



zenodo



“Assess The Effectiveness Of Planned Teaching Program On Psychotherapy For Stress Coping Mechanism Among Cancer Patient Admitted In Metro Hospital And Cancer Research Center Jabalpur (M.P)”

Poonam Patel¹, Pramod Singh², Priya Chourasiya³, Reeta Hatwar⁴, Ritu Jaiswal⁵, Riya Nanda⁶, Sahina Perveen⁷, Suman Rajak⁸

¹ Asst. Professor

¹⁻⁸Regional Institute of Nursing, Jabalpur (M.P), India

Date of Publication: 19/05/2026

Abstract: Cancer is a disease characterized by uncontrolled growth of abnormal cells that can invade surrounding tissues and spread to other parts of the body. Cancer patients often experience physical, emotional, and psychological stress during treatment. Psychotherapy helps patients manage stress and develop coping mechanisms. Education through planned teaching programmes can improve patients' understanding of cancer and enhance their ability to cope with stress. The present study was conducted to assess the effectiveness of a planned teaching programme on psychotherapy for stress and coping mechanisms among cancer patients admitted to Metro Hospital & Cancer Research Center, Jabalpur (M.P.). A pre-experimental one group pre-test and post-test research design was used. The study included 30 cancer patients selected through convenience sampling technique. Data were collected using a structured questionnaire regarding cancer and psychotherapy. The results showed that the mean post-test score (14.76) was higher than the pre-test score (10.83), indicating improvement in knowledge after the teaching programme. The study concluded that the planned teaching programme was effective in improving knowledge and coping ability among cancer patients.

Keywords: Cancer, Psychotherapy, Stress, Coping Mechanism, Planned Teaching Programme, Cancer Patients.

INTRODUCTION

Cancer patients frequently experience psychological stress, anxiety, and emotional disturbances. Many patients lack adequate knowledge about coping strategies and psychological support after diagnosis and treatment. Planned teaching programmes and psychotherapy can help patients manage stress and improve their coping mechanisms, thereby enhancing their quality of life.

OBJECTIVES OF THE STUDY

1. To assess the pre-intervention level of stress and coping among cancer patients.
2. To determine the post-test level of stress and coping among cancer patients.
3. To associate post-test stress and coping levels with selected demographic variables.

HYPOTHESIS

H1: There will be a significant difference between stress and coping among cancer patients.

H2: There will be a significant association between pre test knowledge score and their selected demographic variables.

OPERATIONAL DEFINITIONS

Cancer: A disease characterized by uncontrolled growth of abnormal cells that may spread to other body parts.

Effectiveness: Improvement in knowledge and coping ability of cancer patients after the teaching programme.

Psychotherapy: A therapeutic approach used to help patients manage emotional and psychological problems.

Stress: A psychological or physical response to challenging situations.

Coping Mechanism: Strategies used by individuals to manage stress and adapt to difficult situations.

METHODOLOGY

This study was conducted using a quantitative research approach to assess the effectiveness of a planned teaching programme on psychotherapy among cancer patients. The research design adopted for the study was a one group pre-test and post-test design. In this design, the knowledge and coping mechanisms of cancer patients were assessed before and after the implementation of the teaching programme to evaluate its effectiveness.

The study included two variables. The independent variable was the planned teaching programme on psychotherapy, while the dependent variables were the knowledge and coping mechanisms of cancer



patients. The programme aimed to improve patients' understanding of psychotherapy and help them develop better coping strategies during cancer treatment.

The study was conducted at Metro Hospital & Cancer Research Center. The population of the study consisted of all cancer patients admitted to the hospital during the period of data collection.

A total of 30 cancer patients were selected as the sample for the study. The samples were chosen using the convenience sampling technique, where patients who were available and willing to participate were included in the study. The collected data helped in determining the effectiveness of the planned teaching programme in improving the knowledge and coping mechanisms of cancer patients.

CRITERIA FOR SAMPLE SELECTION

Inclusion Criteria

- ☑ Cancer patients admitted in the selected hospital.
- ☑ Patients willing to participate in the study.
- ☑ Patients available during data collection.

Exclusion Criteria

- ☑ Patients who were not willing to participate.
- ☑ Patients who were critically ill.

FINDING AND DISCUSSION

Organization of findings and analysis

The findings were organized into three sections:

1. **Section A:** Demographic characteristics of the participants.
2. **Section B:** Comparison of pre-test and post-test knowledge scores.
3. **Section C:** Association between knowledge scores and demographic variables.

Results showed improvement in post-test knowledge after the teaching programme.

Section A: Demographic characteristics of the participants.

A total of 30 respondents participated in the study. The majority of the respondents (60%) were in the age group of 35–55 years. Male respondents (56.67%) were slightly higher than females (43.33%). Most participants belonged to rural areas (73.33%), while 20% were from urban areas.

Regarding education, more than half of the respondents (53.33%) had studied between classes 5–8, and only 13.33% were graduates. In terms of occupation, 33.33% were employed in private jobs, 26.67% were housewives, and the remaining were engaged in other occupations.

Most respondents (80%) had a monthly income between ₹8,000–₹10,000, indicating a low economic status. The majority were married (80%), and more than half (56.67%) belonged to nuclear families, while 43.33% lived in joint families.

Overall, the study population mainly consisted of middle-aged, married individuals from rural backgrounds with moderate education and low income levels.

SECTION-B

DATA ON PRE-TEST AND POST-TEST OF KNOWLEDGE REGARDING ON CANCER AND PSYCHO THERAPY AMONG CANCER PATIENT

Comparison of pre-test and post-test knowledge

GROUP	LEVEL OF KNOWLEDGE	PRE-TEST	POST-TEST
Cancer patient in metro hospital and cancer research center Jabalpur	Poor(1-10)	16	01
	Average(11-20)	13	27
	Good(21-30)	0	2

TABLE NO 0.1 – SHOWS DATA OF LEVEL OF PRE-TEST AND POST-TEST KNOWLEDGE ASSESSMENT

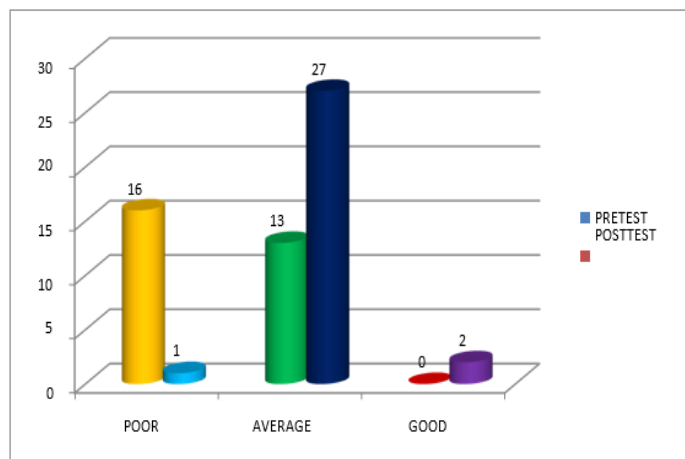
In relation to pre-test knowledge:

- Poor: 16 (53.33%)
- Average: 13 (43.33%)
- Good: 0 (0%)

In relation to post-test knowledge:

- Poor: 1 (3.33%)
- Average: 27 (90%)
- Good: 2 (6.67%)

FIG.0.2 – COLUMN DIAGRAM SHOWS DATA OF LEVEL OF PRE-TEST AND POST-TEST KNOWLEDGE ASSESSMENT





SECTION-C

DATA ON EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING CANCER AND PSYCHOTHERAPY

For the purpose of the study, the following null hypothesis is stated:

H₀: There is no significant difference between pre-test and post-test knowledge on cancer and psychotherapy.

H₁: There is significant association between pre-test and post-test knowledge on cancer and psychotherapy.

Mean, standard deviation, mean difference, and T value regarding pre-test and post-test knowledge on cancer and psychotherapy were calculated.

TABLENO.0.3

COMPARISON OF PRE-TEST AND POST-TEST KNOWLEDGE (N=30)

Group	Pre-test		Post-test		Paired „t“ values
	Mean	SD	Mean	SD	
Experimental group	10.83 %	3.34 %	14.76 %	3.24 %	t=1.05

The obtained **mean post-test score** in the quasi-experimental group was **14.76%**, which was higher than the **pre-test mean score** of the experimental group (**10.83%**). The obtained **t-test value** was **1.05**.

TABLENO.0.4

Correlation Between Pre- and Post-Test Knowledge of Cancer Patients Regarding Cancer and Psychotherapy

S.N O.	Description	Mean	SD	Correlation
1.	Pre-test knowledge	10.83%	3.34%	0.79
2.	Post-test knowledge	14.76%	3.24%	

TABLENO.0.5

DATA ON ASSOCIATION BETWEEN POST-TEST KNOWLEDGE AND DEMOGRAPHIC VARIABLES IN EXPERIMENTAL GROUP

The association between pre-test knowledge and demographic variables in experimental group is statically tested by applying Chi- square test and there variables are not found significant.

LIMITATIONS

- ☐ Small sample size (30 patients).
- ☐ Study limited to one hospital.
- ☐ Short duration of data collection.

ETHICAL GUIDELINES

- ☐ Permission was obtained from the hospital authority.
- ☐ Informed consent was taken from participants.

- ☐ Confidentiality of participants' information was maintained.
- ☐ Participants were allowed to withdraw from the study at any time.

IMPLICATIONS

- ☐ Nursing Practice- Nurses should educate cancer patients about stress management and coping strategies.
- ☐ Nursing Education-Educational programmes on cancer care and psychotherapy should be included in nursing curriculum.
- ☐ Nursing Administration-Administrators should organize regular educational programmes for cancer patients.
- ☐ Nursing Research-Further research can be conducted on larger samples and different settings.

CONCLUSION

The study concluded that the planned teaching programme on psychotherapy was effective in improving knowledge and coping mechanisms among cancer patients. Educational interventions can help reduce stress and improve psychological well-being among patients undergoing cancer treatment.

REFERENCE

1. Brunner&suddart“textbookofmedicalsurgicalnursing11theditionpage no.423-426.
2. Carol Taylorfundamentalsofnursing6theditionpageno.450-1058
3. Textbookofmedicalsurgicalnursing10theditionpage no.317-365.
4. BTBaswanthamedicalsurgicalnursing1stedition2003pageno.111-795.
5. www.nursingknowledge.com
6. <http://www.biomedscidirect.com/>