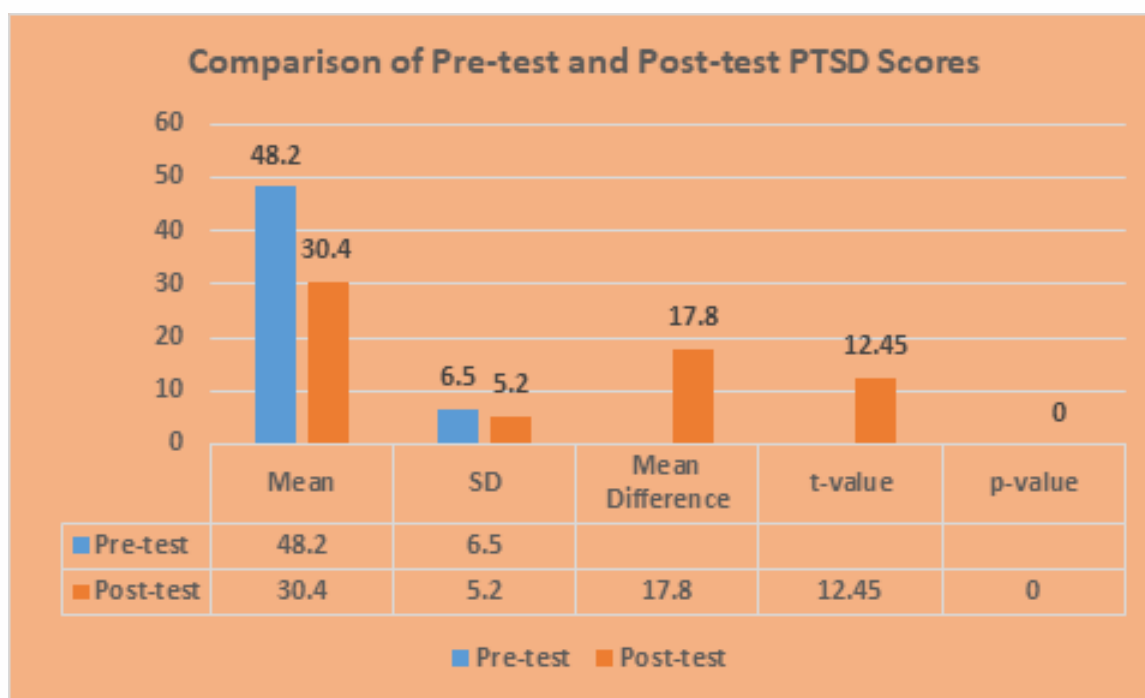


Figure 01: Comparison of Pre-test and Post-test PTSD Scores

Table 2: Objective-wise Findings

Objective	Findings
Assess PTSD level	Majority had moderate to severe PTSD in pre-test
Evaluate effectiveness	Significant reduction observed
Compare scores	Post-test scores lower than pre-test

DISCUSSION

The study's conclusions showed that nursing students' PTSD levels were considerably lowered by the structured intervention program. These results are in line with earlier studies showing that counseling and stress management techniques enhance psychological wellbeing66

The improvement in posttest scores can be attributed to enhanced coping mechanisms, relaxation techniques, and emotional support provided during the intervention. Similar studies have shown that cognitive and behavioral strategies effectively reduce trauma-related symptoms7.

In order to help students properly manage stress and trauma, the study highlights the significance of including mental health interventions within nursing education8.

CONCLUSION:

The study concludes that structured intervention programs can effectively reduce PTSD in nursing

students. Putting such initiatives into place can enhance mental health, academic performance, and general well-being9.

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CONFLICT OF INTEREST: None

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